

## 5

## It's my favourite sport!

## Reading Part 3

Read the text carefully, then underline the parts that give you the answers.

Exam advice

- 1 For each question, choose the correct answer.

## Running and blogging!

by Holly Parsons



Everyone in my family enjoys running – including me! But it's sometimes hard for me to find someone to run with. My brother and I sometimes run together, but he's much faster than me. And my dad's too busy to come at the moment. So my best running partner these days is my cousin Mandy. We go almost every day – it's great! We don't go running when it's raining, but I still want to keep fit on those days, so I go to the gym, or I play badminton with Mum. And sometimes I swim in the local pool. That's what I like the most!

I also write a blog about running. I began writing it because I liked writing posts about where I go running, how I feel when I run, and the kinds of kit I like wearing. Now lots of people follow my blog, and they give me great advice! Some even say they started running after reading my blog, so that's great!

Of course, not all my friends are interested in running, so I don't ask them to come with me. But they can see it's really important to me, and they always want to know about my latest runs, so that's nice.

I'd like to improve my running so I can enter more races. I've done some local races, but I've never won anything – but that doesn't matter. I'd really like to try a 25 km race soon. Everyone says it's hard – but we'll see!

- Who does Holly usually go running with?
  - her cousin
  - her father
  - her brother
- What is Holly's favourite way to keep fit when the weather's bad?
  - going to the gym
  - swimming
  - playing badminton
- Why did Holly start writing a blog about running?
  - to share her experiences of running
  - to give advice to other runners
  - to help other teenagers to start running
- Holly says that her friends
  - sometimes join her when she goes running.
  - like asking her about her running.
  - don't really understand why she runs.
- What does Holly want to do next?
  - win a competition
  - enter her first competition
  - run in a difficult competition

## Listening Part 4

Look carefully at each question and the options A, B and C before the recording starts.

Exam  
advice



For each question, choose the correct answer.

- 1 You will hear a boy talking to his friend about sports day at school.  
Why does he feel sad about it?  
A He didn't win his race.  
B He lost his new sports shirt.  
C He couldn't do his favourite activity.
- 2 You will hear a girl talking to her friend about her new tennis racket.  
What does she say about it?  
A It belonged to a family member.  
B It was exactly what she wanted.  
C It was quite expensive.
- 3 You will hear a boy telling a friend about his winter sports holiday.  
Which activity did he like best?  
A skiing  
B snowboarding  
C walking in the mountains
- 4 You will hear a girl phoning her mum.  
Where is the girl now?  
A at the gym  
B at the pool  
C at the park
- 5 You will hear a boy phoning a friend about the hockey match they're playing in.  
Why does he think their team may win the match?  
A They have some brilliant players.  
B They won against the other team before.  
C They've done lots of practice.