



**COMPRENSIÓN DE TEXTOS ORALES**  
SESIÓN EXTRAORDINARIA 2022

**INSTRUCCIONES PARA LA REALIZACIÓN DE ESTA PARTE**

- **DURACIÓN: 45 minutos.**
- **PUNTUACIÓN:** A efectos de **certificación**, será necesario superar todas y cada una de las cinco actividades de lengua con una puntuación mínima del 50% en cada una de ellas y una calificación global final igual o superior al 65%. A efectos de **promoción**, será necesario obtener una puntuación mínima del 50% en todas y cada una de las cinco actividades de lengua.
- Las respuestas erróneas no descontarán puntos.
- Esta parte consta de TRES tareas.
- Se escuchará cada grabación 2 veces.
- Leer las instrucciones al principio de cada tarea y realizarla según se indica.
- Las respuestas escritas a lápiz no se calificarán.
- No está permitido el uso del diccionario.
- **NO ESCRIBIR NADA EN LAS ÁREAS GRISES.**

**DATOS DEL CANDIDATO**

APELLIDOS:		
NOMBRE:		DNI:
COMISIÓN:	OFICIAL <input type="checkbox"/>	LIBRE <input type="checkbox"/>
CALIFICACIÓN:		

**TASK 1**

Listen and match the sports (1-8) to the statements (A-K). There are TWO EXTRA statements. Answer (0) is an example. Write your answers in the answer box. (1 item = 0.8).

**THE MOST POPULAR SPORTS IN THE UK**

SPORTS
0. FOOTBALL
1. CRICKET
2. RUGBY
3. HORSE RACING
4. GOLF
5. TENNIS
6. ROWING
7. MOTOR SPORTS
8. SKIING

STATEMENTS	
A.	A game can last some days.
B.	Each team represents a region.
C.	England holds the oldest competition of this sport.
D.	It can be a way of socializing.
E.	It is attracting more and more people.
F.	It relates to royalty.
G.	It was born in the 16 <sup>th</sup> century.
H.	It was born before the 20 <sup>th</sup> century.
I.	<del>It's the most popular sport in the UK.</del>
J.	The first time it took place was in 1902.
K.	There is a famous competition between universities every year.

(Adapted from: youtube.com)

**ANSWER BOX**

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	I								

Mark 1: \_\_\_\_\_/6.4

**TASK 2**

Listen to the recording and choose the correct answer (A, B or C). There is ONLY ONE correct answer. Question (0) is an example. Write your answer in the Answer Box. (1 Item = 0.8).

**MANAGE YOUR ENERGY, NOT YOUR TIME**

- |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>0. It is useless to manage your time if you are ...</b><br/>         A. too relaxed.<br/>         B. <u>extremely tired.</u><br/>         C. full of energy.</p> <p><b>9. Feeling well with what you have done gives you...</b><br/>         A. emotional energy.<br/>         B. fulfilling energy.<br/>         C. motivational energy.</p> <p><b>10. Intellectual energy ...</b><br/>         A. can be achieved by methods like Mindfulness.<br/>         B. can only be achieved by studying and learning.<br/>         C. derives directly from a good night rest.</p> <p><b>11. Which of the following is essential to be ready for an intellectual challenge?</b><br/>         A. Emotional energy.<br/>         B. Intellectual energy.<br/>         C. Physical energy.</p> <p><b>12. If you want to think better, you should ...</b><br/>         A. be calm.<br/>         B. be motivated.<br/>         C. exercise.</p> | <p><b>13. You should rest at regular intervals for...</b><br/>         A. 15 minutes.<br/>         B. 50 minutes.<br/>         C. an hour.</p> <p><b>14. The type of break you take depends on ...</b><br/>         A. how hard you work.<br/>         B. how hungry you are.<br/>         C. what type of job you do.</p> <p><b>15. To get the correct energy levels, your body will benefit from having ...</b><br/>         A. some caffeine.<br/>         B. fish and nuts.<br/>         C. drinks high in sugar</p> <p><b>16. If your body needs to recover, you should ...</b><br/>         A. go for a walk.<br/>         B. sit on the couch and watch TV.<br/>         C. stay calm and do nothing.</p> |
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(Adapted from: youtube.com)

ANSWER BOX									
QUESTION	0	9	10	11	12	13	14	15	16
ANSWER	B								

Mark 2: \_\_\_\_\_/6.4

**TASK 3**

Listen to the recording and fill in the gaps. Do not write more than TWO WORDS in each GAP. Answer (0) is an example. Write your answers in the Answer Box. (1 item = 0.8).

**ONLINE SHOPPING**

Online shopping is a quick, \_\_\_\_\_ (0) way to buy but it is also risky so you need to find a \_\_\_\_\_ (17) online store.

