education
Department of Education
FREE STATE PROVINCE

Question 1	Question 2	Question 3	Question 4	TOTAL
Reading Comprehension	Visual Literacy	Summary	Language Structures and Conventions	/ 60
/ 20	/ 10	/ 10	/20	

GRADE 7

ENGLISH FIRST ADDITIONAL LANGUAGE

CONTROLLED TEST

NOVEMBER 2025

TIME: 2 HOURS

MARKS: 60

This question paper consists of 10 pages.

NAME & SURNAME	
GRADE 7:	

INSTRUCTIONS AND INFORMATION:

1. This question paper consists of FOUR QUESTIONS:
   - QUESTION 1: Reading Comprehension (20 marks)
   - QUESTION 2: Visual Literacy (10 marks)
   - QUESTION 3: Summary (10 marks)
   - QUESTION 4: Language Structures & Conventions in context (20 marks)
2. Read all instructions carefully.
3. Answer ALL the questions.
4. Pay special attention to spelling and sentence construction.
5. Write neatly and legibly.

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QUESTION 1: READING COMPREHENSION (20 marks)

Read the text below and answer the questions that follow.

The Power of Sport



Sport is more than just a game. Around the world, millions of people play soccer, cricket, rugby, netball, and athletics. Sport helps us stay healthy and teaches important life skills. When we run, jump, or kick a ball, our bodies become stronger. Exercise also improves our mood and reduces stress. Doctors say that children should be active for at least one hour every day to stay fit and avoid health problems.

Sport is not only about winning. It teaches teamwork and respect. In a team, players must work together and share ideas. Coaches encourage fair play and discipline. These skills are useful in school and later in life. When players learn to cooperate, they also learn patience and how to solve problems.

Big sporting events bring people together. The Olympic Games and FIFA World Cup are watched by billions of fans. These events inspire young athletes to train hard and follow their dreams. Sport can even unite countries. When South Africa won the Rugby World Cup in 1995, it gave hope to a nation and showed that sport can build peace.

However, sport has challenges. Injuries can happen if players do not warm up or wear the right gear. Some players cheat by using drugs to improve performance. This is called doping, and it is banned because it is unfair and dangerous. Cheating destroys trust and can harm the body.

Sport is powerful. It keeps us fit, builds friendships, and teaches values. Whether you play for fun or compete professionally, sport can change lives. It reminds us that success comes from hard work, honesty, and respect for others.

Adapted from: International Olympic Committee & FIFA articles

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QUESTIONS

Circle the letter of the correct answer.

1.1 What does sport help us to do? (1)

A Avoid teamwork

B Travel the world

C Stay healthy

D Win prizes

1.2 Which two major sporting events are mentioned in the text? (1)

A Rugby World Cup and Athletics Championship

B FIFA World Cup and Olympic Games

C Soccer World Cup and Tennis Open

D Cricket World Cup and Olympics

1.3 How does exercise affect our mood? (1)

A It improves our mood and reduces stress

B It makes us angry

C It causes injuries

D It makes us tired

1.4 What happened when South Africa won the Rugby World Cup in 1995? (1)

A It gave hope to a nation

B The team was banned

C It caused injuries

D It started doping

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1.5 What is doping? (1)

A Drinking water during sport

B Wearing protective gear

C Using drugs to cheat

D Playing fairly

1.6 Why is doping banned? (1)

_____

_____

1.7 Give ONE reason why sport is not only about winning. (1)

_____

_____

1.8 Complete the sentence: (1)

Sport can even _____ countries.

1.9 Match the words in Column A with their meanings in Column B. Write the correct letter in Column C. (3)

	Column A	**Column B**	**Column C**
1.9.1	Teamwork	To make things better	_____
1.9.2	Improve	Working together to achieve a goal	_____
1.9.3	Discipline	Self-control and following rules	_____

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1.10 Indicate if the statement is True or False. Tick (✓) the correct box and give a reason. (2)

Statement: Sport only benefits professional players.

True		False	

_____

_____

1.11 What is the main message of this text? (2)

_____

_____

1.12 The author says, “Sport can change lives.” What does this suggest about the role of sport in society? (2)

_____

_____

Circle the letter of the correct answer.

1.13 Which statement best explains why big sporting events inspire young athletes? (1)

A They motivate athletes to train hard and follow their dreams

B They show that sport is dangerous

C They provide free equipment

D They guarantee success in life

1.14 What can we infer about the author’s attitude toward cheating in sport? (2)

_____

[20]

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QUESTION 2: VISUAL LITERACY (10 MARKS)

Study the sports poster below and answer the questions that follow.



