



Kuratorium Oświaty
w Szczecinie

Konkurs Języka Angielskiego
dla uczniów szkół podstawowych województwa zachodniopomorskiego
w roku szkolnym 2024/2025

Etap rejonowy

Drogi Uczniu!

Przed przystąpieniem do rozwiązywania testu prosimy, żebyś zapoznał się z poniższymi wskazówkami:

1. Zakoduj swoje dane na karcie odpowiedzi do zadań zamkniętych zgodnie z poleceniem komisji konkursowej.
2. Masz do rozwiązania **45** zadań punktowanych 0 – 1.
3. **Zadania 1-45 to zadania zamknięte.** W każdym pytaniu **tylko jedna odpowiedź jest poprawna.**
4. Odpowiedzi udzielaj wyłącznie na załączonej karcie odpowiedzi.
5. W przypadku pomyłki błędą odpowiedź obwiedź kółkiem i zaznacz nową, poprawną. Jeżeli zaznaczysz więcej niż jedną odpowiedź bez wskazania, która jest prawidłowa, to żadna z nich nie będzie uznana.
6. Za rozwiązanie wszystkich zadań możesz otrzymać łącznie **45 punktów.**
7. Uważnie czytaj wszystkie polecenia.
8. Pisz tylko długopisem/piórem, nie używaj ołówka, gumki ani korektora.
9. Po zakończeniu pracy sprawdź, czy udzieliłeś wszystkich odpowiedzi.
10. Czas rozwiązywania zadań: **90 minut.**

Powodzenia!

PART 1 – READING

Przeczytaj poniższy tekst oraz pytania pod tekstem. Z podanych odpowiedzi (A,B,C lub D) wybierz jedną właściwą, zgodną z treścią tekstu.

Need a good night's sleep? Try changing how you think about it

(I) How did you sleep last night? If you tossed and turned, or stared at the clock, it's likely you'll probably feel less-than-refreshed. But that groggy, tired feeling may not just be down to the quantity, or perhaps even the quality, of your sleep – it can also depend on your mindset. Because what you tell yourself the next day about how you slept, and about how much it matters, can make a difference to how you perceive your tiredness.

"Everybody knows the idea of sleep quality. They assume that it is based on people's sleep performance during the night, as something that you can measure," says Nicole Tang, director for the Warwick Sleep and Pain Lab at the University of Warwick in the UK. "But what happened afterwards, and what happened just before, could also have an influence."

Tang's own work in this area is part of a growing body of research that suggests sleeping through the night isn't the only key to feeling refreshed the next morning. Our perception of sleep, our mood when assessing how tired we are and what we are doing at that time can all make a difference, Tang and her colleagues say.

(II) This approach can conflict with what we're often told about sleep: namely, that consistently logging a certain number of hours, without wakes, is absolutely crucial to well-being, one of the main ideas driving a \$78bn, and growing, industry. In fact, experts say, the exact relationship between sleep duration and our long-term health remains unclear. The research tends to be mixed and even when a link is found, studies generally highlight associations between sleep and health, rather than causations. In other words, the lack of sleep could be the cause of the problem, or it could be down to an underlying issue that keeps someone from sleeping well – people with respiratory problems, for example, often suffer poorer sleep.

(III) "We're problematising our sleep," says David Samson, an evolutionary anthropologist. By using objective measures he and other researchers have found that people from hunter-gather societies typically get between 5.7 and 7.1 hours of sleep per night – on the lower end of the scale compared to industrial societies. Their sleep is also more fragmented. But it also doesn't bother them, says Samson. Of two groups he looked at, in Namibia and Bolivia, less than 3% of foragers said they had trouble falling, or staying, asleep – a fraction of the up to 30% reported in industrial societies. Neither group had a word for "insomnia" in their languages.

"When I ask them 'Are they happy about their sleep? – 9.5 out of 10 say, 'Yeah, I love my sleep'," Samson says. "Yet we know, quantitatively, that these foragers in these small-scale societies are sleeping less than those in the economically developed world."

(IV) This may also mean that the rapid rise of sleep tracking devices could backfire. Say we wake up feeling fine, but our smartwatch tells us we had a poorer night of sleep than average: we may now feel more tired than if we didn't have that information.

In one study, for example, people with insomnia were given feedback that researchers told them was from sleep data on a smartwatch. Unbeknownst to the participants, the feedback was

fake. Half were told they'd slept badly, half that they'd slept well. When they reported back later in the day, the group who were told they'd slept poorly said they felt more fatigued, less alert and experienced a worse mood than the group who were told they'd slept well.