Tips to have the best \_\_\_\_\_ (18) experience:

- Your \_\_\_\_\_ (19) system and browser should be updated.
- Avoid \_\_\_\_\_ (20) connections.
- Buy from retailers like Ebay and Amazon which have a good security \_\_\_\_\_ (21).
- Look for \_\_\_\_\_ (22) and a padlock symbol before the address to make sure that a site is encrypted.
- Record phone numbers and \_\_\_\_\_ (23) addresses in case you need to get in touch.
- Use \_\_\_\_\_ (24) passwords for each online shop and make sure they are strong and long.
- Use online payment services to keep your credit card information \_\_\_\_\_ on a secure place (25).

*(Adapted from: youtube.com)*

**ANSWER BOX**

GAP	WORD(S)
<input type="checkbox"/> 0.	convenient
<input type="checkbox"/> 17.	
<input type="checkbox"/> 18.	
<input type="checkbox"/> 19.	
<input type="checkbox"/> 20.	
<input type="checkbox"/> 21.	
<input type="checkbox"/> 22.	
<input type="checkbox"/> 23.	
<input type="checkbox"/> 24.	
<input type="checkbox"/> 25.	

**Mark 3:** \_\_\_\_\_ /7.2

TASK 1	TASK 2	TASK 3	TOTAL MARKS
			_____ /20

**TASK 1**  
**THE MOST POPULAR SPORTS IN THE UK**

**ANSWER BOX**

QUESTION	0	1	2	3	4	5	6	7	8
ANSWER	I	A	H	F	D	C	K	J	E

**SCRIPT**

Hi everybody. It's Beth. Today in the life in the UK series we're looking at sports. There are many sports that are very popular in the UK and these are held in big stadiums across the country, including Wembley stadium. Many people in the UK are very passionate about sport and take pride in watching their favorite team or player compete. Many famous sports including cricket, football, tennis, golf and rugby began in Britain. The UK has hosted the Olympic Games three times.

So, let's start with football. **Football takes the top sport as the UK's most popular sport (0) (I).** The sport has a long history in the UK and has become a much loved part of the British culture. The first professional football clubs were formed in the late 19th century. England, Scotland, Wales and northern Ireland each have separate leagues in which clubs representing different towns and cities compete. Many UK teams also compete in competitions such as the UEFA union of European football associations champions league against other teams from Europe.

Cricket originated in England and is now played in many countries **a game can last up to five days (1) (A)** and can still end in a draw. The most famous competition is the ashes which is a series of test matches played between England and Australia.

Next up, rugby. Rugby originated in the UK **in the early 19th century (2) (H)** and is still very popular in the UK today. There are two different types of rugby which have two sets of rules. These are called Union and League. Both have separate leagues and national teams in England, Scotland, Wales and northern Ireland.

Horse racing is a professional sport in the UK and can be traced back to the 12th century. It's the second largest spectator sport in Britain and **has a long association with royalty (3) (F)** Race courses can be found all over the UK.

Golf is a popular sport that **can be played socially (4) (D)** and professionally, and public and private courses can also be found all over the UK. The modern game of golf can be traced back to 15th century Scotland. Modern tennis evolved in England in the late 19th century. The first tennis club was founded in Lemington spa in 1872. The most famous tennis tournament is the Wimbledon championships, which takes place every year. **It's the oldest tennis tournament in the world (5) (C).**

Now, moving on to water sports, sailing continues to be popular in the UK. Reflecting our maritime heritage rowing is also popular both as a leisure activity and a competitive spot. **There's a popular yearly race on the Thames between Oxford and Cambridge universities (6) (K).**

There's also a long history of motor sports in the UK, both for cars and motorcycles. Motor car racing. In the UK. **Motor car racing started in 1902 (7) (J).** A formula one grand prix event is held in the UK each year and a number of British grand prix drivers have won the formula one world championship.

The last sport to mention is skiing. **Skiing is increasingly (8) (E)** popular in the UK. Many people go abroad to ski and there's also many dry slopes in the UK for people to use.

*(Adapted from: youtube.com/watch?v=IPv9-FdbztA, 25/09/2021, 3.39 minutes)*

**TASK 2**  
**MANAGE YOUR ENERGY, NOT YOUR TIME**

ANSWER BOX

QUESTION	0	9	10	11	12	13	14	15	16
ANSWER	B	C	A	C	C	A	C	B	A

**SCRIPT**

Manage your energy, not your time time.

