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| **SỞ GIÁO DỤC VÀ ĐÀO TẠO**  **TỈNH NINH BÌNH**  **HDC CHÍNH THỨC** | **KỲ THI TUYỂN SINH LỚP 10 THPT**  **NĂM HỌC 2025 - 2026**  **Bài thi chuyên: TIẾNG ANH**  **Ngày thi: 04/6/2025**  *HDC gồm 05 trang* |

**PART 1: LISTENING (2.0 points)**

***I. Listen to an interview with a fitness instructor and choose the best answers. (0.5 point)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1. C** | **2. B** | **3. A** | **4. B** | **5. A** |

***II. Listen to a dialogue about volunteer activity at Hilary Lodge Retirement Home and fill in each blank with NO MORE THAN TWO WORDS AND/OR A NUMBER. (0,8 point)***

|  |  |  |  |
| --- | --- | --- | --- |
| **6.** Saturday | **7.** MAIREAD | **8.** 73/seventy-three | **9.** May 14th/ 14th May/May 14/14 May |
| **10.** publicity | **11.** entertainers | **12.** newspaper | **13.** volunteer |

***III. Listen to a recording about Antarctica and choose the best answers. (0,7 point)***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **14. D** | **15. A** | **16. A** | **17. C** | **18. C** | **19. B** | **20. D** |

**PART 2: LEXICO - GRAMMAR (2.0 points)**

***I. Choose the best option to complete each sentence. (1.0 point)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1. D** | **2. A** | **3. A** | **4. D** | **5. D** |
| **6. A** | **7. C** | **8. B** | **9. A** | **10. D** |

***II. Give the correct FORM of the bold words in capital to complete the following passage. (0.5 point)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **11.** efficacy | **12.** agility | **13.** unpredictable | **14.** unexpected | **15.** presence |

***III. There are 5 mistakes in the following passage. FIND and CORRECT them. (0.5 point)***

|  |  |  |  |
| --- | --- | --- | --- |
| ***Answer*** | ***Line*** | ***Mistake*** | ***Correction*** |
| **16.** | 2 | Nevertheless | Therefore/Thus/Consequently/ Hence/  As a result/ For this reason |
| **17.** | 4 | checking | unchecked |
| **18.** | 7 | socializing | socialize |
| **19.** | 9 | appropriate | inappropriate |
| **20.** | 11 | with | from |

**PART 3: READING (2.5 points)**

***I. Read the following passage and decide which answer best fits each gap. (0,5 point)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1. C** | **2. A** | **3. A** | **4. C** | **5. C** |

***II. Read the following passage and choose the best answer for each question. (1 point)***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **6. C** | **7. C** | **8. B** | **9. A** | **10. A** |
| **11. D** | **12. B** | **13. B** | **14. C** | **15. A** |

***III. Read the following passage and do the tasks that follow. (1.0 point)***

***Questions 16-21:***

|  |  |
| --- | --- |
| **16. Paragraph B** | ***vi*** |
| **17. Paragraph C** | ***iii*** |
| **18. Paragraph D** | ***iv*** |
| **19. Paragraph E** | ***ii*** |
| **20. Paragraph F** | ***v*** |
| **21. Paragraph G** | ***i*** |

***Questions 22-25:***

|  |  |  |  |
| --- | --- | --- | --- |
| **22.** behavior | **23.** biological clock | **24.** sleep disorders | **25.** chronic |

**THE BIG SLEEP**

The nature of sleep and the role it plays in our lives has long fascinated science and been the focus of many studies and a great deal of research.

**Paragraph A**

***The benefit of receiving enough sleep is essential to our inner well-being***. Not enough sleep, however, means that we lack the opportunity to restore ourselves physiologically, emotionally and cognitively. It affects our mood and can result in **behavio**r ***(Q22)*** and performance problems. When we sleep, our bodies rest but our brains are active. Sleep lays the groundwork for a productive day ahead. Although most people benefit the most from eight hours of sleep each night, this is not always what they manage to achieve. Men get slightly less sleep than women during the week (6.7 hours/night vs. 7.0 hours/night), but have fewer sleep problems, according to recent Sleep in America polls conducted annually by the National Sleep Foundation (NSF).

