

Lift

LEVEL 3 UNIT 7 Assessment

VOCABULARY

DIRECTIONS: Choose the correct answer.

- 1** The word *visualize* means
- (A) to wonder whether something will happen.
 - (B) to form an image in one's mind.
 - (C) to understand a difficult concept.
 - (D) to finish doing a job on time.
- 2** What is the meaning of the word *promote*?
- (A) to change to a different career
 - (B) to create a solution to a problem
 - (C) to support or actively encourage
 - (D) to compete with others for a prize
- 3** *Well-rounded* people are known for
- (A) choosing and focusing on a single passion.
 - (B) often taking chances and unnecessary risks.
 - (C) having a balance in their activities and experiences.
 - (D) usually remaining at home because they are afraid of the unknown.
- 4** An object that *hurtles* would
- (A) jump high and far.
 - (B) rise straight and steadily.
 - (C) wait peacefully and restfully.
 - (D) move quickly and uncontrollably.
- 5** An *individual* is
- (A) one person.
 - (B) two people.
 - (C) a large group of people.
 - (D) a small group of people.
- 6** When people are *inclined* to do something, they are
- (A) likely to do it.
 - (B) forced to do it.
 - (C) hesitant to do it.
 - (D) learning to do it.
- 7** If water is described as *churned up*, it is
- (A) calm and still.
 - (B) agitated and wavy.
 - (C) flowing in one direction.
 - (D) moving toward the shore.
- 8** If something were to *collapse*, it would
- (A) fly through the air swiftly and directly.
 - (B) grow larger and stronger than before.
 - (C) fall down suddenly and dramatically.
 - (D) move back and forth repeatedly.

- 9 Something that is *mental* relates to a person's
- (A) hair or head.
 - (B) heart or lungs.
 - (C) legs or arms.
 - (D) mind or brain.
- 10 Which noun has the same meaning as *victory*?
- (A) win
 - (B) loss
 - (C) tie
 - (D) game
- 11 When something is the *norm*, it is
- (A) large and strong.
 - (B) usual or standard.
 - (C) different or unique.
 - (D) expensive and fancy.
- 12 To *grip* something means
- (A) to hold it tightly.
 - (B) to throw it softly.
 - (C) to loosen or untie it.
 - (D) to operate or drive it.
- 13 An *accomplishment* is something that has been
- (A) traded fairly.
 - (B) stolen secretly.
 - (C) forgiven graciously.
 - (D) achieved successfully.
- 14 What is the meaning of the word *team*?
- (A) the group of people who watch a match
 - (B) the group of players on a field at any one time
 - (C) a group of players on one side of a competition
 - (D) a group of people who make the rules for a game
- 15 A person who is a *pro*
- (A) is an expert at something.
 - (B) is unable to do something.
 - (C) is a beginner at something.
 - (D) is having fun doing something.
- 16 Which word describes a feeling of excitement?
- (A) pressure
 - (B) exhilaration
 - (C) perseverance
 - (D) accomplishment
- 17 When a person is a *rival*, that person is someone you
- (A) feel pity toward.
 - (B) compete against.
 - (C) join together with.
 - (D) get business from.
- 18 When people *achieve* something, they
- (A) nearly quit doing a job or a task.
 - (B) finally begin to work toward their goal.
 - (C) successfully reach or accomplish a task.
 - (D) usually pause to rethink and revise their plans.

19 The word *pressure* means

- Ⓐ fear.
- Ⓑ anger.
- Ⓒ stress.
- Ⓓ humor.

20 When something *throbs*, it

- Ⓐ pounds with pain.
- Ⓑ shows signs of healing.
- Ⓒ loses blood due to a cut.
- Ⓓ becomes numb due to the cold.

21 If you are going to collapse / concentrate / promote, you need to focus your attention on what you are doing.

22 A person can show exhilaration / norm / perseverance by persisting through difficulties or delayed success.

23 Coach Ortega spoke to the inclined / pushy / well-rounded players because they were being unpleasantly assertive and overly ambitious.

24 A chemical released by the body in times of stress, anger, or fear is called adrenaline / rival / victory.

GO ON 

READING

DIRECTIONS: Read the passage and answer the questions.

Youth Sports: Are the Risks Worth It?

