ENGLISH PP1

Time: 1 Hour 40 Minutes

Candidate's Name	**Assessment Number**
School Name	**School Code**
Candidate's Signature	**Date**

901/1

(Reading Comprehension, Oral Skills and Grammar)

Read the passage below and then answer questions 1 to 6.

Exams can feel overwhelming and it is completely normal to feel nervous as the day gets close. A strange feeling in your stomach or notice thoughts racing through your mind. Feeling this way is not a sign of weakness or unpreparedness. It is just the body's natural way of reacting to something important happening.

During the buildup, simple actions can help regain control. Taking slow, deep breaths, inhaling through the nose and exhaling through the mouth, instantly helps quiet a racing mind. Break studying into smaller, manageable parts rather than trying to learn everything at once. It makes the workload feel lighter. Remember to take short breaks, drink plenty of water and get enough sleep, as a rested brain handles stress much better.

Most importantly, **be gentle with yourself**. Instead of worrying about failing or making mistakes, remind yourself of the hard work you have already put in. Your worth is not defined by a single exam grade. By staying calm, taking one clear step at a time, and trusting your preparation, you can handle exam day with confidence.

1. According to the first paragraph, which one is a physical sign of anxiety?
   A. A racing heartbeat. B. Sudden high fever.
   C. Twitching arms and fingers. D. Falling asleep instantly.
2. What does the phrase **'be gentle with yourself'** mean?
   A. Avoid doing any homework or study work.
   B. Sleep through the entire exam period.
   C. Talk to yourself kindly and refrain from self-blame.
   D. Ask a friend to complete your revision for you.
3. Which of the below practices would **least** help a candidate during the examination period?
   A. Studying continuously without taking breaks. B. Having enough quality sleep.
   C. Drinking plenty of water. D. Breaking down work into smaller bits.
4. How does the human body react to something important which is about to happen?
   A. Becoming weak day by day. B. Through having goose bumps.
   C. By shaking violently. D. Through stomach rumbles.
5. Based on the above passage, how can a learner make revision simpler?
   A. By depending on many revision materials.
   B. By splitting content into smaller portions.
   C. Through searching the internet more frequently.
   D. By passing a single exam in that grade.
6. Which is the recommended way of regaining control whenever you feel overwhelmed?
   A. Taking short breaks. B. Handling stress better.
   C. Forcing a smile. D. Taking slow deep breaths.

Read the passage below and then answer questions 7 to 11.

We received a late call up to the annual music festival. We had dropped our rehearsals and our costumes were rather untidy unlike those of the other schools. When we walked into the massive auditorium, the loud applause for the group before us made our hands tremble. We all agreed that our main goal was just to sing our song, finish without messing up and head home early.

When our turn came, we walked onto the grand stage under the hot bright lights. My heart was pounding like a drum, but as soon as the piano played the first note, a wave of calm washed over us. We sang our hearts out, our voices blending perfectly. We simply enjoyed the music together.