**Paragraph B**

According to current scientific thought, the human body is pre-programmed for sleep. At nightfall, cells in the retina (a light sensitive membrane connected to the eye by the optic nerve) send a sleep signal to a cluster of nerve cells in the brain. **These nerve cells are concentrated together in the suprachiasmatic nucleus (SCN) and are located in a part of the brain called the hypothalamus which helps regulate body temperature. The SCN is also known as the circadian clock. This biological ‘clock’ *(Q23)*** **relays the message to other parts of the brain which then signals the body that it is time to sleep *(Q16).*** For instance, the pineal gland, also located in the hypothalamus, produces a substance called melatonin, which lowers body temperature, and causes drowsiness.

**Paragraph C**

A great deal of the information we now know about sleep and the physiological changes it causes in the brain can be traced back to ***the invention of the electroencephalogram in the 1950s. This machine allowed scientists to record the feeble electric currents generated on the brain without opening the skull and to depict them graphically onto a strip of paper (Q17).*** Brain-wave function could be examined and scientists could thereby observe sleep from moment to moment. In the 1970s it became possible for scientists to make assumptions about the role that correct breathing plays during sleep with the development of the technology to measure respiration. It was here that science really began to understand the nature of sleep and the role it plays in people's lives.

**Paragraph D**

As well as uncovering the physiological changes occurring during sleep. The New England Journal of Medicine **reported that sleep concerns were a public health threat as serious as smoking** and in the **years since, medical researchers have linked sleep disorders *(Q24)* with many life-threatening diseases *(Q18)*.** Even though more than 70 million Americans have a sleeping problem, most cases go undiagnosed and untreated, so the true economic and sociological damage caused by these disorders is unknown although, the economic cost is conservatively estimated to be billions of dollars a year in health care costs and lost productivity. **Breathing problems during sleep represent by far the greatest proportion of sleep disorders and cause the most concern, with studies showing that between 50% and 80% of stroke and heart failure patients have breathing problems during sleep *(Q18)*.**

**Paragraph E**

**Scientific studies have found that children who are identified as snorers or those who have poor sleeping patterns at around the age of four or five, scored lower than average in Intelligence Quotient (IQ) tests*(Q19)*,** not only during the sleep deprivation period but subsequent to that. There are also suggestions that ongoing sleep deprivation in adults can cause permanent damage.

**Paragraph F**

Teenagers can have peculiar sleep requirements. It has always been known that adolescents spend more time sleeping than adults, but science has only recently isolated the reasons for this. Research now shows that growth hormones are secreted during slow-wave sleep and teenagers do indeed, need more of this kind of sleep than at any other stage in their lives. **Chronic lack of sleep among teenagers means that as a group they are more likely to use stimulants and experience negative mood swings. Statistics also indicate that young drivers are responsible for more than one-half of fall-asleep crashes *(Q20)*.**

**Paragraph G**

However, it is not just young people who pay the price for lack of proper sleep. Workers are robbing themselves of sleep in order to increase productivity in both their social and working lives. In recent years, however, the identification of driver fatigue as the possible cause of 1/3 of all accidents provides some indication of the price we are paying for such a trade-off. **Extensive scientific research indicates that chronic *(Q25)***  **tiredness has been the cause of environmental disasters, nuclear mishaps and several well- documented near misses in the air**. Scientists are beginning to argue **that the lengthening of the working day is harming workers, their families and society. In the long run, productivity will suffer *(Q21)*.**

**PART 4: WRITING (2.5 points)**

**I. Letter writing. (1.0 point)**

**1. Structure and Contents**: **0.6 point**

- ***Introduction***: a formal opening, reason/goal of the letter. (0.1 point)

- ***Body***: + *benefits and challenges of using English as the second language* (0.2 point)

+ *suggested solutions to achieve the goals* (0.2 point)

- ***Conclusion***: wrapping the letter up politely in an appropriate style or tone. (0.1 point)

**2. Language**: **0.3 point**

a. Variety of appropriate vocabulary and structures.

b. Good use of grammatical structures.  
**3. Handwriting, punctuation, and spelling**: **0.1 point**

a. Intelligible handwriting.

b. Good punctuation and no spelling mistakes.

