



Name: \_\_\_\_\_

Index No.: \_\_\_\_\_/\_\_\_\_\_

8011/1  
ECDE CERTIFICATE PROFICIENCY  
PAPER 1  
ENGLISH  
December 2016  
Time: 1 $\frac{1}{4}$  hours

Candidate's Signature: \_\_\_\_\_

Date: \_\_\_\_\_



THE KENYA NATIONAL EXAMINATIONS COUNCIL

EARLY CHILDHOOD DEVELOPMENT AND EDUCATION  
CERTIFICATE PROFICIENCY EXAMINATION

PAPER 1

ENGLISH

1 $\frac{1}{4}$  hours

INSTRUCTIONS TO CANDIDATES

*Write your name and index number in the spaces provided above.  
Sign and write the date of the examination in the spaces provided above.  
Answer ALL the questions in this paper.  
Answers must be written in the spaces provided in this question paper.  
Do NOT remove any pages from this question paper.  
Candidates should answer the questions in English.*

For Examiner's Use Only

Question	Maximum Score	Candidate's Score
1	20	
2	20	
3	20	
Total Score		

This paper consists of 8 printed pages.

Candidates should check the question paper to ascertain that all the pages are printed as indicated and that no questions are missing.







2. **COMPREHENSION**

(20 marks)

*Read the passage below and answer the questions that follow.*

Regular exercise is like the weather - we all talk about it, but we tend not to do anything about it. Exercise classes on television and exercise programmes on video, books and magazines now make it easy to have a low-cost personal exercise programme at home. However, for success in exercise, you should follow a simple plan consisting of arranging time, making preparations and starting off at a sensible **pace**.

Any person who does not exercise has an excuse: heavy tasks at the workplace or school, being rushed in the morning, exhausted at night, and many responsibilities to attend to. However, one solution is simply to get up half an hour earlier in the morning. Look at it this way: if you're already getting up too early, what's an extra half hour? Of course, that time could be cut to fifteen minutes earlier if you could lay out your clothes, set the breakfast table and gather your books and materials for the next day before you go to bed.

Next, prepare for your exercise session. To begin with, get yourself ready by not eating or drinking anything before exercising. Why risk an upset stomach? Then, dress comfortably in something that allows you to move freely. Since you'll be in your own home, there is no need to invest in a high-fashion dance costume. A loose T-shirt and shorts are good. If your hair tends to flop over your eyes, pin it back or wear a headband or scarf. Prepare the exercise area, too. Turn off the phone and lock the door. **Shove** the table out of the way so that you won't bruise yourself on it or other furniture. Then get out the simple materials you need to exercise with.

Finally, use common sense in getting started. If this is your first attempt at exercising, begin slowly. You do not need to do each movement the full number of times at first, but you should try each one. After five or six sessions, you should be able to do each movement the full number of times. Try to move in a smooth, rhythmic way; this will help prevent injuries and muscle pulls. Pretend you're a dancer and make each move **graceful** even if it's just getting up off the floor. After the last exercise, give yourself five minutes to relax and cool off - **you have earned it**. Finally, put those sore muscles under a hot shower and get ready for a great day.

Establishing an exercise programme isn't difficult, but it can't be achieved by reading about it, talking about it, or watching **models** exercise on television. It happens only when you get off that couch and do something about it. As my doctor likes to say, "If you don't do it, it remains undone."

(Adapted from *College Writing skills with Readings* by John Langan, 2008)



(a) Why does the writer liken regular exercise to the weather? (2 marks)

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(b) Mention **two** things that have made it easy to start an exercise programme at home. (2 marks)

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(c) The writer suggests solutions to one of the excuses people give for not exercising.

(i) Identify the excuse. (1 mark)

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(ii) State the solutions given by the writer. (2 marks)

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(d) In your opinion, why should you turn off the phone and lock the door before you start exercising? (1 mark)

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(e) State **two** pieces of advice that the writer gives to those beginning to exercise. (2 marks)

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- (f) Outline the **three** steps in an exercising session as given in the fourth paragraph. (3 marks)

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- (g) What message does the writer pass to the reader by the quotation given at the end of the passage? (2 marks)

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- (h) Explain the meaning of the following words and expressions as used in the passage. (5 marks)

(i) pace \_\_\_\_\_  
\_\_\_\_\_

(ii) shove \_\_\_\_\_  
\_\_\_\_\_

(iii) graceful \_\_\_\_\_  
\_\_\_\_\_

(iv) you have earned it \_\_\_\_\_  
\_\_\_\_\_

(v) models \_\_\_\_\_  
\_\_\_\_\_



3. **GRAMMAR**

(20 marks)

(a) *Fill in each of the following blank spaces with the correct preposition.* (3 marks)

(i) James has no use \_\_\_\_\_ such a gadget.

(ii) My mother agreed \_\_\_\_\_ my request.

(iii) The work was done \_\_\_\_\_ haste.

(b) *Change the following sentences into plural.* (3 marks)

(i) She had quite some luggage to carry.

\_\_\_\_\_

(ii) An elephant has great strength.

\_\_\_\_\_

(iii) My sister-in-law is visiting me tomorrow.

\_\_\_\_\_

(c) *Choose the correct word from those given in brackets to complete each of the following sentences.* (5 marks)

(i) Juma plays \_\_\_\_\_ guitar very well. (a, the)

(ii) Rehema and \_\_\_\_\_ were present. ( I, me)

(iii) \_\_\_\_\_ responsible for this mess? (Whose, Who's)

(iv) She has a \_\_\_\_\_ part in the play. (principle, principal)

(v) Anyone who \_\_\_\_\_ not registered should see the head teacher. (has, have)

(d) *Rewrite the following sentences according to the instructions given after each. Do not change the meaning.* (5 marks)

(i) We can sit under this tree, \_\_\_\_\_? (Add a question tag).

(ii) Food has been given to the people in the famine stricken areas.  
(Begin: The people...)

\_\_\_\_\_

\_\_\_\_\_



- (iii) "You have to work hard," the teacher told us.  
(Rewrite in reported speech)

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- (iv) Our parents like brown rice better than white rice.  
(Rewrite using 'prefer')

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- (v) When the play was being staged, the people watching it became agitated.  
(Rewrite replacing the underlined words with one word with the same meaning)

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- (e) Complete each of the following sentences with the correct form of the word in brackets.  
(4 marks)

- (i) The school developed a special programme in \_\_\_\_\_ (partner)  
with the Ministry of Education.
- (ii) The information he gave use was very \_\_\_\_\_ (help).
- (iii) Our school term was \_\_\_\_\_ (length) after the strike.
- (iv) The water project is not \_\_\_\_\_ (economy) viable.

**THIS IS THE LAST PRINTED PAGE.**

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