2.1 Which sport is shown in the poster? (1)

A Cricket

B Tennis

C Soccer

D Rugby

2.2 What is the main message of the poster? (1)

A Teamwork is not important

B Play sports, stay healthy

C Winning is everything

D Sport is dangerous

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2.3 What does the slogan 'Teamwork Makes Dreams Work' mean? (2)

_____

2.4 Name ONE benefit of playing sport shown in the poster. (1)

_____

2.5 Which word in the slogan rhymes with 'team'? (1)

_____

2.6 Do you think this poster is effective? Tick (✓) Yes or No and give a reason. (2)

Yes		No	

_____

_____

2.7 Suggest ONE other slogan for promoting sport. (1)

_____

[10]

QUESTION 3: SUMMARY (10 Marks)

Read the following text and write 7 tips to stay safe in sport.
Take note:



Your summary should be between 40–50 words.

Write only 7 tips in point form.

Use your own words as much as possible.

Write the number of your words at the end.

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How to Stay Safe in Sport

Playing sport is exciting and fun, but safety should always come first. Before starting any activity, warm up your muscles with light exercises like stretching or jogging. This helps prevent injuries and prepares your body for action. Wearing the correct clothing and protective gear is also important. For example, soccer players need shin guards, and cyclists should wear helmets to protect their heads.

Staying hydrated is another key rule. Drink water before, during, and after playing to keep your body cool and healthy. Always follow the rules of the game and listen to your coach. Rules are there to keep everyone safe and make the game fair. If you feel pain or discomfort, stop playing immediately and rest. Ignoring pain can lead to serious injuries.

Never use drugs or illegal substances to improve performance. This is called doping, and it can harm your health and is banned in all sports. Respect other players and avoid rough or dangerous behavior. Good sportsmanship means playing fair and showing kindness, even when you lose.

Finally, check the playing area for hazards like broken glass or uneven surfaces. A safe environment makes the game enjoyable for everyone. Remember: safety is the first step to success in sport.

Adapted from: World Health Organization – Physical Activity Guidelines

Number of words: _____

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Rubric: Summary

Criteria	**7 marks**		
Main ideas **(7 marks)**		1 mark per benefit.	
	3 marks	**2 marks**	**1 mark**
Sentence construction **(3 marks)**	• Well-constructed sentences... (1-2 punctuation & spelling mistakes) • **Uses own words.**	• Good – constructed sentences (3-4 punctuation & spelling mistakes) • **Not in own words**	• Poorly constructed sentences (more than 4 punctuation & spelling mistakes) • **Not in own words**

QUESTION 4: LANGUAGE STRUCTURES AND CONVENTIONS (20 marks)

Refer to the text below and answer the questions.



Thandi loves soccer. Every Saturday, she plays with her friends at the park. Last week, her team scored three goals and won the match. “We are champions!” shouted Thandi. She believes that sport is good for everyone because it keeps people healthy and happy.

Thandi also enjoys practicing new skills like dribbling and passing. She dreams of playing for a big team one day and knows that hard work is important. After every game, she thanks her teammates and the coach for their support. For Thandi, soccer is not only about winning—it is about learning, sharing, and having fun with friends.

Adapted from Youth Sports Magazine

4.1 Underline the proper noun in the sentence below.
Every Saturday, she plays with her friends at the park. (1)

4.2 Underline the demonstrative adjective in the sentence below. (1)
That team played very well.

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4.3 Underline the correct form of the adjective in brackets. (1)
Soccer is (more exciting/ most exciting) than chess.

4.4 Write down an antonym for ‘winning’. (1)
_____

4.5 Write the prefix, root word and suffix of ‘unhealthy’.
4.5.1 Prefix: _____ (1)
4.5.2 Root word: _____ (1)
4.5.3 Suffix: _____ (1)

4.6 Rewrite the sentence in the passive voice. (1)
People enjoy soccer.
_____

4.7 Rewrite the sentence and punctuate it correctly. (1)
did you watch the game on friday
_____

4.8 Rewrite the sentence in indirect speech. (1)
“We are champions!” shouted Thandi.
_____

4.9 Rewrite the sentence in the future tense.
Her team scored three goals. (1)
_____

4.10 Circle the letter of the correct answer.
4.10.1 What type of sentence is: ‘We are champions!’? (1)
A exclamation
B statement
C command
D question

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4.10.2 What does the idiom ‘kick off’ mean? (1)

A score a goal
B start a game
C stop playing
D win a match

4.11 Identify if the following sentences are literal or figurative. Tick the correct box.

4.11.1 The fans roared like lions. (1)

Literal		Figurative	

4.11.2 The team scored three goals. (1)

Literal		Figurative	

4.12 Write down an antonym for the word in brackets. (1)

The team (won) the match. _____

4.13 Write down a synonym for ‘happy’. _____ (1)

4.14 Join the two sentences using the conjunction in brackets. (1)

Thandi loves soccer. Thandi plays every Saturday. (because)

_____

4.15 Complete the sentence by filling in the correct preposition. (1)

Thandi practices new skills _____ the park every weekend.

4.16 Complete the sentence by filling in the correct article. (1)

Thandi dreams of playing for _____ big team one day.



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