



WOJEWÓDZKI KONKURS PRZEDMIOTOWY
z języka angielskiego
organizowany przez Łódzkiego Kuratora Oświaty
dla uczniów szkół podstawowych w roku szkolnym 2025/2026

TEST – ETAP szkolny

- Na wypełnienie testu masz 60 min.
- Arkusz liczy **11 stron** i zawiera **8 zadań**, w tym brudnopis.
- Przed rozpoczęciem pracy sprawdź, czy Twój arkusz jest kompletny. Jeżeli zauważysz usterki, zgłoś je Komisji Konkursowej.
- Zadania czytaj uważnie i ze zrozumieniem.
- Odpowiedzi wpisuj długopisem bądź piórem, kolorem czarnym lub niebieskim.
- Dbaj o czytelność pisma i precyzję odpowiedzi.
- Oceniane będą tylko te odpowiedzi, które umieścisz w miejscu do tego przeznaczonym.
- Do każdego numeru zadania podana jest maksymalna liczba punktów możliwa do uzyskania za prawidłową odpowiedź.
- Pracuj samodzielnie. Postaraj się udzielić odpowiedzi na wszystkie pytania.
- Nie używaj korektora. Jeśli pomylisz się w zadaniach otwartych, przekreśl błędną odpowiedź i wpisz poprawną.
- Korzystaj tylko z przyborów i materiałów określonych w regulaminie konkursu.

Powodzenia

Maksymalna liczba punktów - 100

Liczba uzyskanych punktów -

Imię i nazwisko ucznia:
wypełnia Komisja Konkursowa po zakończeniu sprawdzenia prac

Podpisy członków komisji sprawdzających prace:

1.
(imię i nazwisko) (podpis)
2.
(imię i nazwisko) (podpis)

Zadanie nr 1 (0-6 pkt)

Przeczytaj tekst, z którego usunięto 6 zdań. Wpisz w każdą lukę literę, którą oznaczono brakujące zdanie (A–G), tak aby otrzymać spójny i logiczny tekst. Uwaga: 1 zdanie zostało podane dodatkowo i nie pasuje do żadnej luki. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

The Power of Sleep

Most people know that sleep is important, but many still underestimate just how much it affects their lives. Doctors recommend that adults should sleep between seven and nine hours each night. However, surveys show that a large percentage of the population regularly sleeps much less.

(1) _____. Without enough rest, concentration decreases, memory becomes weaker, and decision-making is more difficult. This is one reason why students who study late into the night often perform worse the next day.

In spite of affecting the brain, poor sleep also influences the body. Studies have linked lack of sleep to a weaker immune system, weight gain, and even heart disease. (2) _____.

Another important aspect of sleep is its connection to mood. People who sleep well generally feel calmer and more optimistic. On the other hand, those who suffer from sleep deprivation are more likely to experience stress, anxiety, or even depression. (3) _____.

So, what can people do to improve their sleep? First, experts suggest keeping a regular schedule. Going to bed and waking up at the same time each day helps the body's internal clock. (4) _____. That means avoiding phones, computers, and television right before going to bed.

Secondly, creating a comfortable environment can make a big difference. A dark, quiet, and cool bedroom supports deep rest. (5) _____. Drinking coffee or tea late in the day can prevent the body from relaxing.

In short, sleep is not a luxury—it is a necessity. (6) _____. Anyone who values health, learning, or happiness should make sleep a priority.

- A. Sleep is also strongly connected to emotional well-being.
- B. It is just as essential as eating healthy food or exercising regularly.
- C. People often believe that they can “catch up” on sleep during the weekend.
- D. Avoiding bright screens is another useful technique.
- E. Another helpful strategy is limiting caffeine intake.
- F. The brain is usually the first area to show the negative results of poor sleep.

G. This is why doctors encourage people to view sleep as an important part of daily life.

...../6 pkt

(liczba uzyskanych punktów / maksymalna liczba punktów)

Zadanie nr 2 (0-8 pkt)

Przeczytaj uważnie tekst a następnie odpowiedz na pytania wybierając prawidłową odpowiedź TRUE/FALSE (prawda/fałsz). Podkreśl lub zakreśl właściwą odpowiedź, lub też skreśl niewłaściwą. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

Benefits of volunteering

Many people believe that volunteering only benefits the community, but in reality it can also be very rewarding for the volunteers themselves. When someone offers their time to help others, they often discover new skills, make new friends, and even find new career opportunities. For example, a student who helps in an animal shelter might later decide to study veterinary science, while someone who teaches English to migrants may feel inspired to become a professional teacher.

