

NAPLAN Proficiency Level Descriptions

Reading Year 9 - Developing

Example texts

Muscles, fast and slow

Our muscles are made of fibres. There are two kinds of muscle fibres: slow twitch and fast twitch.

Muscle fibres contract and relax as people move. Slow twitch muscle fibres contract and relax slowly, and help with sports like rowing or swimming. Fast twitch muscle fibres help with short, quick movements, like jumping or kicking a ball.

Some people are born with more of one kind of muscle fibre than the other. A person who is good at running short sprints will have more fast twitch muscle fibres. A person who is good at marathons will have more slow twitch muscle fibres.

What about someone who is a soccer star and is good at running for a long time, jumping and kicking? **That** person will have just the right combination of slow and fast twitch muscle fibres!



Moving on

Sifa sat on the floor of his room. This had always been his room. And though he'd slept elsewhere on the occasional night, those places had not been his. This room was much more than just a bedroom, although he did sleep there as well. It was a refuge from the world—a place to read, or play video games, or talk on the phone to friends, or just to daydream, away from parents and teachers and the sometimes confusing world outside. Usually this room was messy, Sifa's things spread over every available surface. But not today.

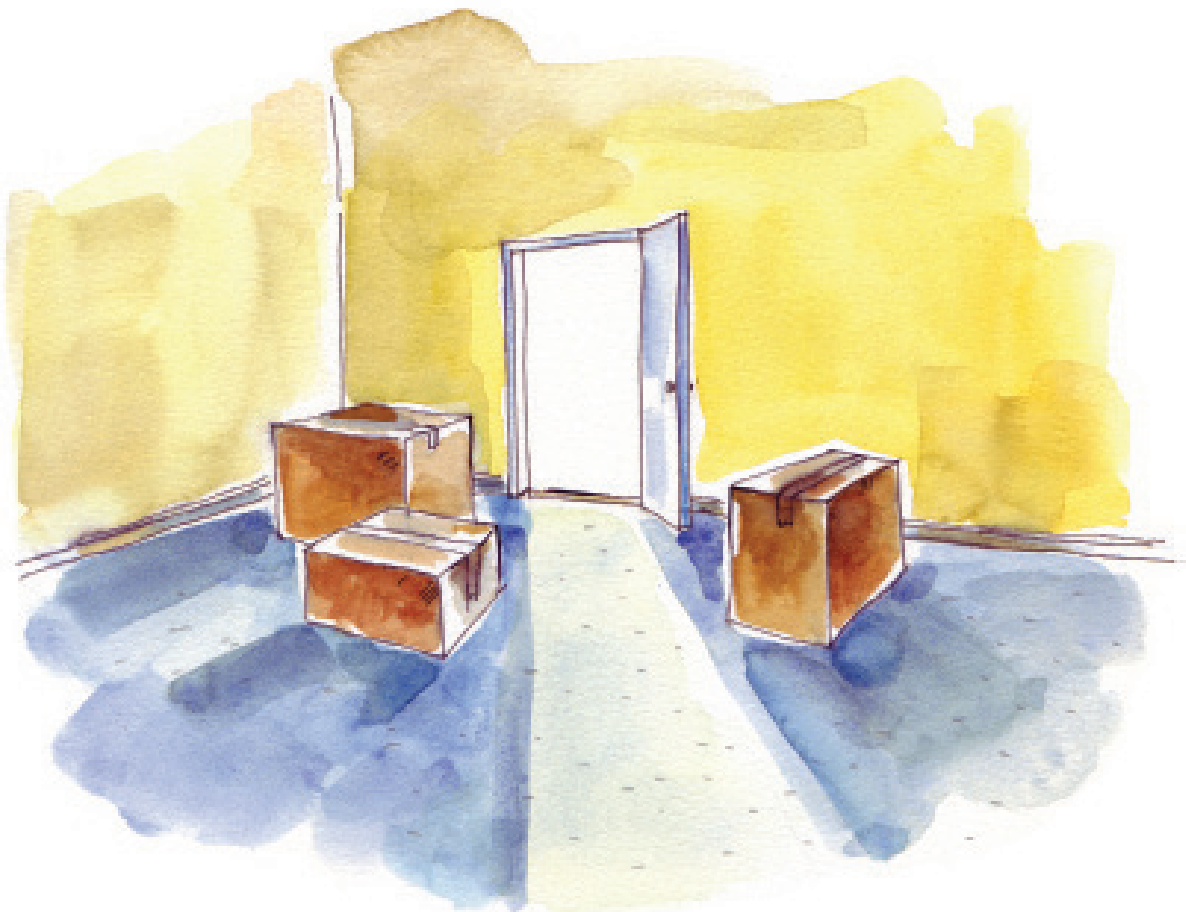
Today all the furniture was gone. The carpet was the same but newly vacuumed, and the room empty apart from the three big brown boxes that sat beside the door. He'd helped to pack them so he knew what was in them without looking at the writing on the side.

He'd known about the move for weeks of course, and to be honest he was as excited as anyone about the prospect. Even the packing had been sort of fun. But today, on the day of leaving the place where he'd spent the first 13 years of his life, everything just felt weird. New jobs for Mum and Dad, and for him a new school, a new house, a new town. He was excited, but knew at the same time that nothing would be the same. It was a feeling he'd never quite felt before.

'It's time Sifa! Are you ready?' yelled his dad.

'Coming,' he replied, surprised that his voice sounded so confident and steady.

Sifa smiled to himself and took a deep breath.



MUSIC FOR THE PLANET

WEEKEND FESTIVAL

Sandy Park

12 October 2013 1:00 pm – 6:00 pm

13 October 2013 1:00 pm – 4:00 pm



Ticket price: \$88

👍 12,348 people like this.



Macie Smith commented on Music for the Planet.
WOW the after party was amazing!
October 14, 2012 at 12:09pm · Like



Daniel Kane commented on Music for the Planet.
I'm going to volunteer every year!
October 14, 2012 at 12:34pm · Like

Call for Volunteers

To honour those who have come before them, Music for the Planet volunteers will continue the tradition of applying themselves to festival duties for a full festival ticket. Volunteers are not only granted total access to the whole festival but they help the environment, meet a tonne of new people and learn new skills while having fun in the process. But get in quick! The early bird gets the worm!

What is expected?

You will need to attend two pre-festival meetings to be briefed about your duties. Volunteers are required to work a total of 4 hours before, during or after the festival.

You will be rewarded!

Your good deeds will not go unnoticed. As well as the warm fuzzy feeling you get, you will also be given a festival volunteer t-shirt and an invitation to the official after party!

Duties include:

collecting tickets and issuing wristbands; checking wristbands at entry/exit points; handing out water and sunscreen; ticket sales; festival set up and pack up, and administering surveys.