- 1 Think about the rush of hitting a buzzer-beating jump shot to win a basketball game. The roaring crowd and the celebrating teammates sound like a dream come true. This dream is part of the reason why sports are so popular around the world. But that's just part of their popularity. Some people play sports just for fun, and others like to engage in fun competition. Sports can be more intense than a friendly game, however—particularly for young people. Injuries, pushy parents, the promise of college scholarships, and the pressure to win have transformed youth sports into a virtual battleground. It's getting extreme, and some people are starting to wonder whether the risks are worth it.
- 2 As participation in youth sports teams has been rising in recent years, so have sports-related injuries. Strain on individual muscles, along with repetitive actions, create chances for harm on players' young bodies. As a result, one organization, the National Athletic Trainer's Association (NATA), encourages young people to delay specializing in a specific sport for as long as possible. That's because specializing in one sport may increase the risk of injury. They also recommend that the number of hours a child spends training each week should be equal to the child's age. For example, a 13-year-old should practice for no more than 13 hours a week.
- 3 No one is likely to call the benefits of regular exercise into question. Still, there are specific reasons why young people are at greater risk of injury due to excessive sports training. Children's bones and muscles are still growing, and this fact makes them more vulnerable. In addition, injury to a child's growth plates (the areas of the body where bones are built) can lead to permanent health problems.
- 4 The pressure to compete can also have a mental impact on young people. An excessive focus on accomplishment and success can place unnecessary stress on young minds. That's why NATA urges young people to take time away from training at the end of the sports season. Having time to concentrate on other activities that kids enjoy will help them become more well-rounded athletes.
- 5 A particular sport that has recently received scrutiny is football (called soccer in the United States). Concussions in football are an increasingly common injury. Most concussions happen when players "head" the ball (try to contact the ball using their head). As a result of this risk, the United States Soccer Federation has banned children ages 10 and younger from heading the ball. In the United States, players ages 11–13 can head the ball only in practice, not in official games.

GO ON 

- 6 Players under the age of 11 in England, Scotland, and Northern Ireland are banned from heading even in practice by a rule from the English Football Association (FA). This rule was issued after the University of Glasgow released a study that found that former footballers were at a greater risk of developing degenerative brain disorders and Parkinson's disease later in life. Though the study did not link these conditions with heading the ball specifically, the FA chose to act anyway.
- 7 Whether changes like these will be enough to curtail the rise of injuries in youth football is unclear. Additional guidelines may be issued, or perhaps players and parents will suggest their own solutions. The issue remains complex. Some people say, "It's just a game. You should just relax and let kids have fun! After all, a concussion is just a bump on the head!" Yes, most of the time contact sports are just a game; however, there are risks, and science says that caution is advised for the well-being of the maturing child or young adult.
- 8 Playing sports gives young people a feeling of exhilaration on the field and the chance to learn values like perseverance and teamwork. Push players too far, however, and they may get hurt—either by contact or by overuse of muscles. For now, the benefits must be weighed against the risks for kids playing contact and competitive sports.



- 25** Read the sentences from “Youth Sports: Are the Risks Worth It?”

Injuries, pushy parents, the promise of college scholarships, and the pressure to win have transformed youth sports into a virtual battleground. It’s getting extreme, and some people are starting to wonder whether the risks are worth it.

What is the author’s viewpoint regarding youth sports?

- (A) The culture surrounding youth sports builds players’ risk-taking skills.
- (B) The culture of youth sports prepares players for life in college.
- (C) The culture surrounding youth sports has become a problem.
- (D) The culture of youth sports has become stressful for parents.

- 26** Which clue from “Youth Sports: Are the Risks Worth It?” supports the author’s viewpoint that exercise is good for young people?

- (A) As participation in youth sports teams has been rising in recent years, so have sports-related injuries. (paragraph 2)
- (B) No one is likely to call the benefits of regular exercise into question. (paragraph 3)
- (C) That’s why NATA urges young people to take time away from training at the end of the sports season. (paragraph 4)
- (D) Having time to concentrate on other activities that kids enjoy will help them become more well-rounded athletes. (paragraph 4)

- 27** Read the sentence from “Youth Sports: Are the Risks Worth It?”

Playing sports gives young people a feeling of exhilaration on the field and the chance to learn values like perseverance and teamwork.

What is the **best** example of a way you can connect to the ideas in this sentence?

- (A) becoming injured while playing basketball with friends
- (B) wanting to see a new sports movie when it opens in theaters
- (C) working hard in school to gain knowledge and achieve good grades
- (D) having your group’s project take first place in the school’s Science Fair

- 28** Which clues from “Youth Sports: Are the Risks Worth It?” support the author’s suggestion that heading the ball in football is dangerous for young people? Choose two answers.

- (A) The pressure to compete can also have a mental impact on young people. (paragraph 4)
- (B) Most concussions happen when players “head” the ball (try to contact the ball using their head). (paragraph 5)
- (C) This rule was issued after the University of Glasgow released a study that found that former footballers were at a greater risk of developing degenerative brain disorders and Parkinson’s disease later in life. (paragraph 6)
- (D) Additional guidelines may be issued, or perhaps players and parents will suggest their own solutions. (paragraph 7)
- (E) For now, the benefits must be weighed against the risks for kids playing contact and competitive sports. (paragraph 8)



- 29** In 3–5 sentences, explain how the title “Youth Sports: Are the Risks Worth It?” gives a clue to the author’s point of view.

