

مراجعة فهم قرائي Comprehension Reading استعداد للامتحان



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إعداد: مدرسة رواد الطفرة الخاصة

التواصل الاجتماعي بحسب الصف السابع



صفحة المناهج
الإماراتية على
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الرياضيات

اللغة الانجليزية

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التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف السابع والمادة لغة انجليزية في الفصل الثالث

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The Rise of Skateboarding Culture

Skateboarding is more than just a way to get from one place to another—it's a culture, a sport, and a lifestyle. It began in California in the 1950s when surfers wanted something to do when the ocean was calm and the waves weren't suitable for surfing. They started attaching wheels to wooden boards and riding on the streets, mimicking the motions of surfing. This was the birth of skateboarding.

At first, it was just a fun activity for teenagers, but soon it began to grow. Companies started designing better boards with stronger wheels and smoother turning abilities. By the 1970s, skateboarding had evolved into a serious sport. Skateparks were built, tricks were invented, and competitions began popping up all over the United States. The "ollie," a basic jumping trick, became one of the most important moves in the sport. With this new trick, skaters could leap over obstacles and perform more advanced stunts.

Skateboarding wasn't always popular, though. During the 1980s and 1990s, some cities banned it because they believed it was dangerous or disruptive. However, many young people continued to skateboard in empty swimming pools, parking lots, or on the streets. They saw it not only as a sport, but also as a way to express creativity and personal style. Some even started filming videos of their tricks and sharing them with others, which helped spread the sport worldwide.

In 2020, skateboarding made its Olympic debut, finally being recognized as a global sport. This was a proud moment for many in the skateboarding community. It showed how much the sport had grown—from a backyard hobby to an international competition.

Today, skateboarding continues to thrive. It teaches patience, determination, and balance. Most importantly, it gives young people a chance to challenge themselves while having fun. Whether you skate in a park, on the street, or just cruise around your neighborhood, one thing is clear—skateboarding is here to stay.

Comprehension Questions:

1. Why did skateboarding first begin?
 - A. To replace roller skating
 - B. As a new school sport

- C. As an alternative to surfing on calm days
D. Because bikes were banned
2. What was the significance of the “ollie” trick?
A. It made skating safer
B. It allowed skaters to do more advanced tricks
C. It helped skaters slow down
D. It was only used in the Olympics
3. Why was skateboarding banned in some cities?
A. It was not environmentally friendly
B. It caused traffic jams
C. It was viewed as dangerous and disruptive
D. It was too expensive
4. How did skateboarding spread around the world?
A. Through Olympic training programs
B. Through TV commercials
C. Through online videos and shared clips
D. Through school curriculums
5. What is the main idea of the passage?
A. Skateboarding is no longer popular
B. Skateboarding has grown into a global and respected sport
C. Only professionals can skateboard well
D. Skateboarding is only for young people
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The Power of Team Sports

Team sports like soccer, basketball, and volleyball are popular worldwide. These sports are not just about scoring goals or winning matches—they teach valuable life lessons. When students join a team, they learn to work with others toward a common goal. This kind of teamwork helps people develop communication, cooperation, and leadership skills.

Consider a soccer match. Each player has a role—defenders protect the goal, midfielders control the field, and forwards try to score. If one player doesn't work with the team, it affects everyone's performance. That's why team sports emphasize unity and trust. Players rely on each other to succeed. These skills are useful off the field too—in school projects, group discussions, and even future jobs.

Team sports also promote discipline and commitment. Athletes have to attend practice regularly, follow schedules, and listen to coaches. Missing practices or not following rules

can affect team morale. Through this, students learn the importance of responsibility and time management.

Another benefit is physical health. Running, jumping, and moving during games improve fitness. Students who play sports regularly are more likely to stay active, avoid obesity, and develop stronger bones and muscles. It's also a great way to relieve stress. After a long day of school, playing with friends on the field can be refreshing and energizing.

Moreover, team sports boost confidence and social skills. Being part of a team makes students feel included and valued. Winning a game together builds pride, while losing teaches resilience. In both situations, players grow emotionally and mentally.

In today's digital world, many teens spend hours on screens. Playing team sports gives them a chance to unplug, build real-world relationships, and develop healthy habits that can last a lifetime.

