

1. **READING.** Read the text about Lazy Brits. Choose the answer, A, B or C, which correctly completes the sentence (4)

LAZY BRITS

A new report says that British people are taking less exercise than in the past. It says that the problem is now worse for people's health than smoking. One in every six deaths in Britain is the result of people not doing enough exercise. In addition, treating people who become ill because of lack of exercise costs the health service £17.6 billion every year.

So, how much exercise should people do? Experts say that two and a half hours a week is the minimum. It doesn't sound much and even this doesn't have to be in a gym or organised sports. Walking is also good exercise. Only about 37 per cent of British people get this much exercise every week. This is less than in any other European country. In France, 66 per cent of people do at least 2.5 hours of exercise a week. In Holland, the percentage of people doing this amount of exercise is 82 per cent.

So, why is the problem so bad in Britain? The biggest cause is that people spend their free time at home. They don't play sports, they look at computer and television screens. Fewer people do physical work. They sit at desks with a computer in front of them. Even younger people are doing less exercise. In the past, children often walked or cycled to school. They played outside. Now their parents drive them to school and they can't go out on their own.

There are a number of ways that people could get more exercise. They could cycle to work or the shops. They could spend more time doing the gardening. They could spend their weekends in the park.

The present older generation in Britain live longer than any generation in the past. What about the next generation?

1. The article says that...

- A smoking kills more British people than anything else.
- B lack of exercise causes about 17% of UK deaths.
- C the health service spends £17.6 billion per year.

2. According to the text, ...

- A people should do at least 150 minutes of exercise a week.
- B people should walk everywhere instead of joining a gym.
- C twice as many people in the UK do enough exercise compared to people in Holland.

3. The main reason for lack of exercise in Britain is that...

- A children are much lazier than before.
- B the way people work has changed.
- C people's free-time habits have changed.

4. The writer asks a question at the end of the article because she wants readers to...

- A write to her with their answers to the question.
- B think carefully about the answer to the question.
- C find the answer to the question on the Internet.

2. VOCABULARY

A. Complete the sentences with the verbs in the box (7)

CLIMB	JUMP	KEEP	PREFER	RELAX	SAVE
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1. My brother and I often go running in the park to _____ fit.
2. I _____ volleyball to football. It's much more exciting.
3. We want to _____ a high mountain in the Alps tomorrow.
4. Take your mobile when you go on a trip - it can _____ your life.
5. After a big competition, I try to _____ and watch a film.
6. I'd hate to _____ off a bridge like those people are doing.
7. If you _____ dizzy, you should go to the doctor's.

B. Choose the word, A, B or C, to complete both sentences (6)

1. Do you like playing table _____? Are you good at it?
A football B hockey C tennis
2. Jason went to a sports school _____ the age of seven.
A in B on C at
3. It can be good to _____ a cold shower on a hot day.
A take B have C make
4. What's the most important _____ event? The Olympics?
A medal B sports C game
5. My brother and I usually _____ basketball on Fridays.
A play B go C do
6. The last competition didn't _____ place in Europe.
A make B take C have

3. GRAMMAR

A. Complete the sentences with the verbs in brackets. Use the past simple. (8)

1. Helen _____ (decide) to go home.
2. Sue _____ (become) the youngest player in history.
3. We _____ (stop) the game to have lunch.
4. The goalkeeper _____ (catch) the ball and we won!
5. Simon _____ (cry) when he didn't win the game.
6. I _____ (take) my little brother to the football game.
7. He _____ (hit) the ball really hard to win the point.
8. Cleo _____ (win) the swimming race very easily.

B. Write questions using the words in brackets. Add short answers where you need to. (8)

1. A: _____ (they / remember) to buy the tickets?
B: Yes, they _____.
2. A: _____ (you / meet) Larry last weekend?
B: No, I _____.
3. A: _____ (Tara / stay) up all night last night?
B: No, she _____.
4. A: _____ (Sue / run) ten kilometres yesterday?
B: Yes, she _____.

4. WRITING. Read the email from your English friend, Tommy. Then, write a reply of about 100 words answering his questions (10)

Hi!!!
How are you? I heard the Argentinian team won the American Cup last Saturday!!!!
How was the match? Who scored the goal? Where did you watch it? Did you celebrate after the match? Tell me all about it!!!

Total Marks: _____/43