

**PARTE I: ÁMBITO DE COMUNICACIÓN
EJERCICIO DE LENGUA EXTRANJERA: INGLÉS**

***PRUEBAS LIBRES PARA LA OBTENCIÓN DEL TÍTULO DE
GRADUADO EN EDUCACIÓN SECUNDARIA OBLIGATORIA
DESTINADAS A PERSONAS MAYORES DE DIECIOCHO AÑOS***

Resolución de 7 de noviembre de 2025 (BOCM del 24)

DATOS DEL ASPIRANTE	CALIFICACIÓN
APELLIDOS: NOMBRE: DNI / NIE: FECHA DE NACIMIENTO: FECHA DE EXAMEN: CENTRO EXAMINADOR:	

Convocatoria año 2026

INSTRUCCIONES
- La duración máxima de la prueba será de <u>90 min.</u> - Mantenga su DNI/NIE en lugar visible. - Deberá tener su móvil <u>apagado</u> durante la realización de la prueba. - Debe responder en inglés a todas las cuestiones propuestas. - Todas las preguntas deberán ser respondidas con bolígrafo de color negro o azul. - No está permitido el uso de diccionarios o recursos electrónicos. - Cuide la presentación, usando una caligrafía clara y legible. Calificación: la prueba se calificará de 1 a 10 puntos. El desglose de la puntuación se indica en cada una de las preguntas de las que consta la prueba.

(A RELLENAR POR EL CORRECTOR)										
PREGUNTAS	1. ^a	2. ^a	3. ^a	4. ^a	5. ^a	6. ^a	7. ^a	8. ^a	9. ^a	Total
PUNTUACIÓN										

READING AND VOCABULARY PART (2,5 POINTS)**WHY SLEEP MATTERS**

Sleep is essential for human life. We can live longer without food than without sleep. Most people spend about a third of their life sleeping. This means that during our lives, we spend about twenty-five years asleep. Most people sleep around seven hours each night, but some people can sleep for only four hours. We don't all need the same amount of sleep.

So, what happens when we sleep? There are five stages in one cycle of sleep. Each cycle lasts about 90 minutes, and we often repeat this cycle five times every night. In the first two stages, we are in a light sleep. In stages three and four, we are in a deep sleep and our heart rate and breathing slow down. In stage five, our brain becomes very active and our eyes move quickly. This stage is called REM sleep. During REM sleep, we have dreams.

We all know that sleep is good for us, but what are the benefits? One benefit is that it helps us to resist illness. Without enough sleep, our body cannot fight off colds and the flu as easily. Your sleep pattern can also affect your diet. Researchers at the University of Chicago discovered that poor sleep increases a hormone in the body that makes us hungry. This means that people who sleep badly often eat more high-calorie foods and gain more weight.

Sleep also plays a part in our performance at school and at work. Studies show that children who sleep well do better in school. One reason is that if you are very tired, you cannot focus. However, there is another important reason. Scientists believe that sleep is important for our memory. While we sleep, our brain works with the information we have learnt during the day and helps us remember it better.

Another important idea is our "body clock". This is the natural rhythm in our body that tells us when to sleep and when to wake up. Usually, our body clock tells us to sleep at night and wake up in the morning. However, studies now suggest that this situation is different in teenagers. Some scientists believe that teenagers are not lazy but biologically programmed to go to bed later and wake up later.

Adapted from: <https://www.trinitycollege.com/>

APELLIDOS:

NOMBRE:

- 1. Read the text “Why sleep matters” and decide if these statements are TRUE or FALSE. Circle the correct option and copy the evidence from the text to support your answers. NO marks are given for only *true* or *false*. (1 point = 0,25 each correct answer).**

a) Each person has different sleep needs. TRUE / FALSE

- Evidence:

b) We usually sleep deeply for more than seven hours. TRUE / FALSE

- Evidence:

c) Studies indicate that sleep doesn't play a key role in memory. TRUE / FALSE

- Evidence:

d) Teenagers are biologically designed to wake up earlier than adults. TRUE / FALSE

- Evidence:

_____/1

- 2. Find the words from the text that have the same meaning as the definitions. (0,5 point = 0,1 each correct answer).**

a) Very important, necessary (paragraph 1) _____

b) Parts in which a process is divided, steps (paragraph 2) _____

c) Advantages (paragraph 3) _____

d) Habit, routine, model (paragraph 3) _____

e) Ability to concentrate (paragraph 4) _____

_____/0,5

- 3. Read each text and circle the correct option. (1 point = 0,25 each correct answer).**

1. Talent Show Contest

All participants must register online by 10th May. Late applications will not be accepted.

- a) Participants can register after 10th May if they explain the reason.
- b) Participants can register in person on the day of the competition.
- c) Participants must complete their registration before 10th May.

APELLIDOS:

NOMBRE:

2. Important information for participants joining the London Museum tour

The bus will leave the Victoria Bus Station at 8:00 a.m. Please arrive before 7:45 a.m. to meet your tour guide, who will give you your tickets.

- a) Participants will get their tickets when they contact the tour guide.
- b) The bus will pick up participants from their hotels at 8:00 a.m.
- c) Participants can go directly to the bus to collect their tickets.

