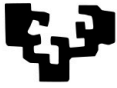


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Please, don't forget to write down your code on each of your answer sheets.

Choose between option A and option B. Specify the option you have chosen.

OPTION A

THE DAILY MILE

The Daily Mile is a programme that takes place in more than 4000 primary schools in 78 countries. Every day, during normal lesson time, pupils get up from their desks and take 15 minutes to walk or run around the school. Importantly, each child sets their own speed and is free to talk to other pupils or teachers as they go.

The Daily Mile is a physical activity that promotes health and wellbeing, but it is not a replacement for Physical Education. Obviously, the fitness gained by children from doing *The Daily Mile* actually may help them do better in Physical Education.

The initiative was developed eight years ago by St Ninians, a primary school in Scotland, after teachers felt their pupils needed to be fitter. At the beginning, some teachers were unwilling to lose teaching time and didn't support the programme, but then they noticed that *The Daily Mile* improved pupil behaviour and concentration in lessons. Other schools quickly realised the value, and it started to spread worldwide.

With all this enthusiasm, it was time for researchers to ask the obvious question: is it really worth doing? According to recent medical research, the benefits of the programme are evident: seven months after starting *The Daily Mile*, children who had been doing it could run 15% further than the other children. They also experienced a 4% reduction in their weight. This is important because 30% of children between the ages of 7 and 11 in England and Scotland are overweight or obese. Obesity in childhood is associated with a greater risk of diabetes and heart disease in later life.

Aware that the same health problems associated with sedentary lifestyle can affect anyone, *The Daily Mile Foundation* has created *Fit For Life*, a version aimed at anyone over the age of eleven in secondary schools, universities, workplaces and retirement homes. It isn't about elite sport. You simply go outside into the fresh air in what you're wearing and walk, jog or run. Everyone can take part at their own pace, regardless of age, ability or personal circumstance.



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OPTION A

I.- Answer 4 out of the following 6 questions according to the information given in the text. **WRITE COMPLETE SENTENCES USING YOUR OWN WORDS WHENEVER POSSIBLE. DO NOT COPY FROM THE TEXT.** (Choose 4 out of the 6 questions) (4 marks)

1. What do pupils do in *The Daily Mile* programme?
2. For what reason did some teachers refuse to take part in the project at first?
3. Why does medical research say that *The Daily Mile* programme is worth doing?
4. What are the risks for children with obesity?
5. Why was the *Fit For Life* programme created?
6. Who can participate in the *Fit For Life* programme?

II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own words or quoting properly. (Choose 2 out of the 3 statements) (2 marks).

1. During *The Daily Mile*, participants have to be quiet.
2. Pupils who participate in *The Daily Mile* don't have to do Physical Education.
3. *The Daily Mile* programme started in a Scottish primary school eight years ago.

III.- Find the words or expressions in the text that mean: (Choose 4 out of the 6 questions) (1 mark)

1. something that is used instead of something else, a substitute
2. all over the world
3. advantages, positive effects, profits
4. decrease, lowering, lessening
5. connected, related, linked
6. the way people live and work

IV.- Write a **composition** of about 130 words on **one** of these topics. Specify your option. (3 marks)

1. "People are becoming more obsessed with physical appearance than with health and this is really harmful." Write an opinion essay about this topic.
2. Do you spend a lot of time sitting or lying down while awake or are you an active person? How could you improve your lifestyle? Explain.



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OPTION B

WILDLIFE EXTINCTION

When it comes to planet Earth, the human population represents a very tiny proportion of all life, and yet humans have been continuously destroying everything else disproportionately for thousands of years. In fact, we have caused the elimination of 83% of all wild mammals and half of all plants.

In the last five decades human beings have exterminated 60% of mammals, birds, fish and reptiles. "If there was a 60% decline in the human population, that would be equivalent to emptying North America, South America, Africa, Europe, China and Oceania. That is the scale of what we have done." said Mike Barrett, from WWF (World Wildlife Fund).

The biggest cause of wildlife loss is the destruction of natural habitats, often to create farmland to feed the animals we eat. "There is this direct link between the food we eat and the destruction of wildlife. Eating less meat is an essential part of reversing losses." said Barrett. In the tropics, a forest area the size of Greater London is lost every two months. Even when a habitat is not lost entirely, it may be changed so much that animals cannot adapt.

Wildlife hunting is the second largest cause of extinction: one in every five vertebrate species are sold as pets or as food or to make products such as traditional medicines and clothes, putting nearly 9,000 species at risk of extinction. Hunting companies build roads to reach remote areas so there is no refuge left for animals. As a consequence, natural habitats are left empty of wildlife.

To those local threats we must add global ones: International trade, which spreads disease and also invasive species which endanger local wildlife, and climate change, which eventually will affect every species on Earth.

Most species face multiple risks and they are all connected to humans and our expanding presence. Some species can adapt to us; others will disappear. "This is far more than just losing the wonders of nature" Barrett said. "This is actually endangering the future of people. Nature is our life-support system." Indeed, experts warn that wildlife destruction is as dangerous as climate change.

Perhaps by recognising this we can create a lifestyle that preserves, as much as is still possible, the wonderful diversity of life.



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OPTION B

I.- Answer 4 out of the following 6 questions according to the information given in the text. **WRITE COMPLETE SENTENCES USING YOUR OWN WORDS WHENEVER POSSIBLE. DO NOT COPY FROM THE TEXT.** (Choose 4 out of the 6 questions) (4 marks)

1. Why is the destruction of wildlife by humans disproportionate?
2. Why does the text advise we should eat less meat?
3. Which are the two main causes of wildlife destruction?
4. What are many wild animals captured by hunters used for?
5. How do roads built by hunting companies contribute to wildlife destruction?
6. Why is international trade a threat to wildlife?

II.- Are these statements **True** or **False**? **Justify** your answers based on information from the text, rewriting the original sentences in your own words or quoting properly. (Choose 2 out of the 3 statements) (2 marks).

1. Humans are not responsible for the elimination of plants.
2. Deforestation is currently affecting large amounts of land in the tropics.
3. The destruction of wildlife is not a risk for the future of humans.

III.- Find the words or expressions in the text that mean: (Choose 4 out of the 6 questions) (1 mark)

1. small, very little
2. a large area of land that is thickly covered with trees
3. dangers, risks, menaces
4. sickness, illness
5. in the end, finally, ultimately
6. to tell someone about a possible danger or problem

IV.- Write a **composition** of about 130 words on **one** of these topics. Specify your option. (3 marks).

1. "Wildlife brings joy and benefits to all of us and each extinction makes our planet a lonelier and poorer place for us and future generations." Write an opinion essay about this statement.
2. Do you eat meat frequently? Have you ever thought of cutting down? What are the health and ecological benefits of eating less meat? Explain.



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