(V) So, if you struggle with poor sleep, what can you do? All of the usual tips apply, experts say – for example, practising good sleep hygiene, which typically includes strategies like avoiding alcohol and caffeine and keeping a regular bedtime.

But beyond that, try to adopt a less black-and-white approach to sleep. You might remind yourself of times that you didn't sleep perfectly but still had a good day. Adopting a beginner's mindset can also help: not assuming that, because you've previously had a bad day after a poor night's sleep, that is what will always happen.

Tang's research also suggests focusing on things that boost your mood in the morning could also go a long way towards improving your evaluation of how you slept. Understanding more about how sleep actually works can help, too, Tang says. Knowing that it's natural to have multiple awakenings during the night, for example, can make those wakes feel less frustrating. It would be educational to read more about the forgotten medieval habit of biphasic sleep.

Adopted from: www.bbc.com

1. In the first part (I) of the article the writer suggests that
 - A. our perception of tiredness changes every morning.
 - B. our mindset plays the most important role in the way we feel the whole day.
 - C. the quality of our sleep is affected not only by what happens during the sleep time.
 - D. our tiredness is caused by our bad mood.
2. Helping people to sleep a fixed amount of time
 - A. is one of the ideas behind an expanding business.
 - B. is necessary, according to David Samson.
 - C. conflicts with our convictions.
 - D. could cause serious health problems.
3. According to the third part (III) of the article:
 - A. people from hunter-gatherer groups sleep more than people from the developed countries.
 - B. a word which means “insomnia” doesn’t exist in the Bolivian language of the community studied by David Samson.
 - C. one third of the people from hunter-gatherer groups have problems to stay awake.
 - D. the dissatisfaction with their sleep is high among hunter-gatherer groups.
4. Which sentence related to the experiment described in the fourth part (IV) is true?
 - A. The participants were given false information about the quality of their sleep.
 - B. The data registered by the smartwatches was revealed to one group of the participants.
 - C. One group of the participants slept better than the other one.
 - D. A smartwatch can assess how we feel.
5. Which advice is NOT included in the last part of the article?
 - A. Stay away from certain drinks before going to sleep.
 - B. Learn about the basics of the mechanisms of sleep.
 - C. Don’t think about the times when you slept badly.
 - D. Do some activities in the morning which will improve your state of mind.

PART 2 – VOCABULARY AND GRAMMAR

I Wybierz odpowiedź, która najlepiej uzupełnia poniży tekst.

The end of life on Earth?

Most scientists agree that comets and asteroids 6. the biggest natural threat to human existence. It was probably a large asteroid or comet colliding with Earth which 7..... out the dinosaurs about 65 million years ago. An enormous object, 10 to 16km in diameter, 8. the Yucatan region of Mexico with the force of 100 megatons. That is the equivalent of one Hiroshima bomb for every person alive on Earth today.

Many scientists, including the late Stephen Hawking, say that any comet or asteroid greater than 20km in diameter that hits Earth will result 9. the complete destruction of complex life, including all animals and most plants.

The Earth has been kept fairly safe for the last 65 million years by good 10. and the massive gravitational field of the planet Jupiter. Our cosmic guardian, with its stable circular orbit far from the sun, sweeps up and scatters away most of the dangerous comets and asteroids which might cross Earth's orbit. Scientists are now monitoring potential 11..... carefully but, as far as they know, there is no danger in the 12. future.

Adopted from: learnenglishteens.britishcouncil.org

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|-----|---------------|----------------|-----------------|---------------|
| 6. | A. pose | B. wage | C. approach | D. state |
| 7. | A. prompted | B. erased | C. swayed | D. wiped |
| 8. | A. struck | B. striked | C. strack | D. stroke |
| 9. | A. with | B. of | C. in | D. from |
| 10. | A. evidence | B. fortune | C. prospect | D. analysis |
| 11. | A. damages | B. attempts | C. hazards | D. riots |
| 12. | A. foreseeing | B. foreseeable | C. unforeseeing | D. unforeseen |

II Wybierz odpowiedź, która najlepiej uzupełnia podane poniżej zdania.

13. Which sentence is CORRECT?

- A. Sue, who lives next door, has just graduated from Oxford university.
- B. Sue, that lives next door, has just graduated from Oxford university.
- C. Sue who lives next door has just graduated from Oxford university.
- D. Sue which lives next door has just graduated from Oxford university.

14. Which answer is INCORRECT?

Harry's been acting recently than he used to.