So, whether you score the final goal or cheer from the bench, being part of a team can shape who you are. It's not always about the trophy—it's about learning, growing, and sharing the experience with others.

Comprehension Questions:

1. What is the main idea of this passage?
 - A. Sports are only about winning
 - B. Team sports are fun but not educational
 - C. Team sports help students grow in many ways
 - D. Individual sports are better than team sports
2. What role does communication play in team sports?
 - A. It slows the game down
 - B. It helps teammates work together
 - C. It is only used by coaches
 - D. It distracts players
3. Why is discipline important in team sports?
 - A. To avoid getting bored
 - B. So players can learn tricks
 - C. To maintain team order and focus
 - D. To win every game
4. Which of the following is a **physical** benefit of playing team sports?
 - A. Improved handwriting
 - B. Stronger bones and muscles
 - C. Better math skills
 - D. More time to watch TV

5. How can losing a game be helpful?
 - A. It teaches cheating
 - B. It builds resilience and emotional growth
 - C. It proves that practice is pointless
 - D. It encourages quitting
6. What is one **mental** benefit of team sports mentioned in the passage?
 - A. Memorizing rules
 - B. Feeling included and confident
 - C. Learning how to text faster
 - D. Making new video games
7. How do team sports prepare students for future jobs?
 - A. By teaching them how to sell sports gear
 - B. By helping them memorize player stats
 - C. Through teamwork and responsibility
 - D. By encouraging them to play professionally
8. Why is it important to attend practices regularly?
 - A. To avoid being benched forever
 - B. To keep the coach happy
 - C. To improve teamwork and commitment
 - D. To win trophies only
9. What does the passage suggest about screens and teens?
 - A. Screens improve teamwork
 - B. Teens should only use screens for sports
 - C. Playing sports helps teens disconnect from screens
 - D. Watching sports is better than playing
10. What does the author mean by “It’s not always about the trophy”?
 - A. Trophies are too expensive
 - B. Winning isn’t the most important part
 - C. Only professionals get trophies
 - D. Losing always feels better

Exploring the World of Hiking

In today’s fast-paced world, many people are discovering the joy of slowing down and spending time in nature. One popular activity that allows this is hiking. Hiking is the act of walking long distances, usually along trails in natural settings such as forests, mountains, or coastal paths. It is not just a form of exercise—it’s a way to experience the beauty of the outdoors, relieve stress, and connect with the environment.

Unlike sports that require teams, uniforms, or expensive equipment, hiking is simple. All you really need is a good pair of shoes, comfortable clothes, and a backpack with water and snacks. People of all ages can enjoy hiking, and the difficulty of a hike can vary. Some trails are short and flat, perfect for beginners, while others are steep and long, meant for more experienced hikers.

Hiking offers both physical and mental benefits. Climbing hills and walking on uneven terrain improves leg strength, balance, and cardiovascular health. Being outdoors also boosts mental well-being. Studies show that spending time in nature can lower stress levels, reduce anxiety, and improve mood. Listening to birds, feeling the breeze, and seeing trees and rivers can calm the mind in a way that screens and noise cannot.

One important part of hiking is respecting nature. Hikers are encouraged to follow the “Leave No Trace” rule—this means taking all trash with you, not picking plants, and staying on marked trails. These rules help keep the environment clean and safe for both people and wildlife.

Many families and schools are starting to promote hiking trips as a healthy way to spend weekends or school breaks. Some people even keep hiking journals, where they write about the places they visit, the animals they see, or how they felt during the hike. It becomes not just a physical activity but a meaningful personal journey.

Whether it’s a short walk in the woods or a full-day mountain hike, this activity helps people disconnect from their busy routines and reconnect with nature—and with themselves.