**II. Essay writing. (1.5 points)**

**1. Contents**: **0.6 point**

a. Stating clear position to the statement (agree or disagree with the statement: *Many teenagers think that in today’s world it is quite difficult for them to maintain a healthy lifestyle).* (0.1 point)

b. Discussing the statement sufficiently and effectively (0.2 point)

c. Relevant explanations and examples with coherence and clarity.(0.1 point)

**2. Organization and presentation: 0.3 point**

a. Ideas are well-organized and presented in a form of an accademic essay.

b. The paragraph is well-structured.

**3. Language**: **0.4 point**

a. Variety of appropriate vocabulary and structures.

b. Good use of grammatical structures.

c. Effective use of cohesion devices.

**4. Handwriting, punctuation, and spelling: 0.2 point**

a. Intelligible handwriting.

b. Good punctuation and no spelling mistakes.

**Markers should discuss the suggested answers and the marking scale thoroughly. Add more answers possible before marking the papers.**

**- THE END -**

**TAPESCRIPTS**

***I. Listen to an interview and choose the best answers.***

***Interviewer:*** Good morning Matthew and welcome to the show.

***Matthew:*** Thank you. It's good to be here.

So Matthew, how did you become a fitness instructor?

***Matthew:*** Well, I haven't always been into fitness. In fact, no one in my family is very sporty.

I didn't work out in the gym or do much sport when I was young, but over the years I realized

how important regular exercise is. Being a fitness instructor isn't a great way to get rich, ***but I can help myself and help other people to get fit too. ( Q1)***

***Interviewer:*** For our listeners, I should just add at this point that Matthew's foot is in a plaster cast.

Can you tell us what happened?

***Matthew:*** I know. I shouldn't be talking about keeping fit when I can hardly walk.

***I sprained my ankle last week while I was in the gym. It could have been worse, but still it's very annoying.( Q2)*** I had to cancel all my classes for the next couple of weeks, but hopefully I'll be back to normal next month.

***Interviewer:*** But it's not only important to keep our bodies fit, of course.

We all know the saying, healthy body, healthy mind.

Do you feel happier when you exercise?

***Matthew:*** Yes, I do. It's important to keep your body and your mind in good shape.

***A healthy diet and half an hour's exercise each day is the best fitness program.( Q3)***

You don't have to know exactly how your body works, but you certainly know when you feel

healthy and when you don't.

And when your body is healthy, your mind is too.

***Interviewer:*** And what about your friends?

Do they all agree with your way of life?

***Matthew:*** ***They think I'm very focused on exercise, too focused maybe. ( Q4)***

They're also surprised that I don't always eat well.

It's true that I care about what I eat, but I won't say no to a tasty burger or some chocolate from time to time.

But actually, I don't usually eat much meat unless I'm training for something special.

So one final piece of advice to all our listeners out there?

Well, ***I think the best thing is to do what makes you feel good.( Q5)***

It's good to exercise every day. I do, but you shouldn't copy me.

My exercise program wouldn't necessarily suit everyone.

Just try to do as much as you feel comfortable with. Don't overdo it and always have fun.

***Interviewer:*** Thank you, Matthew.

***II. Listen to a dialogue about volunteer activity at Hilary Lodge Retirement Home.***

***Cathy***: Hello, Hilary Lodge retirement home, Cathy speaking.  
***John***: Hello, my name’s John Shepherd. Could I ask if you’re the manager of the home?  
***Cathy***: That’s right.  
***John:*** Oh, good. Hello, Cathy. A friend of mine is a volunteer at Hilary Lodge, and I’d like to help out, too, if you need more people. I work part-time, so I have quite a lot of free time.  
***Cathy:*** We’re always glad of more help, John.

