

MOVE YOUR BODY NOW



Text Type: Pamphlet
Suggested finishing time: 15 mins

Let's think!

1. Do you enjoy exercising?
2. How often do you exercise?

[1] The Hong Kong Sport Association (HKSA) is proudly presenting our most anticipated annual event—Move Your Body Now. To celebrate the fifth anniversary of its foundation, we welcome your involvement on 20th March, 202X in setting the world record of mass participation of at least five hundred people in this major sporting carnival of a pentathlon, in which five sets of sports challenges are expected to be completed by record setters in a day.

Hiking @Yuen Tsuen Ancient Trail

[2] The day will kick off with a hike along the famous Yuen Tsuen Ancient Trail in the morning. Our ambassador, Mr Noel Choi, gold medallist of Joint-University Tournament, will officiate at the kick-off ceremony to bear witness with us to the historic moment of the pentathlon. Simply de-stress yourself via a half-day getaway from the hustle and bustle at Yuen Long before we return to our base at Tsuen Wan.

[3] Upon completing the hike, you can redeem a nutritious detox meal sponsored by Veganese[®], our long-term supporter since our first carnival, to reenergise yourself for the challenges ahead in the afternoon. Licensed nutritionists will be stationed at the counter to share how diet helps boost metabolism.

More to Take Away

Guinness World Records only accepts measurable and provable claims as new records. The nomination of 'the smartest person in the universe' is an example of an unprovable claim.

Running @ the HKSA sports field

[4] Benefits of running are better experienced than known. But 'run harder and run further' only applies to people who run regularly. This 1-hour challenge is neither a race nor a training session, so your mileage does not count. We simply want to see you soldier on without stopping to walk or take a break.

Aerobics @ the HKSA multi-purpose hall

[5] A milder way to burn calories and lose weight is to do aerobics. Though less intense, the 30-min workout still requires stretching and toning of body muscles, not only shaping your body but also regulating blood circulation.

Spinning @ the HKSA spinning studio

[6] Experience the 30-min indoor cardio-intensive cycling session in our neon lighting filled studio with pulse-pounding music. Here you can ride on stationary bikes to sweat out all your frustrations with fellow riders and our instructors who would push you past your limits by, for example, rectifying your incorrect postures and assisting you in building up stamina.

Yoga @ the HKSA rooftop garden

[7] Fear not; after several energy-draining

sessions come the moon salutations in yoga. This series of poses are especially arranged at the end to cool your body and calm your mind, apart from symbolising your accomplishment in the pentathlon.

[8] Frequently Asked Questions

1. How to apply?

Please complete the application form at <http://www.hksa.org.hk/202Xpentathlon>, where the questionnaire will be used for screening eligible applicants. Successful applicants will have to attend a briefing in their preferred time slot.

2. When is the application deadline?

It is on a first-come-first-served basis.

3. What fees do I have to pay?

All activity fees will be covered by Racer™. Successful applicants only need to pay a registration fee of \$50, which will be reimbursed upon completion.

4. If I am physically ineligible for the event, how can I show support?

We welcome volunteers to offer us onsite support including set-up, logistics, reception, directions, first-aid, etc. Interested parties please contact us at 3012-4567.

~530 words

Looking into Grammar

In most cases, adjectives and adverbs are based on the same word. Like comparative adjectives, comparative adverbs can be formed with 'more' or by adding '-er'. The following is one of the exceptions.

- ✓ It often rains **hard** (✗ **hardly**) in rainforests while it **hardly** rains (✗ **rains hardly**) in deserts.
- ✓ Study **harder** (✗ **more hardly**) this time or you'll fail the exam again.

Part of speech	hard (<i>adj.</i> ; <i>adv.</i>)	hardly (<i>adv.</i>)
Meaning	difficult; a lot	almost not
Comparative	harder	N/A

- ? Circle an example of the adverb 'harder' in the pamphlet.

Part A Multiple Choice Questions

Answer the following questions based on the information provided in the pamphlet. Choose the best answer by blackening the appropriate circle.

1. Move Your Body Now _____.

- A. is a one-off pentathlon where participants are divided into groups
- B. aims to break the mass participation world record it set before
- C. was launched in the same year as the foundation of the HKSA
- D. can only be claimed and accomplished by participants' completion of all five sports

2. Noel Choi _____.

- A. is a representative of Joint-University Tournament
- B. is a football medallist
- C. may stay for the entire event
- D. will witness the opening ceremony at the HKSA office



3. Which of the following may be an example of the meal that can be redeemed?

- A. cucumber smoothie and udon noodles with eggs
- B. broiled salmon steak and soup with broccoli, celery, and carrots
- C. sweet potato salad and steamed chicken breast
- D. stir-fried cabbage with tofu and avocado citrus salad

4. In paragraph 4, the word 'mileage' means _____.

- A. distance run
- B. time spent
- C. training taken
- D. effort made



5. Which of the following may be the writer's opinion?

- A. Work at the HKSA is stressful.
- B. People who know what is good about running should put it into practice.
- C. Aerobics is easier than yoga.
- D. Only physically unfit individuals are welcome to be volunteers.