Comprehension Questions:

1. What is the main idea of this passage?
 - A. Hiking is a dangerous activity
 - B. Hiking is only for professionals
 - C. Hiking is a simple, healthy, and rewarding activity
 - D. Hiking requires a lot of equipment
2. What makes hiking different from many sports?
 - A. It can only be done indoors
 - B. It doesn't involve any physical movement
 - C. It doesn't require a team or much gear
 - D. It always takes place in winter
3. What are some **physical benefits** of hiking?
 - A. Improved balance and leg strength
 - B. Better video game skills
 - C. Increased reading speed
 - D. Stronger vocabulary

4. How can hiking help someone's **mental health**?
 - A. By teaching math skills
 - B. By helping people argue better
 - C. By reducing stress and improving mood
 - D. By increasing appetite
5. What is the purpose of the "Leave No Trace" rule?
 - A. To keep trails difficult for others
 - B. To protect nature and wildlife
 - C. To make hiking more competitive
 - D. To teach survival skills
6. Who can enjoy hiking?
 - A. Only athletes
 - B. Only young adults
 - C. People of all ages and experience levels
 - D. Only people with guides
7. Why might someone keep a hiking journal?
 - A. To remember the distance they walked only
 - B. To record their favorite hiking shoes
 - C. To reflect on their experiences and nature sightings
 - D. To complain about the weather
8. Which item is most essential for hiking?
 - A. A soccer ball
 - B. A team jersey
 - C. Comfortable shoes
 - D. A smartphone
9. According to the passage, how does nature affect hikers emotionally?
 - A. It increases anger
 - B. It causes boredom
 - C. It calms and refreshes the mind
 - D. It creates confusion
10. What does the author suggest is a deeper value of hiking beyond exercise?
 - A. Winning races
 - B. Competing for the best trail
 - C. Reconnecting with nature and oneself
 - D. Training for marathons

: The Magic of Learning a Musical Instrument

Have you ever watched someone play a musical instrument and wondered how they do it? Whether it's strumming a guitar, pressing piano keys, or blowing into a flute, playing music is a skill that brings joy not only to the musician but also to those who listen. Many students choose to learn an instrument in their free time, and it can become a lifelong passion.

Learning a musical instrument has many benefits beyond just making beautiful sounds. First, it improves brain function. Studies show that students who play instruments tend to do better in subjects like math and reading. That's because music involves patterns, timing, and memory—all skills that are also important in academics.

Playing an instrument also helps build discipline. At first, it can be frustrating to hit the wrong note or struggle with a song. But with daily practice, musicians learn to keep trying until they succeed. This patience and persistence carry over into other areas of life, like school and sports.

Music also helps people express their emotions. When you're happy, you might play an upbeat tune. When you're sad, a slow, soft melody might help you feel better. Playing music can become a healthy way to release feelings and improve mood.

Many students enjoy joining school bands or music clubs, where they can perform together. This teaches teamwork, just like in sports. Every member of the band has a role, and working together creates harmony. Performances help build confidence, too. Standing in front of an audience may be scary at first, but with time, it becomes exciting and rewarding.

Learning an instrument doesn't require being a prodigy. Anyone can start at any age with the right attitude and support. Some students begin with free online lessons, while others attend classes or hire music tutors. With dedication, even a beginner can one day play their favorite songs.

In the end, playing a musical instrument is about more than just music. It's about creativity, confidence, and connection. Whether you play for fun, for school, or for an audience, music has the power to enrich your life in meaningful ways.

Comprehension Questions:

1. What is the main purpose of this passage?
 - A. To promote joining a sports team
 - B. To explain how to become famous
 - C. To show the value of learning a musical instrument
 - D. To compare different types of instruments

2. How does music help academic performance?
 - A. By helping students read faster
 - B. Through developing timing, memory, and pattern skills
 - C. By teaching grammar rules
 - D. By replacing math homework
3. What does the author say about making mistakes while learning?
 - A. Mistakes should be avoided at all costs
 - B. It's okay to give up if it's hard
 - C. Mistakes help build persistence and discipline
 - D. Mistakes mean you're not talented
4. How does playing an instrument help with emotions?
 - A. By ignoring feelings
 - B. By distracting students from school
 - C. By providing a way to express and manage emotions
 - D. By making students feel lonely
5. What is one social benefit of playing in a band?
 - A. You never need to practice
 - B. You compete with other musicians
 - C. You learn to work as a team
 - D. You can play louder than others
6. How can performing help students?
 - A. It keeps them silent
 - B. It helps them avoid teamwork
 - C. It builds confidence over time
 - D. It replaces studying
7. What does the passage say about who can learn an instrument?
 - A. Only talented children
 - B. Anyone with dedication and support
 - C. Only those with private tutors
 - D. Only students with music classes at school
8. What is the best way to describe the tone of the passage?
 - A. Negative and critical
 - B. Encouraging and informative
 - C. Boring and technical
 - D. Angry and emotional
9. What is one challenge new musicians face?
 - A. Choosing what clothes to wear
 - B. Hitting wrong notes or struggling with songs
 - C. Carrying heavy instruments
 - D. Finding time to play video games
10. What is the meaning of the sentence: "Playing a musical instrument is about more than just music"?
 - A. It's also about spending money
 - B. It includes history and science