***Cathy***: Now obviously we’d need to get to know you before you become one of our volunteers.

***John:*** Of course.

***Cathy:*** Could you come in for an informal interview – later this week, maybe?  
***John:*I’m busy the next couple of days, but would Saturday be possible? (Q6)**

***Cathy***: Certainly. Just drop in any time during the dayI won’t be working then, so you’ll see my assistant, Mairead.

***John***: Sorry, how do you spell that?

***Cathy***: **It’s M-A-I-R-E-A-D, Mairead (Q7)**.  
***John***: OK, got that. It’s not a name I’m familiar with.  
***Cathy***: It’s an Irish name. She comes from Dublin.  
***John***: Right. And the road that Hilary Lodge is in is called Bridge Road, isn’t it?***Cathy***: **That’s right. Number 73.(Q8)**  
***John***: Fine.  
***Cathy***: Oh, one other thing you might be interested in – we’re holding a couple of ‘open house’ days, and still need a few volunteers, if you’re available.  
***John***: What are the dates?  
***Cathy***: There’s one on April 9th, and another on 14th May. They’re both Saturdays, and all-day events.  
***John:*I can certainly manage May 14th. I’ve got another commitment on April 9th, though*.(Q9)***  
***Cathy***: That would be a great help. We’re having several guest entertainers – singers, a brass band, and so on- and we’re expecting a lot of visitors. ***So one possibility is to help look after the entertainers,( Q11)***  or you could spend an hour or so organising people as they arrive, and then just be part of the team making sure everything’s going smoothly.  
***John***: Well, shall I show people where they can park?***Cathy***: Lovely. Thank you*.* ***One reason for holding the open house days is to get publicity for Hilary Lodge locally.( Q10)***

**So you may find you have someone from a newspaper wanting to interview you.(Q12)**They’ll *w*ant to find out from two or three people ***why they volunteer to help at the home.(Q13)*** We’re trying to get a TV station to come, too, but they don’t seem very interested.  
***John***: I don’t mind being interviewed.  
***Cathy***: Good. Well, if you come in for a chat, as we arranged, we’ll take it from there. Thank you very much for calling.  
***John***: My pleasure. Goodbye.  
***Cathy:*** Bye.

***III. Listen to a recording about Antarctica and choose the best answers to the following questions.***

Tonight I’m going to talk to you about that remarkable continent Antarctica - remote, hostile and at present uninhabited on a permanent basis. For early explorers, it was the ultimate survival contest; for researchers like me, it remains a place of great intellectual challenge; ***while for the modern tourist, it’s simply a wilderness of great beauty.(Q14)***

First, some facts and figures. Antarctica is a place of extremes - the highest, coldest and windiest continent and over fifty-eight times the size of the UK. ***The ice-cap contains almost 70% of the world’s fresh water and 90% of its ice (Q15)***, but with very low snowfall, most of the continent technically falls unbelievably into the category of desert! Huge icebergs break off the continent each year, ***while in winter half the surrounding ocean freezes over, which means its size almost doubles.(Q16)***

Research and exploration has been going on in Antarctica for more than two hundred years, and has involved scientists from many different countries, who work together on research stations. Here science and technical support have been integrated in a very cost-effective way - ***our Antarctic research programme has several summers-only* stations (Q17)** and two all-year-round ones; I was based on one of the all-year-round ones.

The research stations are really self-contained communities of about twenty people. ***There’s living and working space, a kitchen with a huge food store, a small hospital and a well-equipped gym to ensure everyone keeps fit in their spare time. (Q18)*** The station generates its own electricity and communicates with the outside world using a satellite link.

Our station - Zero One - had some special features. ***It wasn’t built on land but on an ice-shelf, hundreds of metres thick.(Q19)*** Supplies were brought to us on large sledges from a ship fifteen kilometres away at the ice edge.

There are an increasing number of opportunities for young people to work for a period in Antarctica - ***not only as research assistants in projects like mine*** ***(Q20),*** but also in a wide range of junior administrative and technical positions including vacancies for map-makers. I hope that the insights I’ve provided will encourage you to take up these opportunities in this fascinating continent.

**- THE END -**