1 Complete the sentences with the correct form of the verb in brackets (the infinitive or *-ing* form). In some of the sentences, both are correct.

1 I began ..... (*go*) snowboarding when I went to stay with my uncle in the mountains.
2 There was no point ..... (*try*) to windsurf yesterday because there wasn't enough wind.
3 We continued ..... (*train*) for the race even though the weather was terrible.
4 I stopped ..... (*rest*) after running for five kilometres.
5 Remember ..... (*not go*) to college tomorrow as it's closed.
6 I started ..... (*do*) rock climbing when I was a university student.
7 Don't forget ..... (*bring*) plenty of water on the climbing trip.
8 It wasn't worth ..... (*continue*) up the mountain because we couldn't see anything through the mist.
9 My family stopped ..... (*visit*) Scotland every summer when my grandparents moved.
10 I prefer ..... (*sail*) on the sea to on a lake.
11 I was offered a place in the regional swimming team but it meant ..... (*travel*) to competitions every weekend.
12 I meant ..... (*tell*) Oliver about my new job when I saw him but I forgot.

LIVEWORKSHEETS

# Vocabulary

## Phrasal verbs and expressions with *take*

1 EP Complete the sentences using the correct form of one of the expressions.

take turns  take part in  take a risk  take exercise
take up to  take someone's place

1 Everybody is welcome to ..... the race.
2 Jack was injured so Andy ..... on the team and played in the final instead.
3 A professional tennis match can ..... five hours to complete.
4 If you don't ..... when you're young, your health may suffer when you're older.
5 We decided to ..... and go sailing even though the wind was quite strong.
6 There weren't enough tennis rackets for everyone so we had to ..... playing.

2 Complete the sentences with a verb from the box that both fits grammatically and makes sense. There are two verbs which you don't need to use.

admitted  allowed  avoided  decided
expected  failed  promised  succeeded
thought  warned

1 My parents weren't happy about it but they ..... me to go paragliding when I was 14.
2 My father only ..... to learn how to snowboard when he was 50 and now he's better than me!
3 Everyone ..... Daniel to win the race so they were surprised when he lost.
4 The ski instructor ..... taking us on the higher slopes because it was our first lesson.
5 The guide was really embarrassed when he ..... not knowing the way home.
6 Unfortunately we ..... to reach the top of the mountain because of the bad weather.
7 Nobody had ..... about bringing a map in case we got lost.
8 The team were so happy when they ..... in winning the silver cup.

LIVEWORKSHEETS

2 EP Look at the phrasal verbs and their definitions. Then complete the sentences with the correct verb.

| | |
|---|---|
| **take sthg up** | to start a new hobby or activity |
| **take to sthg** | to be good at, or enjoy something new |
| **take after** | to be similar to a member of your family |
| **take off** | to be a success, become established |
| **take sthg on** | to accept new challenges or responsibilities |
| **take away** | to remove |

1 I take ..... my father. He was scared of heights too.
2 I've been asked to take ..... the role of group leader on the next climbing expedition.
3 Her career as an underwater photographer has really taken ..... . Her photos are always in different magazines.
4 I think he should take ..... a new challenge. Something like cross-country running would be good.
5 The injured rugby player was taken ..... by ambulance.
6 I didn't think I'd enjoy it much but I really took ..... snowboarding. It wasn't as difficult as I'd expected.

## Verb collocations with sporting activities

3 EP Circle the correct word.

1 I didn't realise so many people were *watching / looking* me when my windsurf crashed into a boat.
2 People who enjoy *playing / doing* judo must be so fit.
3 What kind of sports do you enjoy *playing / doing*?
4 The crowd was cheering so loudly I couldn't *listen / hear* a word the referee was saying.
5 Shall we *watch / see* the football match you recorded this evening?
6 Alisha has been *doing / going* climbing every weeker for the last three months.

LIVEWORKSHEETS

For questions **1–8**, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (**0**).

## What is ski touring?

Ski touring is exactly that – touring on skis. It combines **(0)** .....the..... best bits of skiing and mountaineering and provides the perfect way to explore the mountains in winter. The advantages **(1)** ..... ski touring are that you can really escape the crowds, enjoy the solitude of the mountains and **(2)** ..... rewarded with breathtaking views and exhilarating descents.

Ski touring involves both going up and down the mountain, so even for experienced skiers new skills **(3)** ..... to be acquired. **(4)** ..... is much to learn about 'skinning up' (getting up the mountain) that improves efficiency and saves energy. Similarly, you want to be **(5)** ..... to enjoy going down, which means learning to cope with the variety of snow conditions you will encounter off-piste. **(6)** ..... all ski touring is very demanding, you must be **(7)** ..... good physical condition. The fitter you are, the **(8)** ..... fun you will have.

LIVEWORKSHEETS

# Reading and Use of English | Part 1

For questions **1–8**, read the text below and decide which answer (**A**, **B**, **C** or **D**) best fits each gap. There is an example at the beginning (**0**).

**Exam a**

Some qu
are part c

**Example:**

**0** (**A**) make **B** do **C** ensure **D** have

## Planning an adventure trip

Researching your destination properly will **(0)** ..... all aspects of your adventure trip easier, as well as helping you to **(1)** ..... the most out of the experience. Research will help you pick the best places to go but you'll also learn what you need to pack, and also what cultural (and sometimes political) issues you should be **(2)** ..... of.

Climate and seasonal pricing are important **(3)** ..... in your decision about when to go. For adventure travel, bad weather or weather you're not **(4)** ..... for can ruin the trip. While you can't predict what the **(5)** ..... weather will be, find out as much as you can about the climate in advance.

While some research is absolutely **(6)** ..... , don't plan every moment of your trip in advance. Over-planning tends to make people less **(7)** ..... to take part in the surprising and spontaneous **(8)** ..... that are part of any sort of adventure travel. It's really important to keep a big reserve of excitement and energy ready for the unpredictable.

| | | | | |
|---|---|---|---|---|
| 1 | A take | B get | C find | D set |
| 2 | A aware | B familiar | C informed | D knowledgeable |
| 3 | A points | B reasons | C factors | D details |
| 4 | A anticipated | B prepared | C expected | D planned |
| 5 | A accurate | B correct | C true | D exact |
| 6 | A needed | B essential | C ideal | D useful |
| 7 | A curious | B interested | C attracted | D willing |
| 8 | A circumstances | B performances | C events | D chances |

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