- C. It helps with life skills like creativity and confidence
 - D. It helps you win competitions only
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Why Swimming Is a Life Skill

Swimming is often thought of as just a fun way to cool off on a hot day, but it is much more than that. In fact, many experts believe swimming is a life skill—something everyone should learn, just like reading or riding a bike. It is one of the few activities that can save your life in an emergency, improve your health, and offer fun and relaxation all at once.

One of the most important reasons to learn swimming is safety. Accidental drowning is a serious risk, especially for children and teens. Knowing how to swim can make a big difference in dangerous situations near water, such as at the beach, by a lake, or even around a swimming pool. Swimming lessons teach people how to float, tread water, and move through the water safely and confidently.

Beyond safety, swimming provides a full-body workout. It uses nearly every muscle group in the body—arms, legs, core, and back. At the same time, it is gentle on the joints, which makes it perfect for people of all ages, including those recovering from injuries. Regular swimming improves cardiovascular health, increases lung capacity, and builds endurance.

Swimming is also great for mental health. Being in the water can feel calming and peaceful. Many swimmers say that it helps them clear their minds and reduce stress. Whether you're doing slow laps or diving into the deep end, swimming can be both relaxing and energizing.

In addition, swimming can be social. Joining a swim team, attending pool parties, or taking lessons with friends makes the activity even more enjoyable. Swimmers often develop discipline and time management skills as they train and prepare for events or competitions.

Another advantage of swimming is that it can be done almost anywhere—at public pools, lakes, rivers, or oceans. It doesn't require much equipment either. A swimsuit, goggles, and access to water are all that's needed to get started.

Whether you swim for fun, fitness, or competition, learning to swim is a valuable skill. It keeps you safe, healthy, and connected to others. In a world where water is all around us, being able to swim isn't just helpful—it's essential.

Comprehension Questions:

1. What is the main idea of the passage?
 - A. Swimming is a fun but optional hobby
 - B. Swimming is an essential life skill with many benefits
 - C. Only athletes need to learn swimming
 - D. Swimming is too difficult for most people
2. Why is swimming considered a life-saving skill?
 - A. Because it burns calories
 - B. Because it teaches floating and safety in water
 - C. Because it is easy to learn
 - D. Because it is required in school
3. What part of the body does swimming exercise?
 - A. Only the arms
 - B. Only the legs
 - C. All major muscle groups
 - D. Only the heart
4. How is swimming different from other forms of exercise?
 - A. It is boring and repetitive
 - B. It requires expensive gear
 - C. It is easy on the joints
 - D. It doesn't improve health
5. How does swimming benefit mental health?
 - A. By improving memory
 - B. By calming the mind and reducing stress
 - C. By teaching emotional vocabulary
 - D. By increasing sleepiness
6. What do swimmers learn besides physical skills?
 - A. Cooking and cleaning
 - B. Time management and discipline
 - C. Acting and singing
 - D. Math and science
7. Where can people swim?
 - A. Only in school pools
 - B. In various places like pools, lakes, and oceans

- C. Only in private gyms
 - D. Only in hot climates
 - 8. Why is swimming good for people of all ages?
 - A. It's competitive
 - B. It's difficult
 - C. It's gentle and adjustable for different fitness levels
 - D. It requires no movement
 - 9. What equipment is usually needed for swimming?
 - A. Tennis racket and net
 - B. Football and cleats
 - C. Swimsuit and goggles
 - D. Skates and helmet
 - 10. Which sentence best explains the value of learning to swim?
 - A. Swimming helps people win races
 - B. Swimming is a way to show off skills
 - C. Swimming provides safety, fitness, and social opportunities
 - D. Swimming is only useful in summer
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: Pedaling Toward Health and Freedom

Cycling, also known as biking, is one of the most popular free time activities around the world. Whether it's for fun, fitness, or transportation, riding a bicycle offers a sense of freedom and adventure that few other activities can match. Children, teens, and adults alike enjoy hopping on two wheels to explore their neighborhoods, commute to school or work, or simply enjoy the outdoors.

