

PROGRESS TEST 3

1 Complete the names of places associated with sport.

0 a swimming *pool*

1 a tennis _____

2 an athletics _____

3 a squash _____

4 a climbing _____

5 a leisure _____

2 Choose the correct option to complete the sentences.

0 We are planning a holiday, but you need to get into *fit* / *size* / *shape* if you want to come with you. We can't stop for a rest every 5 minutes!

1 Sam *sprained* / *pulled* / *twisted* his wrist during his tennis match.

2 Helen twisted her *ankle* / *leg* / *arm* during her P.E. lesson.

3 Our club's football *area* / *court* / *pitch* is good for team training and matches.

4 Our teacher *banged* / *broke* / *dislocated* his head when he entered the classroom.

5 Our school has a lot of sport facilities, including a boxing *centre* / *ring* / *court*.

3 Complete the sentences with the words from the box. There are two extra words.

centre changing dislocated machine muscle programme sprained weights

0 There is only one rowing machine in our sports centre.

1 Sandra went into the men's _____ room by mistake.

2 I _____ my shoulder when I was climbing in the Alps. I had to be rescued by helicopter.

3 If you join a gym, you usually get a free training _____.

4 My brother lifts _____ because he wants to be stronger.

5 If you pull a _____, massaging it can help to relieve the pain.

4 Complete the text with the words from the box. There are two extra words.

bleeding break carry on in shock
qualified unconscious twisted succeed

Last week I had a bad fall when I was trying out a new routine at gymnastics. Usually when that happens I just 0 *carry on*, but this time I didn't feel too good, so my coach told me to take a rest. I felt a bit dizzy and cold and my ankle was really painful. When he looked at it, he said that I was lucky I didn't 1 _____ the bone. Still, I was injured.

I 2 _____ my ankle and I had to put ice on it. He also thought that I was 3 _____ because I was cold and shaking a lot. Sometimes that happens after an accident. He said that whenever that happened to him, he drank some sweet tea. He told me he once fell very hard to the floor and was 4 _____ for a couple of minutes! Luckily, that's never happened to me. Anyway, I've got to take it easy for a couple of

weeks and do some simple exercises to try and strengthen my leg muscles. I've **5** _____ for the Youth Games next year, so I need to be at my best!

5 Choose the correct option to complete the sentences.

0 A bird *was singing* / *had sung* when I woke up this morning.

1 I sat down at the table and *ate* / *was eating* my muesli.

2 Peter *lifted* / *was lifting* weights when his neighbour knocked on the door.

3 Did you call your husband after fitness training *last night* / *already*?

4 When I arrived at the accident, the ambulance *had already taken* / *already took* the patient to hospital.

5 I waited *until* / *after* 4 p.m., but my friend hadn't arrived at the meeting point.

6 What *were you doing* / *did you do* when I tried to phone you?

7 At the leisure centre, I realised I *hadn't taken* / *didn't take* any money with me. So, I went back home to get some.

8 I packed my sports bag *as soon as* / *while* I woke up.

6 Choose the correct option to complete the sentences.

0 I didn't *use to* / *used to* / *wouldn't* like running when I was at school, but I do now.

1 We *had studied* / *studied* / *were studying* in the library when we heard the ambulance arriving.

2 The restaurant was closed because there *had been* / *would be* / *used to be* a fire in the kitchen.

3 They *used to go* / *would go* / *went* sailing in the Mediterranean last summer.

4 What *did you do* / *were you doing* / *had you done* while you waited for the rescue team?

5 As children, we *swimming* / *swam* / *would swim* in this river every day during the summer.

7 Complete the text with the correct form of the verbs in brackets. Use the Past Simple, Past Continuous, Past Perfect or used to.

When I was a lot younger I **0** *used to eat* (eat) whatever I wanted, but I've realised that I can't do that anymore. I **1** _____ (decide) to change my eating habits last New Year. As I **2** _____ (get) ready for a party, and tried to put on my favourite top, I **3** _____ (discover) that it didn't fit anymore. At first I told myself it **4** _____ (get) smaller in the wash, but I finally had to admit that it was me who was getting bigger. So, I'm trying to get fit and lose weight. I know I can do it. A month ago I joined a gym and signed up to exercise classes. When I weighed myself after two weeks, I had lost quite a bit of weight already! I **5** _____ (not / like) gyms, but I do now!