



CBSE: Assessment of Speaking and Listening Skills (ASL)

Class - IX

SAMPLE WORKSHEET FOR LISTENING TEST

Time: 1 hour

Max. Marks: 20

Task – 1

You will hear some tips on improving memory. Read the notes below then listen to the teacher's tips and complete the notes with one or two words only. You will hear the recording twice.

You have 15 seconds to read the notes.

Steps to improve memory

Use games to (1) _____ your brain

Make an effort to reduce (2) _____ in your daily life

Say things you need to remember (3) _____ more than once

Put things in (4) _____ to help remember them

4 marks

Task – 2

You will hear a girl talking to her father about yoga. Read the statements below, then listen to the conversation and choose five of the options A–H which are correct. You will hear the recording twice.

Which five of the following statements are true?

1. Meera tells her father that the yoga method is similar to the warmth of sunlight.
2. Meera's father has heard of hot yoga before.
3. Meera's father is worried by the mention of the heat and the humidity.
4. Meera wants to know more about Triyoga Chelsea.
5. Jonathan was a yogi before becoming a lawyer.
6. Meera thinks the Triyoga Chelsea technique sounds comfortable for the human body.
7. Meera's father thinks that hot yoga is very healthy.
8. Meera says that yoga's greatest impact is on the human skin.

5 marks

Task – 3

You will hear five short extracts of people talking about healthy eating. Read the statements below, then listen to the extracts and match each statement A–G to each speaker 1–5. There are two statements you do not need. You will hear the recordings twice.

- A. Young people are careful about health and eating habits.
- B. A healthy diet is important in preventing diseases.
- C. The whole family should be involved in prevention programmes.
- D. Overeating leads to boredom.
- E. Healthy eating is about improving your mind and body
- F. Shopping is linked to unhealthy eating
- G. Adolescents are not concerned about their eating habits.

5 marks

Task – 4

You will hear a speech about joint families. Read the questions below, then listen to the extract and choose A or B or C for each question. You will hear the recordings twice.

1. People prefer nuclear families because
 - a. there is more freedom.
 - b. there are fewer members.
 - c. it is the latest trend in many countries.
2. According to the speaker, young people don't listen to elders because they
 - a. don't want to be restricted.
 - b. think they know better.
 - c. learn from their mistakes.
3. In a joint family, you don't have to ask for help from outsiders as
 - a. you are smart enough to make decisions.
 - b. your children are able to take care of themselves
 - c. your family are there to support you.
4. Joint families follow the concept of sharing as
 - a. the clothes are shared among family members.
 - b. all family members are collectively responsible.
 - c. the finances are distributed equally.

5. Joint families do not depend on outside help for children because
 - a. grandparents take care of them.
 - b. mothers stay at home.
 - c. children care for each other.

6. The best way to create a good joint family is to
 - a. be open to differences in opinion.
 - b. listen to elders all the time.
 - c. not voice your views on anything.

6 marks