3. City Bike Rental

All bikes must be returned before 6 p.m. on the same day of rental. Late returns will be charged an extra £5 per hour.

- a) Customers can keep the bike overnight without paying extra.
- b) Customers who return the bike after 6 p.m. will have to pay an additional fee.
- c) The bike rental shop closes at 6 p.m., but customers can return the bike the next day for free.

4. Art Club Members

The painting workshop on Saturday will start at 10:00 a.m. Materials will be available, but please bring old clothes.

- a) Members need to bring clothes they don't mind getting dirty.
- b) Members must bring all painting materials themselves.
- c) Members can come in regular clothes without worrying about paint.

_____/1

USE OF ENGLISH (5,5 POINTS)

4. Circle the correct option to complete the sentences. (1,5 points = 0,1 each correct).

1. Who _____ at the door right now?
a) are knocking b) is knocking c) knocks
2. She _____ the dishes after lunch.
a) usually wash b) usually don't wash c) usually washes
3. This is _____ film I've ever seen.
a) The baddest b) the worse c) the worst
4. The room _____ every day.
a) was tidying b) is tidied c) will tidy
5. _____ a lot of noise outside last night.
a) There was b) There were c) Was
6. _____ forget to call me later.
a) Not b) Don't c) Doesn't
7. My house is _____ yours.
a) Biggest than b) more big than c) bigger than

APELLIDOS:

NOMBRE:

8. He _____ junk food every day. It's not healthy.
a) shouldn't eat b) shouldn't to eat c) shouldn't eats
9. My brother has decided that he _____ medicine at university.
a) goes to studying b) are going to study c) is going to study
10. She _____ late for work if she _____ the bus.
a) will be/misses b) is/miss c) would be/misses
11. _____ going to the shopping mall tomorrow afternoon?
a) What about b) Where about c) Why about
12. It was _____ moment of the day.
a) the most exciting b) the more exciting c) the excitingest
13. These photos _____ during our school trip last year.
a) are taken b) will be taken c) were taken
14. I've lived in Valencia _____ 2018.
a) since b) for c) ago
15. I was tired, so I _____ out last night.
a) don't go b) didn't go c) didn't went

_____/1,5

5. Write questions for the following answers (1 point = 0,2 each correct sentence).

- a) _____? Her parents moved to Spain last year.
- b) _____? They usually eat breakfast at 8 a.m.
- c) _____? I go to the gym twice a week.
- d) _____? John calls Ellie every day.
- e) _____? We are going to the cinema tonight.

_____/1

6. Fill in the gaps with the verbs in brackets. Choose present perfect or past simple. (1 point = 0,2 each correct sentence).

- a) I _____ (finish) my homework yesterday.
- b) Oh no! I _____ (lose) my keys!
- c) _____ (you / ever / visit) Singapore?
- d) What _____ (they / do) after school last Friday?
- e) She _____ (never / break) her arm.

_____/1

APELLIDOS:

NOMBRE:

7. Read each text and fill in the gaps with the following words. (1 point = 0,1 each correct answer).

- A) What a D) Would you G) are going
B) doesn't suspect E) surprised H) participates J) planning
C) might F) to let I) Why don't

From: Lucy
Subject: Surprise party for Sarah

Hi Ben,

I just wanted **1.** _____ you know that we are **2.** _____ a surprise party for Sarah next Saturday. It's her birthday, and she **3.** _____ anything!

We **4.** _____ to decorate my house in the afternoon. We aren't sure yet, but we **5.** _____ buy a big chocolate cake. I also want to invite her best friends from school. **6.** _____ like to help us? It will be more fun if everyone **7.** _____. We might need some music and games too.

Let me know what you think!

Lucy

New Message

From: Ben
Subject: Re: Surprise party for Sarah!

Hi Lucy,

8. _____ fantastic idea! I'd love to help with Sarah's surprise party. I'm free on Saturday, so I can come in the afternoon to decorate your house. I can also bring balloons and some snacks. **9.** _____ we prepare a small video with photos of Sarah and her friends? I think she will be very happy and **10.** _____! Let me know what time I should arrive. I'm really excited about this!

See you soon,

Ben

_____/1

APELLIDOS:	NOMBRE:
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8. Fill in the gaps with the verbs in brackets to make the first or second conditionals. (1 point = 0,1 each correct gap).

(1st conditional)

1. If you _____ (not leave) now, you _____ (miss) the train.
2. You _____ (have) an accident if you _____ (drive) so fast.

(2nd Conditional)

3. If I _____ (have) more time, I _____ (travel) more.
4. If we _____ (know) the answer, we _____ (help) you.
5. I _____ (buy) a car if I _____ (have) a driving license.

/1

WRITING PART (2 POINTS)

Instrucciones específicas para esta pregunta: Escriba en inglés un mínimo de 50 y un máximo de 70 palabras. Se valorará que se ajuste al tema, la corrección gramatical y la riqueza y adecuación del vocabulario.

9. Write an essay about “The scariest experience of my life”

Don't forget to include the following information:

- Explain when, where, what happened, who was with you and why it was scary.
- Describe how you felt and how it ended.

[illegible]

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