One of the greatest advantages of cycling is its health benefits. Riding a bicycle strengthens your legs, improves your balance, and gets your heart pumping. It's considered a cardiovascular exercise, which means it's good for the heart and lungs. Regular cycling can also help with weight control and increase energy levels. Best of all, it's gentle on the joints, making it suitable for almost everyone.

Beyond physical health, cycling is great for mental well-being. The rhythm of pedaling, the wind on your face, and the movement through nature can reduce stress and improve mood. For many people, biking provides a break from digital screens and a chance to enjoy peace and quiet or listen to music or a podcast while riding safely.

Cycling also has environmental benefits. Bicycles don't use fuel or produce harmful gases like cars do. Choosing to ride a bike instead of driving helps reduce pollution, noise, and traffic congestion. In many cities, bike lanes and green paths have been added to support a cleaner, more eco-friendly way of getting around.

In addition to riding solo, many people join cycling clubs or groups. These offer a chance to ride with others, learn new routes, and stay motivated. There are also cycling races and events for those who want a challenge.

Of course, safety is important. Wearing a helmet, using lights and reflectors, and following traffic rules are essential for all cyclists. With the right precautions, cycling can be a safe and enjoyable habit for life.

From short neighborhood rides to long-distance trips, cycling is more than just a way to get from one place to another. It's a powerful combination of exercise, exploration, and independence—and one that keeps rolling for years to come.

Comprehension Questions:

1. What is the main idea of this passage?
 - A. Cycling is only for athletes
 - B. Cycling is a fun and healthy activity with many benefits
 - C. Biking is expensive and hard to learn
 - D. People should drive cars instead
2. What kind of exercise is cycling considered?
 - A. Muscle-building
 - B. Jumping and sprinting
 - C. Cardiovascular
 - D. Stretching
3. How does cycling help your body?
 - A. By improving your cooking skills
 - B. By strengthening legs and increasing heart health
 - C. By teaching sports rules
 - D. By improving writing
4. What mental benefit does cycling provide?
 - A. It causes boredom
 - B. It increases stress
 - C. It helps reduce stress and boost mood
 - D. It makes people tired
5. How is cycling good for the environment?
 - A. It uses a lot of gas
 - B. It adds to traffic
 - C. It produces no pollution
 - D. It creates more noise
6. What is one reason people join cycling clubs?
 - A. To learn new video games
 - B. To find lost bikes

- C. To ride with others and stay motivated
 - D. To avoid exercise
 - 7. What does the passage say about safety?
 - A. Helmets are optional
 - B. Only kids need safety gear
 - C. Safety rules should always be followed
 - D. Traffic laws don't apply to bikes
 - 8. What can people enjoy while biking?
 - A. Shopping malls
 - B. TV shows
 - C. The outdoors, music, or podcasts
 - D. Sleeping
 - 9. Why is cycling good for people of different ages?
 - A. Because it's very competitive
 - B. Because it doesn't require effort
 - C. Because it's low-impact and adaptable
 - D. Because it's only for fun
 - 10. What does the passage suggest about cycling as a long-term activity?
 - A. It should be replaced by running
 - B. It's only useful during school years
 - C. It's a lifelong habit that supports health and freedom
 - D. It becomes boring over time
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: The Power and Responsibility of Video Gaming

For many students, playing video games is one of the most popular ways to spend free time. Whether it's racing cars, building worlds, or competing in multiplayer battles, video games can be exciting, creative, and even educational. With the rise of online platforms and mobile devices, gaming has become more accessible than ever before.

Video games offer several benefits when played in moderation. First, they can improve problem-solving skills. Many games require players to think quickly, plan strategies, and adapt to new challenges. Puzzle games, for example, encourage logic and critical thinking, while adventure or role-playing games often involve making decisions that affect the outcome of the story.

Gaming also improves hand-eye coordination and reaction time. Fast-paced games require players to move their fingers quickly while paying attention to what's happening on screen. This kind of focus can help improve concentration and multitasking skills.

