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INSTRUCTIONS:

Practice exercises.

Circle the correct answer.

1. What language is not an official language of South Africa?
   
   A  English
   B  Afrikaans
   C  French
   D  Setswana

   You answered correctly if you circled the letter D.

2. Which word is the verb in the following sentence? Write the word on the line.

   The boy is running fast.

   __________________________

   You answered correctly if you only wrote "running" on the line.

3. Give a reason why you think it is important to exercise.

   __________________________

   You should have written in a full sentence in the space provided, similar to the answer below:

   Exercise is important for a healthy body and mind.
SECTION A

QUESTION 1

Reading Comprehension

Read the following article and answer the questions that follow.

Ntando Mahlangu: South Africa’s 14 year-old blade runner who has only ever excelled

1. Those who had never heard of Ntando Mahlangu before his silver medal win at the Paralympics in 2016 might have been surprised. For those who have kept their eyes on him, it is just the start of this teenage success.

2. In most ways, Ntando Mahlangu is just a regular teenager. He likes to play soccer with his friends and he likes most sports. He is a little bit cheeky, he goes to training after school, and then does his homework.

3. Mahlangu won silver for Team South Africa in the men’s T42 final. The Mpumalanga athlete came second with a time of 23.77 seconds, only beaten by British Paralympic sensation Richard Whitehead (23.39).

4. While the 14-year-old said that he wasn’t expecting a medal, it’s hardly a surprise that he managed to win one. Since he was fitted with prostheses for the first time four years ago, Mahlangu has smashed record after record.

5. The silver at the Paralympics was yet another personal best and another African record, even if the 200 m isn’t his favourite race.

6. Because of where his legs are amputated, it takes a lot of energy for Mahlangu to move forward – he must swing his hips in an almost roundhouse motion to get power – but that does not limit him. His coaches say he spends most of his time on his blades, because he likes to stay active, something that is difficult on “normal” prosthetics.

[Adapted from Antoinette Muller in Daily Maverick, 2016]

1.1 The title of the article is …

(1)

P.T.O.
1.2 Choose a word that best describes Ntando Mahlangu.
A dangerous
B lazy
C rude
D cheeky (1)

1.3 Where was this article published?
The article was published in the ...
A National Geographic.
B Reader's Digest.
C Daily Maverick.
D Daily Sun. (1)

1.4 The athlete won the medal in the Paralympics during ...
A 2016.
B 2015.
C 2014.
D 2010. (1)

1.5 What is the article about?

(1)

1.6 Which British athlete beat Ntando in the paralympics?

(1)

1.7 Explain the difference between the Olympics and the Paralympics.

(2)

1.8 What lesson did you learn from this article?

(1)
Give an antonym (word that has the opposite meaning) for the underlined word in the following sentence.

He's a little bit cheeky.

1.10 Find a word in paragraph 4 that means "unexpected".

1.11 Explain the meaning of the following sentence.

His coaches say he spends most of his time on his blades.

1.12 Who would enjoy reading this newspaper article?

A Everyone  
B Women  
C Boys  
D Girls

1.13 Name any TWO characteristics that best describe Ntando.

1.14 After reading the article, do you think that people with disabilities can live normal lives and why?

1.15 Did you like reading the passage? Give a reason for your answer.
QUESTION 2: Language in context

2.1 Underline the verb in the following sentence.
He must swing his hips in an almost roundhouse motion. (1)

2.2 Rewrite the following sentence in the present continuous tense.
Ntando ran very fast. (1)

2.3 Rewrite the following sentence using the simple future tense.
He was fitted with prostheses. (1)

2.4 Identify the underlined part of speech in the sentence below.
He is actively involved in gardening with his friends. (1)

2.5 Rewrite the following sentence using the correct punctuation.
Ntando likes to play soccer, rugby and tennis. (2)

2.6 Write the singular form of the following words.

(a) medals – __________________________

(b) coaches – _________________________ (2)

2.7 Identify and underline the common noun in the following sentence.
He was not expecting a medal. (1)

2.8 Find a word in paragraph 6 that is the opposite of "easy". (1)

TOTAL FOR SECTION A: 30

P.T.O.
SECTION B

QUESTION 3: Poem

If I was a Superhero ...

1. If I was a superhero
2. I'd definitely fly.
3. Arms outstretched
4. Racing birds in the sky.
5. If I was a superhero
6. I'd have special powers
7. Like extra strong legs
8. For jumping over towers.
9. If I was a superhero
10. I'd save all the oceans
11. With my secret and magical
12. Cleaning up potions.
13. If I was a superhero
14. I'd save all the trees
15. And the mountains and rivers,
16. The birds and the bees.
17. If I was a superhero
18. I'd help all the poor,
19. Give them food,
20. And make them hungry no more.
21. If I was a superhero
22. I'm sure you'll agree
23. The world would be better
24. Because of me!

By Sally Gray

3.1 Write any two rhyming words from the poem.

______________________________________________  (1)

3.2 What is the poem about?

______________________________________________  (1)

3.3 Name the poet.

______________________________________________  (1)

P.T.O.
3.4 Explain the term *superheroes*.

(1)

3.5 Do you think you will enjoy being a superhero for a day and why?

(1)

QUESTION 4: Language in context

4.1 Change the following sentence into the negative form.

I am a superhero.

(1)

4.2 Rewrite the following sentence in direct speech.

Andy said that he would love to be a superhero.

(1)

4.3 Rewrite the suffix in the word below.

jumping –

(1)

4.4 Underline the correct form of the verb in brackets.

In my dreams last night, I (was / were) a superhero.

(1)

4.5 Identify the adjective in the following sentence.

I'd have powers like strong legs.

(1)

TOTAL FOR SECTION B: 10

TOTAL: 40

END