Volunteering can also improve mental health. Studies show that people who volunteer regularly feel less lonely and report higher levels of happiness. This is because volunteering creates a sense of purpose and belonging. It also encourages physical activity, since many projects involve working outdoors or moving around rather than sitting at a desk.

Another benefit is cultural understanding. By volunteering with people from different backgrounds, volunteers can learn more about other traditions, languages, and lifestyles. This experience helps to reduce prejudice and increases tolerance. In today's world, where misunderstandings often cause conflicts, these skills are more important than ever.

Of course, volunteering is not without challenges. Some people may feel stressed if they take on too many responsibilities, and others may find it hard to balance volunteering with work or family life. However, most experts agree that even a small amount of time, such as a few hours a month, can make a real difference.

Overall, volunteering is a powerful way to contribute to society while also growing as a person. For this reason, schools and universities are increasingly recommending students to take part in community projects.

True/False Questions:

1. Volunteering only benefits the community, not the volunteers themselves. **TRUE / FALSE**
2. Helping at an animal shelter can influence a student's career choice. **TRUE / FALSE**
3. Volunteering usually makes people feel more isolated. **TRUE / FALSE**
4. Some volunteer work involves physical activity. **TRUE / FALSE**
5. Volunteering can improve cultural understanding. **TRUE / FALSE**
6. Too much responsibility in volunteering can cause stress. **TRUE / FALSE**
7. Experts say that you must volunteer full-time to make a difference. **TRUE / FALSE**
8. Schools and universities are encouraging students to volunteer. **TRUE / FALSE**

...../8 pkt

(liczba uzyskanych punktów / maksymalna liczba punktów)

Zadanie nr 3 (0-15 pkt)

Wybierz najlepsze tłumaczenie fragmentów zdań. Za każdy poprawny wybór otrzymasz 1 punkt.

1. She _____ (*wolałaby*) stay at home tonight than go out.
A) would prefer to **B)** prefers
C) would rather to **D)** used to
2. It was _____ (*taki piękny dzień*) that we went for a picnic.
A) such a beautiful day **B)** so beautiful day
C) so a beautiful day **D)** such beautiful
3. You _____ (*powinieneś*) be more careful.
A) would rather **B)** needn't
C) used to **D)** ought to
4. You _____ (*nie musisz*) do it now.
A) must not **B)** needn't
C) ought not to **D)** have to not

5. The windows _____ (*zostały umyte*) recently.
A) have been cleaned **B)** have cleaned
C) were cleaning **D)** will have been cleaned
6. She _____ (*zerwała*) with her boyfriend last week.
A) broke in **B)** broke out
C) broke up **D)** broke off
7. He told me _____ (*żeby nie wchodził*) the room.
A) not enter **B)** don't enter
C) not entering **D)** not to enter
8. She said that she _____ (*jest zmęczona*).
A) was tired **B)** has been tired
C) would be tired **D)** were tired
9. The man _____ (*którego widziałem*) in the market yesterday is my teacher.
A) I saw **B)** which I saw
C) whose I saw **D)** who saw me
10. Everybody should help _____ (*sobie nawzajem*).
A) each another **B)** themselves
C) ourselves **D)** each other
11. The news was _____ (*nieprawdziwe*).
A) untruth **B)** untrue
C) intrue **D)** nottrue
12. Have you finished your work _____ (*już*)?
A) just **B)** so far
C) for **D)** yet
13. We'll leave _____ (*jak tylko*) he arrives.
A) although **B)** unless
C) as soon as **D)** however
14. The cat ran _____ (*w stronę*) the garden.
A) onto **B)** into
C) towards **D)** upon
15. If I _____ (*byłbym*) rich, I would buy a big house.
A) were **B)** been
C) am **D)** be

...../15 pkt

(liczba uzyskanych punktów / maksymalna liczba punktów)

Zadanie nr 4 (0-21 pkt)

Uzupełnij każde z poniższych zdań jednym pasującym słowem. Wymagana jest całkowita poprawność ortograficzna wpisywanych słów. Liczba kresek odpowiada liczbie brakujących liter w słowie. Niektóre litery zostały już podane. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