Another positive aspect of gaming is the social connection it offers. Online games allow players to team up with friends or strangers around the world. Gamers learn to

communicate, cooperate, and solve problems together. For some students, video games provide a way to make friends or relax after a long day at school.

However, gaming also comes with responsibilities. Spending too much time in front of a screen can lead to health problems such as eye strain, poor sleep, or lack of physical activity. It's important to take breaks, stay active, and balance gaming with other hobbies like reading, sports, or spending time outdoors.

Parents and teachers often remind students to focus on time management. Video games can be a reward after homework is done or chores are completed. Setting time limits and choosing games that are age-appropriate helps make gaming a positive experience.

Not all games are violent or mindless—many are designed to teach, create, and inspire. Some simulate real-life experiences like managing a farm, designing a city, or exploring history. These games can make learning more fun and interactive.

In the end, video gaming is like any other activity—it's fun, beneficial, and meaningful when used wisely. The key is balance: play, learn, and grow without letting the game take control.

Comprehension Questions:

1. What is the main idea of the passage?
 - A. Video games are harmful and should be avoided
 - B. Video gaming is a popular free time activity with benefits and responsibilities
 - C. Only adults should play video games
 - D. Video games are more important than school
2. What skill do puzzle games help develop?
 - A. Speed reading
 - B. Cooking
 - C. Logical thinking and problem-solving
 - D. Singing and dancing
3. How can video games help with coordination?
 - A. By teaching typing
 - B. By improving hand-eye movement and reaction time
 - C. By helping with running
 - D. By making people tired
4. What social benefit do online games offer?
 - A. They allow players to shop online
 - B. They help players work together and communicate
 - C. They block friendships
 - D. They teach languages

5. What is one health risk of playing too long?
 - A. Memory loss
 - B. Eye strain and poor sleep
 - C. Improved focus
 - D. Stronger muscles
6. What is the suggested way to manage gaming time?
 - A. Play all day
 - B. Avoid games completely
 - C. Use games only in the morning
 - D. Set limits and balance with other tasks
7. Why do some teachers support educational games?
 - A. They reduce internet use
 - B. They teach real-world skills in a fun way
 - C. They stop students from reading
 - D. They are hard to find
8. What does the passage say about violent games?
 - A. They are the only types of games
 - B. All games are violent
 - C. Not all games are violent or mindless
 - D. They are required in school
9. How can gaming affect school performance if not controlled?
 - A. It improves grades
 - B. It leads to too much studying
 - C. It may distract students from schoolwork
 - D. It helps students sleep early
10. What is the author's tone in the passage?
 - A. Negative and strict
 - B. Positive and balanced
 - C. Boring and repetitive
 - D. Angry and blaming

Drawing Your World—The Joy of Art in Free Time

In a world full of fast-paced activities and digital distractions, many students find peace and joy in one simple activity—drawing. Whether using a pencil, pen, or paintbrush, drawing allows people to express themselves creatively, explore their emotions, and even tell stories without using words. It's a timeless hobby that can be enjoyed by anyone, anywhere.

Drawing is more than just a fun pastime; it offers real benefits for the mind and body. When students draw, they often enter a focused, calm state known as “flow.” This feeling of being completely absorbed in what you’re doing can help reduce stress and anxiety. Like meditation, drawing can relax the brain and bring a sense of peace.

Art also encourages problem-solving and critical thinking. When an artist decides what to draw, how to position the shapes, or how to shade areas with light and dark, they are making many small decisions. These choices help develop attention to detail and creative thinking—skills that are useful in school and life.

Additionally, drawing improves hand-eye coordination and fine motor skills. Just like practicing a sport strengthens muscles, drawing regularly strengthens the muscles used for writing and hand control. Over time, students may notice their handwriting improves or they become more skilled with tools in art class or even science labs.

One of the most special things about art is its ability to express emotions. When words are hard to find, drawing can help people share feelings like joy, anger, sadness, or hope. It gives students a safe and private way to deal with strong emotions and reflect on their experiences.

Many people also enjoy sharing their art with others, either in person or online. It can be exciting to post a sketch, design a comic strip, or enter a school art contest. These moments build confidence and allow young artists to connect with others who share the same passion.

Most importantly, drawing doesn’t require expensive tools or formal training. A simple pencil and paper are enough to begin. With practice, patience, and imagination, anyone can become better at drawing.

