

Name: _____

1 Complete the sentences. Use the past simple form of the verbs in brackets.

- 1 We _____ (learn) to do karate for the Duke of Edinburgh Award.
- 2 He _____ (not compete) in the race because his leg was broken.
- 3 _____ you _____ (do) the washing-up last night?
- 4 Our team _____ (score) three goals in the match, but we lost.
- 5 We _____ (not have) school last week. It was the holidays!
- 6 Who _____ she _____ (sail) across the Atlantic with?
- 7 My friends _____ (go) to see a tennis tournament two days ago.

Mark: ____ /7

2 Complete the sentences. Use the past continuous form of the verbs below.

do look not listen swim wait watch

- 1 _____ you _____ for us? I'm sorry we're late.
- 2 He _____ his homework in the library at four o'clock.
- 3 Could you repeat that, please? Sorry, I _____.
- 4 Which programme _____ she _____ on TV?
- 5 We _____ near the beach when Emma saw a shark.
- 6 They didn't see the thief because they _____ in the shop window.

Mark: ____ /6

3 Complete the sentences. Use the past simple or past continuous form of the verbs in brackets.

- 1 When we _____ (arrive) at the café, Ben _____ (wait) for us outside.
- 2 It _____ (rain) when we _____ (go) out.
- 3 While we _____ (drive) home, we _____ (see) an accident.
- 4 The students _____ (chat) when the teacher _____ (come) in.
- 5 I _____ (read) a book when the telephone _____ (ring).
- 6 The lights _____ (go) off while Jane _____ (watch) a film.
- 7 He _____ (eat) the pizza when he _____ (find) a hair on it.

Mark: ____ /7

4 Choose the correct answers.

- 1 A lot of schoolchildren in the UK _____ cricket.
a go **b** play **c** do
- 2 They _____ karate when they were young.
a went **b** played **c** did
- 3 My best friend _____ surfing in California next month.
a is going **b** is playing **c** is doing
- 4 A lot of people at my school _____ athletics.
a go **b** play **c** do
- 5 I _____ baseball when I visited the USA last summer.
a went **b** played **c** did

Mark: ___ /5

5 Read the sentences and complete the words.

- 1 She is good at a_____c_, especially running and jumping.
- 2 She's a c_____i_. She won a gold medal in swimming.
- 3 In Canada, _c_ _o_ _e_ is a very popular winter sport.
- 4 Dan is learning a_____y. He has a target in the garden and he practises for hours.
- 5 He broke seven w_____e_____s at the Olympic Games. He's amazing!
- 6 I can't wait to go s_____i_ this winter. I think it's more fun than skiing.
- 7 You must be strong to do _____lif_____.
- 8 'Are you good at f_____g?' 'No, I don't like combat sports.'
- 9 Surfing is difficult! It's easier just to lie on the board and p_____e.
- 10 I don't go _ _w_ _g on the river. I use the machine at the gym.

Mark: ___ /10

6 Complete the sentences with the words below. There are two words you do not need.

champion compete competitors racecourse penalty sport tournament
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- 1 My team is taking part in a _____ next month. We're training hard for it!
- 2 I get really nervous when I _____ in a race.
- 3 Ascot is a famous _____ in the UK. The Queen watches horse racing there.
- 4 This is a really difficult event. The _____ train for months just to take part.
- 5 That was a great match! I was so proud when my brother scored a _____.

Mark: ___ /5

7 Complete the text with the correct form of the verbs in brackets.

Usain Bolt was born on 21 August 1986 in the small town of Sherwood Content in Jamaica. While he
1 _____ (grow up), Usain 2 _____ (play) cricket and football in the street with his brother. He
3 _____ (love) sports! Then, when he 4 _____ (study) at primary school, he 5 _____
(start) running. He was 15 when the athletics World Junior Championships 6 _____ (come) to Kingston,
Jamaica in 2002. He 7 _____ (win) his first major gold medal for the 200 m and 8 _____
(become) the youngest winner of the event. Many people 9 _____ (watch) the Beijing Summer
Olympics in 2008 on TV when he 10 _____ (break) the 100 m and 200 m world records.

Mark: ____ /10

Listening

8 ♣ Listen to the radio interview with an athlete. Choose the correct answers.

- 1 The athlete in the interview is

a from Canada.	c from Britain.
b thirty years old.	d very excited.
- 2 The skeleton luge is

a a winter sports event.	c a combat sport.
b a sport for women.	d a running race.
- 3 Competitors in the skeleton luge

a sit on a board and slide head first.	c lie on a board and slide feet first.
b stand on a board and slide very fast.	d lie on their stomachs on a board.
- 4 Before Alison started doing skeleton luge, she

a was a keen swimmer.	c was lazy and didn't like sport.
b ran in athletics events.	d liked to drive fast.
- 5 At her first major event, Alison

a won a gold medal.	c was scared but wanted to try again.
b won a silver medal.	d knew she would win at the Olympics.

Mark: ____ /5

Reading

9 Read the text. Are the sentences true or false?

Sporting heroes

What makes someone a sporting hero? Millions of spectators watched Usain Bolt running in the 2008 Olympics in Beijing. He broke the world record in three athletics events. At the same Olympic Games, the American swimmer Michael Phelps won eight gold medals and broke seven world records. The world media went crazy! Everyone loves a champion.

But at the Olympics there is also another kind of hero. Have you ever seen the film *Cool Runnings*? It's a funny film about a bobsleigh team from Jamaica. It's based on the true story of a Jamaican team who competed in the Winter Olympics in 1988. They lived in a country with no snow, they had nowhere to train and no money from the government or big businesses to help them, but they made it to the Olympics and they raced for their country. The Olympic Games have many stories like this.

When Eric Moussambani, from Equatorial Guinea in central Africa, swam in the 100 m freestyle in Sydney in the 2000 Olympic Games, the international media reported it around the world. He didn't win a gold medal. He didn't break any records. In fact, his time at one minute and fifty-two seconds was more than twice the time of Pieter van den Hoogenband, who broke the world record with a time of 47.84 seconds. Before the Olympics, Moussambani trained in a twenty-metre hotel pool. He only started swimming eight months before the Olympic Games. The race was his first time in an Olympic-sized fifty-metre swimming pool. And the crowd clapped and cheered for Moussambani until he reached the finish line.

These people are not champions and they do not go back to their countries with a handful of medals, but they are heroes because they try.

- 1 The Jamaican government gave the bobsleigh team money to compete. _____
- 2 The team from Jamaica tried to compete in the Olympics, but they failed. _____
- 3 The newspapers and TV journalists were interested in Moussambani. _____
- 4 Moussambani swam in a fifty-metre pool for the first time at the Olympics. _____
- 5 Moussambani didn't finish the race. _____

Mark: ____ /5

Writing

10 You have just been to see a friend competing in a sports event. Write an email to another friend.

- Tell him/her what the event was and who you went to see.
- Say whether you enjoyed the event and why.
- Tell him/her which sports you enjoy and where you do them.
- Invite your friend to come and join in and tell him/her when to meet you.

Mark: ____ /10

Total: ____ /70