1. During his teenage **y** _ _ _ **s**, he played the guitar every day.
2. I must clean the **k** _ _ _ _ _ before our guests arrive.
3. My favourite **s** _ _ _ _ _ is history because I like learning about the past.
4. My uncle works as a _ **e** _ and helps sick animals.
5. They are a close **f** _ _ _ _ **y** who spend holidays together.
6. She ordered a fresh **s** _ _ _ **d** with tomatoes and cucumbers.
7. I bought a new **j** _ _ _ _ **t** at the shopping mall yesterday.
8. The bus left the **s** _ _ _ _ _ **n** at exactly 9 a.m.
9. The **m** _ _ _ _ **m** was full of ancient statues and paintings.
10. Reading a good **n** _ _ _ _ is my favourite way to relax.
11. He plays the **d** _ _ _ **s** every weekend in a school band.
12. She caught a **c** _ _ _ and had to stay in bed for a few days.
13. Regular **e** _ _ _ _ _ _ _ helps you stay fit and healthy.
14. The Internet is a powerful **t** _ _ _ that we use every day.
15. He bought a new **l** _ _ _ _ _ to study and play games.
16. Recycling protects the **e** _ _ _ _ _ _ _ _ _ from pollution.
17. The **g** _ _ _ _ _ _ _ **t** is planning to build new schools.
18. She showed great **p** _ _ _ _ _ _ when she waited calmly for hours.
19. Our **n** _ _ _ _ _ _ _ _ _ **d** is quiet and safe for children. We wouldn't want to live anywhere else.
20. She got the highest **m** _ _ _ in the final exam.
21. The **i** _ _ _ _ **t** _ _ _ of the internet has revolutionized our world.

...../21 pkt

(liczba uzyskanych punktów / maksymalna liczba punktów)

Zadanie nr 5 (0-15 pkt)

Przeczytaj zdania. Wykorzystując wyrazy podane drukowanymi literami, uzupełnij każde zdanie z luką, tak aby zachować sens zdania wyjściowego. Wymagana jest pełna poprawność ortograficzna i gramatyczna wpisywanych fragmentów zdań. Uwaga: nie zmieniaj formy podanych wyrazów. W każdą lukę możesz wpisać maksymalnie pięć wyrazów, wliczając w to wyraz już podany. Skróty, np. isn't, don't liczą się jako jedno słowo. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

1. I don't care if we watch a film or not. (**MIND**)

I _____ watching a film.

2. He likes tea, but he likes coffee more. (**RATHER**)

He would _____ coffee than tea.

3. It was such an interesting book that I read it twice. (**INTERESTING**)

The book was _____ that I read it twice.

4. It wasn't necessary for you to bring money. (**NEED**)

You _____ money.

5. It's a good idea for him to apologize. (**SAY**)

He ought _____ sorry.

6. My cousins have repaired my phone. (**BEEN**)

My phone _____ by my cousins.

7. "Mike, don't talk during the test," the teacher said. (**NOT**)

The teacher told _____ during the test.

8. This is the man. His son helped me yesterday. (**HELPED**)

This is the man _____ me yesterday.

9. I'm not rich, so I can't buy a car. (**LOT**)

If I _____ money, I would buy a car.

10. At 5 pm the manager cancelled the meeting. (**CALLED**)

At 5 pm the meeting _____ by the manager.

11. "Where are you going?" she asked me. (**WAS**)

She asked _____ going.

12. He runs faster than his brother. (**RUN**)
His brother doesn't _____ he does.
13. She started studying English 3 hours ago and she still hasn't finished. (**BEEN**)
She _____ for three hours.
14. She couldn't solve the problem yesterday, but today she can. (**ABLE**)
Today she _____ the problem.
15. Ted was tired, but he finished the project. (**ALTHOUGH**)
Ted _____ was tired.

...../15 pkt

(liczba uzyskanych punktów / maksymalna liczba punktów)

Zadanie nr 6 (0-12 pkt)

Uzupełnij każde zdanie jednym wyrazem tak, aby było ono logiczne i poprawne gramatycznie. Wymagana jest całkowita poprawność ortograficzna. Nie wolno w luki wstawiać skrótów (isn't, can't, itd.) Za każdą poprawną odpowiedź otrzymasz 1 punkt.