Whether you draw to relax, express yourself, or simply enjoy your free time, art is a hobby that can grow with you for a lifetime.

Comprehension Questions:

1. What is the main purpose of the passage?
 - A. To explain the rules of drawing competitions
 - B. To describe how drawing can be a valuable and relaxing free time activity
 - C. To argue that drawing should replace schoolwork
 - D. To advertise art supplies
2. What mental benefit is linked to drawing?
 - A. It causes stress
 - B. It makes people tired

- C. It helps reduce anxiety and improve focus
D. It weakens concentration
3. What is the “flow” state mentioned in the text?
A. A way to draw cartoons
B. A feeling of being completely focused and calm
C. A brand of pencil
D. A type of fast music
4. How does drawing help with physical skills?
A. It builds muscle strength
B. It improves balance
C. It strengthens hand control and coordination
D. It helps with running
5. How is drawing like meditation, according to the passage?
A. Both are used in school tests
B. Both are physical activities
C. Both can calm the brain and reduce stress
D. Both are group activities
6. What role does creativity play in drawing?
A. It’s not very important
B. It helps make decisions and express ideas
C. It only applies to professional artists
D. It makes art boring
7. Why might someone draw instead of talk about their emotions?
A. Because drawing is faster
B. Because it’s easier to post online
C. Because drawing is a safe way to express feelings
D. Because talking is not allowed
8. What can happen when young artists share their work?
A. They lose their work
B. They feel bored
C. They build confidence and connect with others
D. They forget how to draw
9. What tools are needed to start drawing?
A. Expensive paint sets
B. A computer
C. Just a pencil and paper
D. A printing machine
10. What is the tone of the passage?
A. Negative and critical
B. Neutral and distant
C. Encouraging and supportive
D. Confusing and unclear

Dance—Movement, Music, and Meaning

Dancing is one of the oldest and most joyful ways people express themselves. Across every culture and generation, people have used dance to celebrate, tell stories, connect with others, and simply have fun. Whether it's ballet, hip-hop, salsa, or freestyle, dancing is a powerful activity that blends movement, music, and emotion.

Many students enjoy dancing in their free time—at home, in a studio, or even at school events. One of the best things about dancing is that there is no one “right” way to do it. Some people train in specific styles and follow strict routines, while others move however the music inspires them. Both ways are valid forms of expression.

Dance has many physical benefits. It strengthens the muscles, improves flexibility, and builds coordination. Because it raises the heart rate, dancing is also considered a form of cardiovascular exercise, much like jogging or swimming. It helps people stay fit while having fun. Unlike some sports, dancing is often set to music, which makes the experience enjoyable and energizing.

Aside from its physical perks, dance is also excellent for mental and emotional health. It allows people to express feelings that might be hard to put into words. Dancing can boost self-confidence, reduce stress, and lift a person's mood. In fact, many schools and community centers offer dance programs as a way to support emotional well-being.

Another exciting part of dancing is that it can be done alone or in groups. Group dances help build teamwork and social skills. Dancers often learn to listen closely, take turns, and encourage one another. This creates a sense of belonging and connection, which is especially important during the teenage years.

In recent years, dance has become more visible on social media platforms, where users share dance challenges and routines. These trends make dancing more accessible and give people the courage to try it—even if they're beginners.

Whether you're learning choreography in a class, creating your own moves, or dancing just for fun in your room, dancing is a fantastic way to spend your free time. It's not just about movement—it's about joy, creativity, and being fully present in the moment.

Comprehension Questions:

1. What is the main idea of the passage?
 - A. Dancing is only for professionals
 - B. Dancing is a fun and healthy way to express yourself and stay active