Time management may seem like the right solution when you can get everything you need done, but **it won't help if you're exhausted (0)**. Energy is the feeling of capability. **Goals dreams and fulfillment give you motivational energy (9)**. Trust, friends and family give you emotional energy. **Mindfulness experiences and knowledge give you intellectual energy (10)**. **Sleep recovery** and exercise give you physical energy You've probably come across personal development and self-help books that talk about the importance of motivation and life goals. These things are important but they are not the core **if you are tired on a physical level, you don't have the energy for big emotional or intellectual challenges (11)**. Physical recovery is a science nobody talks about. Only professional athletes know how important it is. Think of your body as a car you use to move through life. It's the only car you have. You can't sell it and get another one. How far you get in life and how quickly you can get there depends on how well you take care of your car. If you're not scheduling regular oil changes and maintenance, you'll find yourself in disrepair. Want to avoid a breakdown? Here are some tips: First, our body is designed to move, which is why studies show that **we think better when we exercise (12)**. Without exercise, your car rusts. When it rusts, you feel unmotivated and exhausted. Second, our body is not designed to work for eight hours straight, **you need to take 15-minute breaks every hour (13)**. **If you do a ton of intellectual labor, eat or go for a walk during breaks, if you do manual labor, eat or take a break to think (14)**. Third, sleep is the absolute minimum you owe your body every day. When you sleep your body recovers so you can get things done. Fourth, fuel. You know that you can't put just any kind of fuel or engine oil in your car. Do you really think your body is okay with junk food and soda? Your body needs the kind of fuel it was designed for: water, **nuts, fruits, vegetables, fresh meat and fish (15)**. Don't just eat for yourself, eat to take care of your body and your brain and, one last bit of advice, **if you're tired, it always means one thing, you have to give your body a chance to recover**. What's the best way to do this? Remember that proper recovery is always active, not passive. Most people want to sit on the couch and watch TV but this kind of rest won't give your body what it needs. **Take a walk in the park (16)**, get a massage, hit up a yoga class or meditate. It's important to find something that works for you. Use stress and energy measurements to track an experiment with different recovery techniques. Taking care of your car always requires getting up and doing something like taking it to the repair shop or the car wash. The same applies to your body. Trust us, it will pay off.

*(Adapted from: youtube.com/watch?v=vEedKdi1UOc, 24/09/2021, 3.13 minutes)*

**TASK 3**  
**ONLINE SHOPPING**

ANSWER BOX

GAP	WORD
0.	convenient
17.	secure
18.	possible/online shopping
19.	operating
20.	(using) public
21.	reputation
22.	https
23.	physical
24.	different
25.	stored

**SCRIPT**

Online shopping is a **quick, convenient (0)** way to buy almost any product you could possibly imagine. While **there are some risks (17)** shopping this way, if you know how to identify a secure online store and how to protect yourself you should be able to shop with confidence to have the best **possible (18)** experience buying online there are a few important things to remember and it all starts with your computer at home making sure your computer's **operating system (19)** and internet browser are up to date and installing some good malware protection software is your first line of defense against viruses malware or fraudulent activity to further protect sensitive information like credit card numbers. your best bet is to shop from home. **Avoid using public wi-fi or public pcs (20)**, like library computers. If you've purchased products online before, you're probably familiar with some of the larger retailers like Amazon or Ebay these sites have become so popular, in part, **because they've earned a good reputation (21)** for protecting their customers' personal information. With sites like these, there's less to worry about in general. However, there may be a time when you find that the hunt for a rare or specific item has taken you off the beaten path in the online marketplace. If you find yourself shopping on an unfamiliar site, make sure to look for **https (22)** and the padlock symbol in the address bar. These things indicate that the site is ssl encrypted which means it provides the security necessary to better protect your personal information and always be sure to make note of phone numbers and **physical addresses (23)** so you know how to make contact in case there's a problem with your transaction. It's also a good idea to do some research on what you're buying and who you're buying from. If you're tempted to buy something from an online store you've never shopped with before, take a minute to do a quick search to see if you can find any reviews, no matter what site you're shopping on. Whenever you log in with an online retailer you want to make sure that your passwords are strong, long and **different for every site (24)** that you shop wit. This will make it harder for your account to be hacked, further protecting your privacy. Once you're ready to purchase something, there are a few things to keep in mind when it comes to safe payment options. **Credit cards are generally your safest option** (or you can also **use an online payment service like Paypal or Google wallet. These services keep your credit card information stored on a secure server (25)** allowing you to make purchases through them without revealing sensitive information to retailers. After you've made a purchase, print or save your records of the transaction keeping a paper trail of your purchase will be valuable in the event that you have to dispute anything later.

*(Adapted from: youtube.com/watch?v=eI3N6qQjr-I, 14/10/2021, 2.39 minutes)*