- 30** Read paragraph 8 of “Youth Sports: Are the Risks Worth It?”

In 3–5 sentences, explain the author’s viewpoint in this paragraph. Use text evidence to support your answer.



READING

DIRECTIONS: Read the passage and answer the questions.

Top of the Rock

- 1 The sun was peeking over the horizon when Mr. Chiu’s car slid into the empty parking lot. “You were right, girls,” Mr. Chiu said with mock seriousness, shaking his head, “rival climbers as far as the eye can see. I’m so glad we got up at 4:00 A.M.” Ignoring his teasing, Wang Fang and I tumbled out of the back seat and helped him unload our gear. Ropes, clips, helmets, and grippy rubber shoes—every item added to my pile sent a hot burst of anxiety throbbing through my chest.
- 2 Mr. Chiu is Wang Fang’s father and our climbing coach. I’ve been rock climbing for about three years, mostly at indoor gyms, but last year Mr. Chiu began encouraging our team to try some outdoor climbs. There’s nothing like the exhilaration of clinging to the sheer face of a cliff, your body secured by just a few fingers and toes as the wind cools your sweat-soaked body. Even the days I didn’t make it to the top were some of the best days of my life.
- 3 Then Liu Yang joined our team—a great climber, but with a competitiveness that, frankly, has taken some of the fun out of climbing. She always has to be the first, the fastest, the best. When the opening of the new climbing route was announced, I predicted that Liu Yang would insist on proving herself yet again. In the past, whenever she made the best time, she would never let anyone on our team forget it. *So I will do everything in my power to make the best time to the top of that cliff*, I vowed.
- 4 I didn’t have a good start: my trembling hands were barely able to find the natural holds in the rock, and my mind kept floating back to the parking lot, listening for the sound of tires crunching across gravel. I heard encouragement from my teammates below, but it was drowned out by the sound of blood pumping through my ears.
- 5 Miraculously, my feet located a ledge that was wide enough to balance on for a moment, so I closed my eyes and took a moment to settle down. *Relax*, I reminded myself. *You’re the first climber, and Liu Yang knows the rules—it’s too dangerous for her to start climbing before you finish.*
- 6 Then a more important thought occurred to me: *Why am I still thinking about Liu Yang? The only competition I have is with myself, so all I need to do is just breathe, focus on the task ahead, and start climbing.*
- 7 Climbing is just as much a mental activity as a physical one, so I exhaled deeply and visualized my next few moves. Then I noticed that focusing on my strategy eased the flow of adrenaline through my veins. *It’s just a rock*, I assured myself, *just a 50-meter-tall rock—little more than a big boulder and nothing to worry about.* No longer trembling, I reached for the next hold and then the next, using my legs and arms to inch up the cliff face.

GO ON

- 8 The silence of focus that had enveloped me during my climb dissolved as soon as I heaved myself onto the top of the cliff and heard cheers from below. The cheers were voiced by my teammates, and they continued as I belayed myself down the rope and back onto solid ground. After unhooking my line and hugging Wang Fang, I found Liu Yang in the small crowd.
- 9 She was proudly smiling at me and asked, "You were terrific! How was it?"
- 10 "It's a great climb," I announced, placing my hand on her shoulder, "and you're going to love it."

31 Read the sentences from "Top of the Rock."

"You were right, girls," Mr. Chiu said with mock seriousness, shaking his head, "rival climbers as far as the eye can see. I'm so glad we got up at 4:00 A.M."

What does the dialogue tell readers about Mr. Chiu's personality?

- (A) He sometimes feels nervous.
- (B) He loses his temper easily.
- (C) He enjoys being funny.
- (D) He tends to be cruel.

32 Read paragraph 3 of "Top of the Rock."

What does this inner monologue tell readers about the narrator's personality?

- (A) She is as competitive about climbing as Liu Yang is.
- (B) She is supportive of all her teammates including Liu Yang.
- (C) She enjoys convincing others that Liu Yang is the best climber.
- (D) She enjoys climbing because Liu Yang pushes her to do her best.

33 Read the sentence from "Top of the Rock."

It's just a rock, I assured myself, just a 50-meter-tall rock—little more than a big boulder and nothing to worry about.

What is the narrator's motive for using this bit of inner monologue?

- (A) She focuses her thinking by conversing with natural objects such as rocks.
- (B) She increases her enjoyment of the moment by making fun of the rock.
- (C) She gives herself confidence by changing how she views the rock.
- (D) She is figuring out the safest path up the rock.