Dancing is one of _____ (1) oldest forms of human expression. Long before people developed written language, they used movement and rhythm _____ (2) tell stories, celebrate important events, and connect with one another. Today, dancing _____ (3) still a universal activity that crosses cultures, ages, and social groups. Whether it happens _____ (4) a professional stage, in a nightclub, or simply in someone's living room, dancing brings people together and lets them express emotions in a unique way.

There are countless styles of dance, each with its own history and traditions. Classical ballet, for _____ (5), is known for its elegance, discipline, and technical precision. In contrast, hip-hop dance is energetic, improvisational, and often performed in groups. Latin dances _____ (6) as salsa, tango, or bachata highlight passion, rhythm, and the strong connection between partners. Even modern dance styles like contemporary or freestyle allow dancers to break the rules and experiment with movement.

Dancing is _____ (7) only about art and performance; it also has many physical and psychological benefits. It improves balance, flexibility, and coordination, while also providing an excellent cardiovascular workout. At the same _____ (8), dancing reduces stress, boosts confidence, and creates a sense of community. People _____ (9) dance regularly often say it makes them feel more alive and connected to themselves.

In recent years, social _____ (10) have helped spread dance trends worldwide. A short video of a new move can reach millions of viewers in just a _____ (11) hours, inspiring people from different countries to try it themselves. This global exchange of styles shows how dance continues to evolve while keeping its core purpose: communication without words.

Ultimately, dancing is more than just moving to music. It is a form of language _____ (12) everyone can understand, regardless of background, culture, or nationality.

...../12 pkt

(liczba uzyskanych punktów / maksymalna liczba punktów)

Zadanie nr 7 (0-11 pkt)

Uzupełnij zdania wykorzystując podane w nawiasach wyrazy w odpowiedniej formie. Nie wolno zmieniać kolejności podanych wyrazów, natomiast jeśli to konieczne, możesz dodać inne wyrazy, tak aby otrzymać logiczne i gramatycznie poprawne zdania. Wymagana jest pełna poprawność ortograficzna wpisywanych fragmentów zdań. Za każdą poprawną odpowiedź otrzymasz 1 punkt

1. When I was a child, I (not/use/go) _____ on holidays often.
2. How long (you/know/each other) _____ before you got married?
3. Has the room (already/clean) _____ by the cleaners?
4. Explain to me (how/Tom/manage/eat) _____ 5 hot-dogs in 5 minutes!
5. My cousin (play/piano/3/time) _____ day to improve his skills.
6. She always says that she (not/mind/help) _____ me with my homework.
7. He (rather/watch) _____ a football match than play it.
8. We (have/not/bring) _____ our own food – everything is provided.
9. The teacher told us (not/use) _____ our phones during the exam.

10. A: "Where (**the train/go/to**) _____?" B: "It's heading towards London."

11. She won't buy this dress (**if/it/be/not**) _____ on sale.

...../11 pkt

(liczba uzyskanych punktów / maksymalna liczba punktów)

Zadanie nr 8 (0-12 pkt)

Wybierz poprawną odpowiedź. Podkreśl lub zakresł właściwą odpowiedź, lub też skreśl niewłaściwą. Za każdą poprawną odpowiedź otrzymasz 1 punkt.

1. The capital of the United States is Washington. — **TRUE / FALSE**
2. Trafalgar Square, home to the iconic Nelson's Column, is a must-see in London. **TRUE / FALSE**
3. The Rocky Mountains and the Appalachian Mountains are major mountain ranges in the U.S. **TRUE / FALSE**
4. Denali is the lowest point in the United States. **TRUE / FALSE**
5. Bald eagles are the national bird and symbol of the United States. **TRUE / FALSE**
6. England uses the euro as its official currency. **TRUE / FALSE**
7. England has no prehistoric sites or Roman remains. **TRUE / FALSE**
8. The Roman Baths in Bath were created as a part of The Great Exhibition of 1985. **TRUE / FALSE**
9. The climate in Hawaii and Montana is tropical. **TRUE / FALSE**
10. Brighton, just an hours train ride from London, is one of the UK's favourite mountain resorts. **TRUE / FALSE**
11. Penny Lane is a street in Liverpool made famous by the Beatles. **TRUE / FALSE**
12. The United States has 51 states including Washington, D.C. **TRUE / FALSE**

...../12 pkt

(liczba uzyskanych punktów / maksymalna liczba punktów)

This image shows a full page of white paper with horizontal dotted lines. The lines are evenly spaced and run across the width of the page, providing a guide for handwriting practice. There are no margins, text, or other markings on the page.