- C. Only certain cultures enjoy dancing
D. Dance requires expensive equipment
2. What type of exercise is dancing considered?
A. Weightlifting
B. Cardiovascular
C. Yoga
D. Breathing
3. How does dancing benefit physical health?
A. By helping with cooking skills
B. By improving sleep only
C. By building strength, flexibility, and coordination
D. By reducing reading time
4. Why do people dance to music?
A. To copy others
B. To stay quiet
C. Because it makes dancing more enjoyable
D. Because it's required in school
5. What does dancing help express?
A. Math problems
B. Emotions that are hard to say
C. TV shows
D. Boredom
6. How can dancing help with emotional health?
A. It makes people tired
B. It increases loneliness
C. It boosts confidence and reduces stress
D. It causes confusion
7. What is one benefit of group dancing?
A. You get to compete all the time
B. You don't have to learn steps
C. It builds teamwork and connection
D. It is always on stage
8. How has social media influenced dancing?
A. It has replaced real dancing
B. It has made dancing more private
C. It has made dancing more visible and encouraged more participation
D. It has stopped people from enjoying dance
9. According to the passage, how strict is dance as a hobby?
A. You must follow strict rules only
B. There's no flexibility in dance
C. It can be structured or free—both are valid
D. It must be learned in school
10. What is the tone of the passage?
A. Negative and dull

- B. Critical and harsh
 - C. Positive and inspiring
 - D. Boring and technical
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The Magic of Reading for Pleasure

In a world filled with screens and constant notifications, taking time to read a book for pleasure might seem old-fashioned. Yet, many students discover that reading can be one of the most enjoyable and relaxing ways to spend their free time. Unlike reading for school assignments, reading for pleasure means choosing what *you* want to read—whether it’s a mystery novel, a fantasy adventure, a comic book, or even a biography.

Reading for fun has many surprising benefits. First, it helps build vocabulary and language skills. The more words you read, the more words you learn. This can make it easier to speak, write, and understand others in daily life. Studies have shown that students who read regularly tend to perform better in all school subjects, not just English.

Another benefit of reading for pleasure is that it improves focus and concentration. In today’s fast-paced world, attention spans are shrinking. But when you’re deeply involved in a good story, you stay focused for longer periods. This skill can carry over into studying, listening in class, and completing homework.

Reading also sparks the imagination. Books take you to faraway places, introduce you to different cultures, and allow you to experience life through someone else’s eyes. A single story can make you laugh, cry, or think deeply about the world around you. This emotional connection helps develop empathy—the ability to understand how others feel.

One of the best things about reading is its flexibility. You can read almost anywhere—at home, on a bus, under a tree, or in a quiet corner at school. It doesn’t require any special equipment—just a book, an e-reader, or even a library card. Whether you enjoy fiction or non-fiction, long books or short stories, there’s always something new to discover.

Some students say they don’t enjoy reading because they haven’t found the *right* book yet. The key is to explore different genres and authors until you find one that excites you. Once you do, reading becomes more than just a habit—it becomes a joy.

So, the next time you have free time, consider picking up a book. You might be surprised by how quickly the pages fly by and how much you learn along the way.

Comprehension Questions:

1. What is the main purpose of the passage?
 - A. To explain how to write a book
 - B. To list famous authors
 - C. To show the benefits of reading for fun
 - D. To advertise a bookstore
2. How does reading improve language skills?
 - A. By making you talk more
 - B. By increasing vocabulary and understanding
 - C. By helping with drawing
 - D. By making writing harder
3. What is a major difference between reading for school and reading for pleasure?
 - A. Reading for school is shorter
 - B. Reading for pleasure means you choose what to read
 - C. School reading is more fun
 - D. Pleasure reading has no words
4. Why does the passage say reading improves focus?
 - A. Because books are short
 - B. Because you have to read fast
 - C. Because a good story holds your attention
 - D. Because you read while watching TV
5. What emotional skill does reading develop?
 - A. Anger
 - B. Empathy
 - C. Confusion
 - D. Laziness
6. How is reading described as flexible?
 - A. It requires traveling
 - B. You need internet to read
 - C. You can do it anywhere and with many formats
 - D. It must be done in class
7. Why do some students think they dislike reading?
 - A. They've read too much
 - B. They don't know how to read
 - C. They haven't found the right book yet
 - D. They prefer only writing
8. What genre examples are mentioned in the passage?
 - A. Textbooks and cookbooks
 - B. Novels, comics, biographies
 - C. Songs and poems
 - D. Newspapers and flyers
9. How does reading help with school performance?
 - A. Only in math
 - B. It improves all subjects

- C. It distracts from homework
 - D. It replaces studying
10. What is the tone of the passage?
- A. Serious and strict
 - B. Critical and unkind
 - C. Encouraging and positive
 - D. Boring and unclear
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