34 Read paragraph 6 of “Top of the Rock.”

In 3–5 sentences, explain how this inner monologue shapes the reader’s expectations about how the plot will end.

35 Read paragraphs 8 and 9 of “Top of the Rock.”

In 3–5 sentences, explain how Liu Yang’s dialogue changes the reader’s opinion of her.

36 Read the sentences from “Top of the Rock.”

Ignoring his teasing, Wang Fang and I tumbled out of the back seat and helped him unload our gear. Ropes, clips, helmets, and grippy rubber shoes—every item added to my pile sent a hot burst of anxiety throbbing through my chest.

Which personal experience most closely relates to the idea of “anxiety throbbing through [the narrator’s] chest”?

- ☐ (A) feeling extreme boredom while doing chores around the house
- ☐ (B) feeling calm satisfaction because a school project is going well
- ☐ (C) feeling nervous excitement about trying out for the school play
- ☐ (D) feeling sudden irritation due to criticism from a trusted friend

37 Read paragraph 5 of “Top of the Rock.”

Which text-to-self connection relates to the narrator reminding herself to relax in this situation?

- ☐ (A) pausing to consider the risk of failure before beginning an experiment
- ☐ (B) taking a deep breath before giving a speech in front of the class
- ☐ (C) sitting on a park bench to enjoy watching the birds fly by
- ☐ (D) following the classroom rules to avoid being punished



FOCUS ON LANGUAGE

DIRECTIONS: Read the sentences from “Youth Sports: Are the Risks Worth It?” and “Top of the Rock.” Underline the passive voice in each sentence.

- 38** Players under the age of 11 in England, Scotland, and Northern Ireland are banned from heading even in practice by a rule from the English Football Association (FA).
- 39** When the opening of the new climbing route was announced, I predicted that Liu Yang would insist on proving herself yet again.
- 40** The cheers were voiced by my teammates, and they continued as I belayed myself down the rope and back onto solid ground.

DIRECTIONS: Complete the sentences with the passive voice of the verb in parentheses.

- 41** These climbing ropes _____ (make) in Thailand last year.
- 42** I _____ (encourage) by Mr. Chiu to try the new route as soon as it opened to the public.

DIRECTIONS: Complete the sentences with a consistent mood of the verb in parentheses.

- 43** Please work with your group, and _____ (finish) your project by Friday.
- 44** If I arrive at sunrise, I _____ (be) the first person at the park.
- 45** If we had run to the department store, we _____ (arrive) before it closed.

DIRECTIONS: Choose the correct answer.

- 46** Which sentences use mood consistently? Choose two answers.
- (A) If you should take a deep breath, you should focus your thoughts.
 - (B) You should take a deep breath and focus your thoughts.
 - (C) Take a deep breath, and you should focus your thoughts.
 - (D) Take a deep breath and focus your thoughts.

47 Which sentence uses mood consistently?

- (A) If I practice for many hours, I will be able to climb the rock.
- (B) If I practice for many hours, I would have been able to climb the rock.
- (C) If I would have practiced for many hours, I will be able to climb the rock.
- (D) If I will have practiced for many hours, I would have been able to climb the rock.

48 Read the sentence from "Youth Sports: Are the Risks Worth It?"

"After all, a concussion is just a bump on the head!"

This is an example of understatement / overstatement / sarcasm.

49 Read the sentences from "Top of the Rock."

The sun was peeking over the horizon when Mr. Chiu's car slid into the empty parking lot. "You were right, girls," Mr. Chiu said with mock seriousness, shaking his head, "rival climbers as far as the eye can see. I'm so glad we got up at 4:00 A.M."

Mr. Chiu's words express sarcasm through the use of understatement / overstatement.

50 Read the sentence from "Top of the Rock."

It's just a rock, I assured myself, just a 50-meter-tall rock—little more than a big boulder ...

This is an example of understatement / overstatement / sarcasm.

51 Read the sentence.

As we walked to school in the light rain, Amir complained, "This is like a monsoon out here!"

Amir's words are an example of understatement / overstatement / sarcasm.

52 Read the sentences.

During the match, I accidentally kicked the ball into our own goal, scoring one for the opposing team. I thought to myself, *Yay, me—I finally scored a goal.*

This is an example of understatement / overstatement / sarcasm.



WRITING

- 53** Write an argumentative essay that persuades readers that a certain hobby, such as photography, collecting rocks, camping, gardening, painting, or making videos is either good or bad for young people. Your essay should include an introduction that states your claim, body paragraphs that give reasons and evidence for your position, and a conclusion. One of the body paragraphs should include a counterargument that disputes your claim. State why that counterargument is problematic, and provide evidence of the counterargument's weakness.

Write your essay in the space below.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.