SOUTH AFRICAN FOUNDATION PHASE
ENGLISH OLYMPIAD (HL)
HOME LANGUAGE
GRADE 3

DATE: 18 AUGUST 2026

TIME: 60 MINUTES

Instructions:

1. This booklet has 8 questions.
2. Write your answers in the spaces provided below.
3. Read the questions carefully before answering.
4. Visit the website: www.saolympiads.co.za.

NAME OF LEARNER:	
SCHOOL:	**GRADE:**

QUESTION ONE:

Read the passage from *Amara Goes to the Olympics by Lady Zamar* below and then answer the questions by choosing the correct option for each answer.

The hospital room seemed brighter today as Amara got ready to leave. It was her last day at Greenfields Hospital, where she had been admitted two weeks ago. Although Amara was not happy about leaving, because she made a lot of friends and the food had been great, she was even happier to go home.
She felt saddest about saying goodbye to the wonderful Nurse Palesa. Every morning, Nurse Palesa would come into her room at exactly 6:45 am and draw back the curtains. She would laugh really loudly and pretend to be talking to someone else, "Yes, today I will get to eat all the chocolate and syrup because Amara does not want to wake up." Then she would open the bathroom door in Amara's hospital room and, reaching up on her tiptoes, take down the towel at the back of the door because she knew Amara couldn't reach it.

Amara was a petite little girl. Shorter than most, skinnier than most, and sweeter than most. The biggest thing on her was her wild head of curly, bouncy brown hair, which she tied up on top of her head to make her feel a bit taller. Amara was one of the prettiest girls, with big, kind, hazel coloured eyes and a heart-melting smile.

She loved flowers. Most of her clothes had flowers on them and she asked her dad to get her flowers whenever he got some for her mom, which he always did. Sometimes he would cut roses or daisies from the back yard, and sometimes he would buy a big, colourful bunch wrapped in shiny pink paper. No matter where they came from, their size, shape, or colour, Amara loved every single bunch.

Amara was in the third grade, but looked more like someone in Grade 1. She had many, many friends, but sadly, one enemy – Chloe. Chloe was mean to Amara, teasing her and laughing at her whenever Amara needed to get something from somewhere that was too high for her to reach.

Today, when Nurse Palesa came into Amara's room, Amara was dressed and waiting. "Amara," Nurse Palesa exclaimed in her full Jo'burg voice, "Why are you sitting there like a stork ready to fly? And just how did you manage to look like the prettiest yellow flower all by yourself?" Nurse Palesa walked up to her and gave her a tight squeeze before checking her lungs to see if she was breathing properly.
"I want to go home, Nurse Pali," was the only thing that Amara said when Nurse Palesa carried on and on about how beautiful today was and how strong and brave her little patient had been.

After Nurse Palesa had checked that every part of Amara's body was working as it should, Amara's parents walked into her room, along with her older brother, Tsheppo who was in his usual I-am-a-year-older-than-you way, chewing gum and swinging his cricket bat.

1.1 Where was Amara? Tick the correct answer. (1)

In the hospital	
At home	
At the Olympics	

1.2 What were the two reasons Amara did not want to leave? Tick the correct answers. (2)

She did not want to see Chloe again.	
The food was good.	
She made lots of friends.	

1.3 Amara was described as? Tick the correct answers. (2)

Petite	
Fat	
Skinny	

1.4 When did Amara get admitted? Tick the correct answer. (1)

Two weeks ago	
A month ago	
Three weeks ago	

1.5 Amara loved _____? Tick the correct answer. (1)

Chocolates	
Pizza	
Flowers	

1.6 What grade was Amara in? Tick the correct answer. (1)

First Grade	
Second Grade	
Third Grade	

1.7 For what did Chloe tease Amara? Tick the correct answer. **(1)**

For being short	
For being skinny	
For being in the first grade	

1.8 The picture below is a picture of a _____.
(Hint: the answer is in the story).

(Picture source: Unsplash)

(1)

1.9 Who walked into Amara's room after Nurse Palesa checked her?

_____ **(2)**

1.10 What was Amara's brother doing when he came into the room?

_____ **(1)**

1.11 Find an antonym for the word "weak" from the text.

_____ **(1)**

1.12 Find an antonym for the word "straight" in the story.

_____ **(1)**

1.13 Where was Palesa from? (Use the story to find this answer).

_____ **(1)**

1.14 Name 2 places where Amara's dad gets the flowers from.

_____ **(2)**

1.15 How much older was Amara's brother?

_____ **(1)**

1.16 Which hospital was Amara in?

_____ **(1)**

Total: 20

QUESTION TWO:

Look at the advert below and answer the questions that follow:

[Source: Valley Central]

2.1 What is being advertised? **(1)**

_____

2.2 On what date should you visit for free teddy care? **(1)**

_____

2.3 What times should people visit the bear clinic? **(1)**

_____

2.4 Who will look after the teddy bears? **(1)**

_____

2.5 Complete the proper idiom that tells us someone is very soft and gentle.
(Hint: Use the picture in the advert as a clue). **(1)**

He is a total _____ _____.

