

FUKIEN SECONDARY SCHOOL
S4 First Term Examination (2020-2021)
English Language Paper 3
Listening

Data File

Date: 13th January 2021

Time: 8:30a.m. - 10:30a.m.

Name: _____

Class: S4 _____ No.: _____

GENERAL INSTRUCTIONS

(1) Refer to the General Instructions on Page 1 of the Question-Answer Book for Part A.

INSTRUCTIONS FOR PART B

- (1) Please attempt all tasks in Part B (Tasks 5–7).
- (2) You are advised to use a pen for Part B.
- (3) The Data File will be collected at the end of the examination. Do **NOT** write your answers in the Data File.

Part B**Situation**

You are Jeffrey Wong. You are the chairperson of the Careers Club at New Town College. The careers mistress, Miss Ellen Lam, has asked you and other committee members to organise a Careers Week and to promote a new sports and health curriculum at your school.

You will listen to the recording of a meeting between you, Miss Lam and Miss Wong, the supervising teacher of the Sports Club. The meeting will be about the upcoming Careers Week as well as the new sports and health curriculum. Take notes under the appropriate headings.

Before the recording is played, you will have five minutes to study the Question-Answer Book and the Data File to familiarise yourself with the situation and the tasks.

Complete the tasks by following the instructions in the Question-Answer Book and on the recording. You will find all the information you need in the Question-Answer Book, the Data File and on the recording. As you listen, you can make notes on page 3 of the Data File.

You now have five minutes to familiarise yourself with the Question-Answer Book and the Data File.

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Listening note-taking sheet for a recorded meeting**Significance of sport***On physical health*

To maintain strength, cardiovascular _____

On mental health

To maintain _____

Aerobic activity per week

Moderate aerobic activity: _____

Intense aerobic activity: _____

Weight resistance training: _____

Benefits of activity*On physical health*

- Improves blood circulation, coordination and stamina

-

-

-

On mental health

- Gains in energy levels > executive functioning skills

-

-

Details of the Careers Week

- Dates: _____

- A talk by _____ about _____









- Register on the _____

New sports and health curriculum

Plan to start a new course in sport and health which will lead to _____

E.g., _____

Email from Miss Lam to Jeffrey Wong

File		Message					
							
Junk	Delete	Reply	Reply All	Forward	Move ▼	Mark Unread ▼	Follow up ▼

To: Jeffrey Wong
From: Miss Lam
Sent: Fri 3 January 2021 11.03 AM
Subject: Tasks to complete

Dear Jeffrey,

There are some tasks that I'd like you to do.

Firstly, I'd like you to complete our club's web page which I have started and have attached to this email. Start the web page by explaining the benefits of activity on our physical and mental health. Then, include the details about daily life exercise. Remember to use your own words to complete this part. You should be able to get information from the website of Fitness Daily and your notes from our meeting.

Secondly, Dr. James Paterson has agreed to come and give a talk about health and sport during the Careers Week. So, I'd like you to write an email to our students inviting them to attend his talk. Include the following details in your email:

- Dates and aim of the Careers Week
- Venue, date and time of the talk
- Brief description of the speaker (i.e., who he is)
- How students will benefit from the talk
- Registration method and deadline

Some of the details (e.g., time, date and venue of the talk) have not yet been approved by the principal but as soon as they are, I will WhatsApp you.

Lastly, write a short profile of Dr. Paterson for the school magazine. Please mention the following things in the profile:

- His background in medicine and sport, as well as his education
- His sporting achievements
- His beliefs
- His work with 'Doctors for Sport'

You may want to take a look at the transcript of Dr. Paterson's interview, the extract from Pikipedia and an article in New Sporting Express.

Thanks for your help.

Best regards,
Miss Lam

Website of Fitness Daily

www.fitnessdaily.com

Fitness Daily

Exercises for Daily Routines

Busy all day? No time for a proper workout? It is not as hard as you might think to stay fit and healthy. We have tips on how to stay fit and healthy while doing everyday chores.

Use Exercise Videos
While exercising to videos, you may play some of your favourite music as well!

Join a Gym
If you are going to join a local gym, make sure you make a schedule in your diary.

Liven Up Your Housework
Chores may be boring but you could dance while you mop the floor or vacuum the carpet.