- A. less responsibly
- B. more responsibly
- C. much more responsibly
- D. much responsibly

15. I have noticed that more and more rubbish in our forest.

- A. is being dumped
- B. are being dumped
- C. is been dumped
- D. are been dumped

16. I'm more than pleased to see that everybody has congratulated him the elections.

- A. winning
- B. on winning
- C. for winning
- D. about winning

17. "Why isn't Tim at work today?" "Unfortunately, he had to go to He had a serious pain in his chest".

- A. hospital
- B. a hospital
- C. the hospital
- D. an hospital

18. At the beginning of my presentation about economic inequalities, I would like to express my deep concern that, in general, don't do enough to help decrease poverty in the world.

- A. the rich people
- B. riches
- C. the rich
- D. rich

19. all the negative criticism Mary had received, she decided not to give up her initial plan.

- A. Despite of
- B. In spite
- C. Despite
- D. Inspite

20. It needs to be determined if the victim was or had some underlying condition at the time of the murder.

- A. sane B. thoughtful C. liable D. raw

21. I can't make or tail of it. Could you explain it to me?

- A. foot B. head C. hand D. face

22. Do you think I should my mind even if I know I could hurt him?

- A. say B. tell C. speak D. share

23. It's embarrassing to admit that my grandfather everybody who comes from an impoverished family.

- A. looks down on B. comes up against C. sees about D. takes after

24. Why have you Grace this time? Did she say something mean to you?

- A. called off B. taken up C. broken away with D. fallen out with

25. I'm breakfast. I prefer to sleep longer and then eat my packed lunch at school.

- A. used to not have B. used to not having C. used not to have D. used not to having

26. When George read the novel, he it to the library.

- A. had taken B. takes C. took D. was taking

27. If everything goes well, this time next week my nephew and I to Croatia.

- A. will driven B. will driving C. will be driving D. will be

28. I'm really exhausted. We the house for the past three months and we still have a long way to go.

- A. 've been renovating B. 've renovated C. 're renovating D. were renovating

29. "Whose rocking horse is it?" "It's my They pleaded with my parents to buy it last week".

- A. sister's B. sisters' C. sister's one D. sisters' one

30. Whothese marbles?

- A. did him give B. gave him C. did give him D. did he gave

31. If I my wallet, I would have bought the cup cakes. They looked mouth-watering.

- A. haven't forgotten B. didn't forget C. hadn't forgotten D. wouldn't forget

32. I'm pretty convinced that he asked me how much for the casserole dish.

- A. did I pay B. I have paid C. did I paid D. I had paid.

33. We are very pleased the winner of this years competition.

- A. to announce B. announcing C. of announcing D. announce

34. when the fire broke out?

- A. Was the building being renovated B. Did the building renovate
C. Was the building renovating D. Did the building be renovated

35. I'm going to attend a job next Tuesday. How should I prepare to make a good impression on my potential boss? I would really like to work in this factory.

- A. talk B. conversation C. interview D. speech

36. If you want your dog to live in the garden, make sure you place thein partial shade so that it doesn't get too hot during the summer months.

- A. bunk bed B. radiator C. shutters D. kennel

37. Watch out for when you are travelling by tram. Make sure you keep an eye on your belongings at all times.

- A. pickpockets B. hijackers C. robbers D. burglars

PART 3 – HISTORY AND CULTURE

A) Wybierz odpowiedź, która najlepiej uzupełnia podane poniżej zdania.

38. Which sentence about Australia is FALSE?

- A. It has a population of 100 million people. B. Most people live close to the coast.
C. Most of the major cities are located in the south-east. D. Most of its area is flat.

39. When is Remembrance Day celebrated?

- A. in May B. in July C. in September D. in November

40. Where was William Shakespeare born?

- A. Guildford B. Bournemouth C. Strandford-upon-Avon D. Isle of Wight

41. The Grand Cayon is located in.....

- A. Arizona B. the Appalachian mountains C. the Yellowstone Park D. California

B) Przeczytaj opisy postaci historycznych i połącz je z właściwymi nazwiskami (A-F).

Dwa nazwiska zostały podane dodatkowo.

42. The leader of England, Scotland and Ireland during the period in the 16th century when the country was not a monarchy.

43. The patron saint of England who was a Christian killed by the Romans in the 3rd century.

44. The president who abolished slavery in the USA, which started the Civil War.

45. An Irish novelist and playwright, the winner of the Nobel Prize for Literature in 1969, who wrote *Waiting for Godot*.

42.	43.	44.	45.

A. Saint George

B. Abraham Lincoln

C. Thomas Jefferson

D. Oliver Cromwell

E. Samuel Beckett

F. Saint Andrew