Total: 5

QUESTION THREE:

3. Nouns are naming words.

3.1 The children play with bears. Circle the common noun/s.

a) The

b) children

c) play

d) bears **(2)**

3.2 Amara was in hospital. Circle the proper noun.

a) Amara

b) was

c) in

d) hospital **(1)**

Total: 3

QUESTION FOUR:

Underline the verbs in the sentence below:

4.1 Amara talked gently and sat down slowly.

(2)

Total: 2

QUESTION FIVE:

Fill in the correct punctuation marks to complete these sentences:

5.1 "Ouch_____" Amara cried in pain.

5.2 Can I go home today _____

5.3 Nurse Palesa was good at her job_____

5.4 Stop swinging that cricket bat _____

(4)

Total: 4

QUESTION SIX:

Provide the opposite for the underlined words below.

6.1 People at the clinic are always professional.

_____ (1)

6.2 Chloe was Amara's friend.

_____ (1)

Total: 2

QUESTION SEVEN:

Solve the riddles below related to Amara's story.

7.1 I have a long sharp point. I help cure you, but I cause a sharp pain. What am I?

_____ **(1)**

7.2 If you are badly injured, an ambulance is called and takes you to me. What am I called?

_____ **(1)**

7.3 I take your temperature, but I never get sick. What am I?

_____ **(1)**

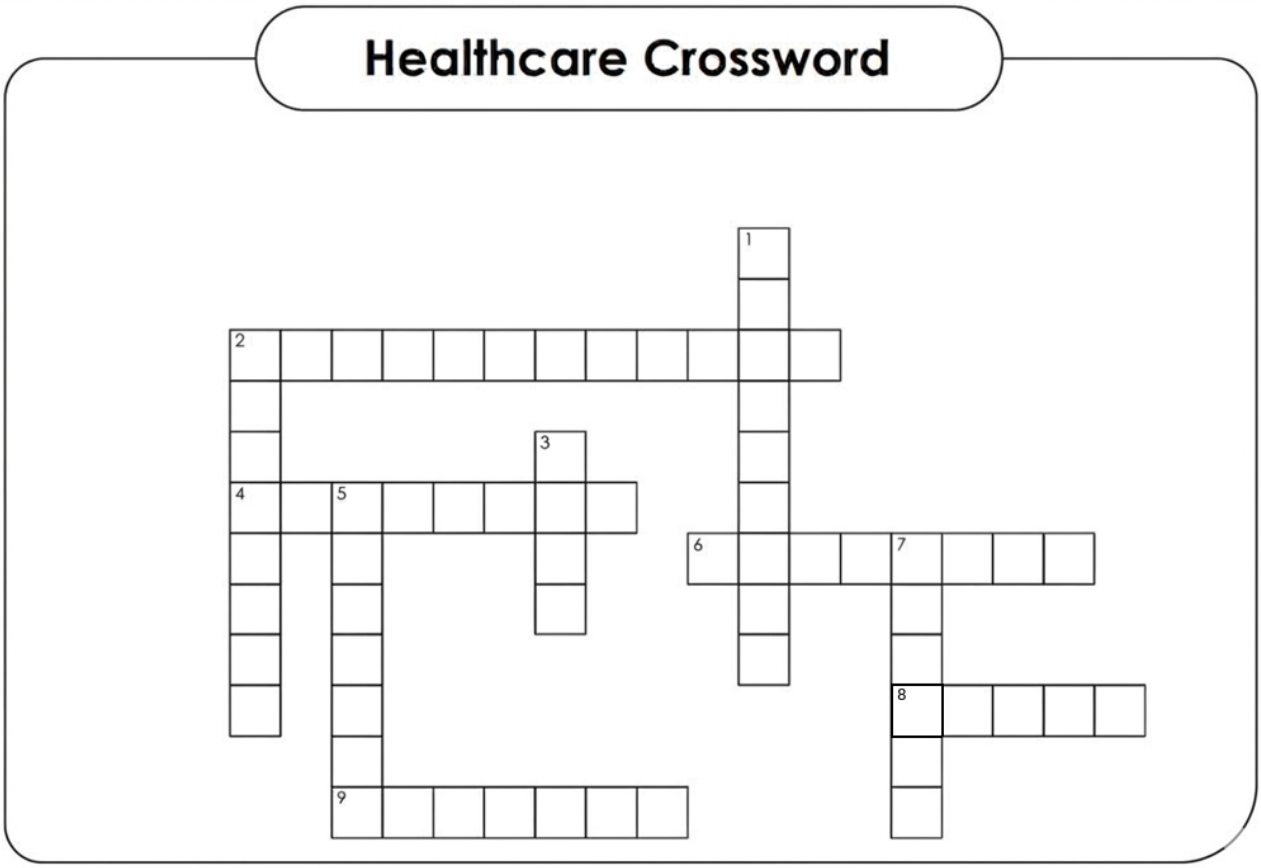
7.4 I move people but I never walk. What am I?

_____ **(1)**

Total: 4

QUESTION EIGHT:

Complete the crossword below using the clues provided:



CLUES	
ACROSS	**DOWN**
2. A written order from a doctor for medicine	1. A test done to check what is in your blood
4. Getting better after being sick	2. A shop where medicine is dispensed
6. Treatment given to help you get better	3. A scan that looks inside your body
8. A person trained to care for sick people	5. A routine visit to the doctor to check your health
9. A person receiving medical treatment	7. A place where you go for medical treatment

Total: 10

TOTAL FOR PAPER: 50