Go on Walking Dates
Why not go for a walking date with friends instead of a lunch date? It keeps you fitter and slimmer!

Transcript of an interview with Dr. James Paterson**Interview with Dr. James Paterson**

Host: Thank you for your time, Dr. Paterson.

Dr. Paterson: I'm honoured to be here.

Host: Dr. Paterson, we hear that not only are you a paediatrics expert but also that you are an international rower who has represented Hong Kong.

Dr. Paterson: That's correct. It hasn't been easy combining my day job with training and competition. But it's been a lot of fun and I've managed to achieve some of the goals that I set for myself.

Host: What are these goals, if you don't mind me asking?

Dr. Paterson: Apart from my rowing, there are some goals which I have always had, even when I was in secondary school. Growing up here in Hong Kong, I noticed that many young people are under a lot of stress and pressure.

Host: Yes, it's a huge problem in Hong Kong. Most young people are under constant pressure to do well in academic subjects.

Dr. Paterson: And very few of them continue with sport as work pressures ramp up in senior secondary. But what they don't realise is ... playing sport is actually a great way to relieve stress and pressure. So, I think young people in Hong Kong need to play a sport ... you know ... for a better quality of life ... both physically and mentally.

Host: True. Right, Dr. Paterson, I hear from New Sporting Express that you started a project called 'Doctors for Sport'.

Dr. Paterson: Yes, it was started by me along with some other junior doctors.

Host: Wow ... it sounds like a very commendable project!

Dr. Paterson: Yes, it is and we hope to continuously expand the project.

Host: Good luck and lots of success.

Dr. Paterson: Thanks! We will try to do our best.

Extract from Pikipedia about Dr. Paterson

www.pikipedia.com

James Paterson

James Harvey Paterson (born 23rd February, 1988) is a doctor of paediatrics at Queen Mary Hospital in Hong Kong. He also represents Hong Kong internationally in rowing. His specialist event is the single sculls.

James was born in Hong Kong to Roger and Elaine Paterson. His father Roger worked at Spires International, a large multinational trading company. James studied medicine at Hong Kong University, graduating in 2011.

James first took up rowing in secondary school, joining the Sha Tin Rowing Club. He competed for Hong Kong and was selected for the 2013 East Asian Games where he won a bronze medal. He later won the silver medal in the same event at the 2018 Asian Games.

Extract of an article in New Sporting Express**New Sporting Express****Doctors for Sport**

Dr. James Paterson (second from right) started the project along with some of his colleagues.

Dr. James Paterson of Queen Mary Hospital, along with several colleagues decided to start a project called ‘Doctors for Sport’, which aims to help less privileged Hong Kong young people take up new sports and leisure activities. They organise holiday camps where young people can learn new sports and get advice from doctors about food and nutrition.

Dr. Paterson, the main spokesperson for the group, is also an international rower who has competed for Hong Kong in the East Asian Games and the Asian Games winning bronze and silver medals respectively.

Dr. Paterson said he and a few colleagues were motivated to start the project after seeing how unfit and unhealthy many youngsters are.

WhatsApp chat messages between Miss Lam and Jeffrey Wong**3 January 2021****Miss Lam**

Hi, Jeffrey. I just got confirmation from the principal about the details for Dr. Paterson's talk. It'll be a one-hour talk ... on 15/1 (Wed) ... in our school hall.

4.38 PM

Jeffrey

And what about the time? Hmm ... after school ... 4–5 pm?

4.41 PM

Miss Lam

No, the principal wants to start the talk 15 mins earlier.

4.45 PM

Jeffrey

Okay. By the way, how will students benefit from the talk?

4.47 PM

Miss Lam

First, they'll understand why this is important → staying fit & healthy while working. Second, they'll learn the various careers (those that are sports-related of course).

4.52 PM

Jeffrey

And what is the aim of the Careers Week?

4.53 PM

Miss Lam

We'd like to introduce sports-related careers to our students through the event.

4.56 PM

Jeffrey

Okay ... I'll include all these info in our email to students.

5.03 PM

Miss Lam

That's great, Jeffrey. Thanks for your help.

5.05 PM



THIS IS THE LAST PAGE OF THE DATA FILE