

TRAINING FOR THE SCHOOL RUN

ENGLISH 7 | 45 min

Zusatzmaterial - Leseverstehen

Name: _____

Date: _____

READING TEXT

Nina wants to finish the five-kilometre school run without stopping. She begins with short training sessions three times a week. Her friend Joel joins her, and they record their times. After two weeks, Nina runs too fast and hurts her ankle slightly. She rests for several days and changes her plan. On race day, she starts slowly, keeps a steady pace and reaches her goal.

VOCABULARY STRATEGY

Do not translate every word. First read for the main idea. Then use the sentence around an unknown word to guess its meaning.

FIRST READING - note the key information

Name: _____

Date: _____

TASKS

1. Who is the text mainly about?

2. Where does the main action happen?

3. Write down two important details from the text.

4. What problem, change or decision is described?

5. Find one word or phrase that shows an opinion, feeling or result.

6. Summarise the text in two or three English sentences.

7. What can the reader learn from the text? Give a reason.

SUGGESTED ANSWERS - wording may differ

1. Nina and Joel.
2. On a training route and at the school run.
3. They train three times a week and record their times.
4. Nina hurts her ankle after running too fast.
5. Accept an exact phrase from the text that fits the question.
6. Sample: The text focuses on Nina and Joel. It explains that Nina hurts her ankle after running too fast.
7. Open answer: accept a suitable title or a justified lesson.