JUNIOR SCHOOL

MONITORING LEARNER'S PROGRESS

EN/NJ/M/BB MD-T1-2025

GRADE EIGHT - YEAR 2025
ENGLISH LANGUAGE

{8}

Name: _____

School: _____

Learner's Number: ___ ___ ___ Gender: Boy ___ girl ___

TEACHER'S SCORING GUIDE - ASSESSMENT RUBRICS

The grid below is to be filled by the teacher after marking the learners work.

Marks of Correct Answers	OUT OF TOTAL MARKS

Read the passage below and then answer the questions that follow.

You don't have to be a member of a local gym to keep and maintain physical fitness. Most of the underrated exercises like walking and jogging are very effective. The majority do not consider walking to be an exercise. Just getting up and walking around? It's very simple right?

There are many benefits of walking. Despite that it is a low impact exercise, walking is suitable for anyone who cannot run, jog or lift. A thirty minute long walk a day can reduce your risk of heart attacks and cardiac arrest. As simple as it looks, walking keeps the blood healthy by reducing excess and unhealthy fats. This helps to control body weight, diabetes, weak bones and prevent some types of cancer. In fact walking alone improves your mood by releasing feel happy hormones.

Walking is a gentle activity that may not bring about panting and quick heartbeats. You can walk with a friend, spouse or your pet. As you walk, don't forget to enjoy the beauty of nature. So get yourself a comfortable pair of sneakers and spare a few minutes every day. Just walking.

1. Why are jogging and walking underrated by many people?
   A. Majority do not consider them to be exercise B. Majority consider them as simple
   C. Many people find it tiresome and boring D. Many people consider walking as a normal task

2. Write down three health benefits of walking
   A. Controls diabetes, prevents some types of cancer, control pneumonia
   B. Controls weak bones, keep someone energetic, reduces excess fats
   C. Reduces risk of heart attacks, keep the blood healthy, control body weight, diabetes, weak bones
   D. Reduces risk of cardiac arrest, reduces risk of malaria

3. Why does a person have an improved mood after walking?
   A. The person releases feel sad hormones B. The person releases feel happy hormones
   C. The person releases feel jovial hormones D. The person releases feel sorrow hormones

4. According to the last paragraph walking alone is seen to be:-
   A. Enjoyable B. Disturbing C. Qualitative D. Uncomfortable