6. The application procedure involves _____.

- I. a fitness test
 - II. an enrollment charge
 - III. a briefing
 - IV. a health screening survey
- A. I and II
 - B. I, II and III
 - C. III and IV
 - D. all of the above

7. Which of the following may NOT be one of the volunteers' duties?

- A. collecting funds
- B. transporting supplies
- C. answering phone-in enquiries
- D. giving immediate treatment in case of injury or incident

8. The main purpose of the pamphlet is _____.

- A. to advocate sporting activities
- B. to celebrate the anniversary of the HKSA's establishment
- C. to invite people to join the HKSA pentathlon
- D. to inform people of the benefits of different sports



Self-evaluation Checklist

Please scan the QR code on P.6 to access the checklist for evaluating your own reading progress.

Part B Pre-HKDSE Questions

Answer the following questions based on the information provided in the pamphlet. For questions 1 and 2, answer in complete sentences.

1 Read the paragraph about yoga as well for the answer.

1. At first, the HKSA arranged the hike in the afternoon, but later had it rearranged due to opposition. In your opinion, why did people oppose the first arrangement?

2. Timothy, a chronic respiratory disease patient, wants to strengthen his lung capacity by exercising. Can he benefit from the pentathlon? Explain your answer.

3. Look for words in the pamphlet that are similar in meaning to the following:

- | | | |
|--------------------------|-------|-----------|
| (i) correcting (v.) | _____ | (para. 6) |
| (ii) paid back (v.) | _____ | (para. 8) |
| (iii) unqualified (adj.) | _____ | (para. 8) |



4. Decide whether each of the following statements is a fact, an opinion, or undecidable because not enough information is given.

4 Facts are well supported while opinions are unproven claims.

Statement	Fact	Opinion	Not Given
(i) Record setters are all sports lovers.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) The HKSA puts great emphasis on the event.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) A strict screening procedure will be adopted.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) A registration fee is charged to assure participation.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



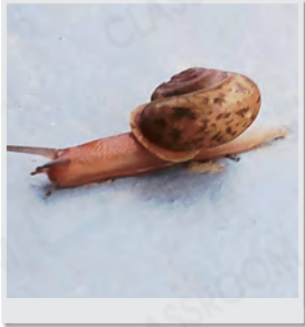
5. In each line, there is a wrong word. Underline it and write a word that expresses the correct idea in the right-hand column.

- | | |
|---|--------------|
| (i) It is the HKSA's <u>fifth</u> attempt to set a mass participation | <u>first</u> |
| (ii) world record, for which participants will run | _____ |
| (iii) a demanding marathon in a day. The HKSA hopes to | _____ |
| (iv) encourage more people to turn exercising into a trend | _____ |
| (v) from which they can follow in the long run. | _____ |

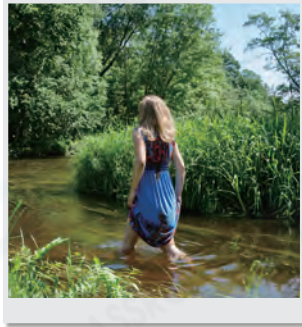
Part C Vocabulary Bank

Label the photos below with the verbs related to the ways of walking from the word box.

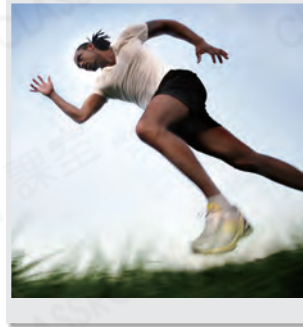
leap tiptoe dash wade
limp roam inch stomp



1. _____



2. _____



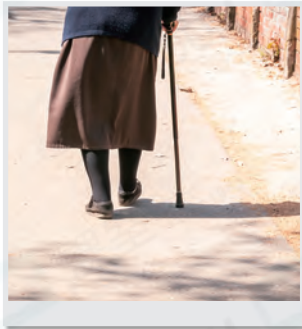
3. _____



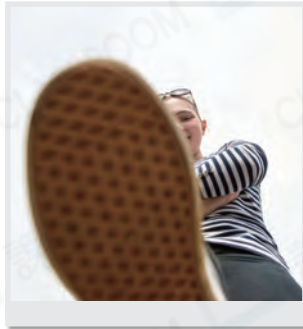
4. _____



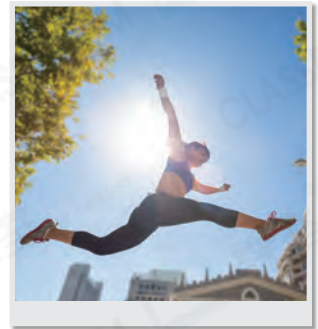
5. _____



6. _____



7. _____



8. _____

Word Craft

It is a habit of some to use certain loose words repeatedly in their writing. To make a piece of writing more impressive, varied word choice, that is more precise wording, is preferable.

e.g. The man, for fear of irritating his hysterical wife, began **inching** towards her, hoping to comfort her with the warmest hug.

Let's Discuss!

1. Do you agree that exercising is more effective as a way to control weight than dieting?
2. Name three forces that drive people to exercise.