

Perspectives Intermediate Unit 3

Choose the correct option.

- 1 During the football match, the _____ sent two players off the pitch.
1.a referee b. umpire c. footballer
- 2 When we were children, we used to go to the skating _____ on Saturdays.
2.a field b. rink c. pitch
- 3 As the sprinter ran over the line, the _____ were cheering.
3.a spectators b. watchers c. competitors
- 4 Lionel Messi is a fantastic football player. He once _____ five goals in one match.
4.a ran b. kicked c. scored
- 5 After getting to the top of Mount Everest, she told the journalists how _____ had been her passion since she was very small.
5.a walking b. climbing c. sailing
- 6 The _____ was empty, so we played tennis.
6.a pitch b. rink c. court
- 7 That golf _____ is spectacular! It's on top of a cliff overlooking the sea.
7.a course b. field c. green
- 8 Lucy lost her tennis match. Her _____ was really good.
8.a player b. opponent c. competitor
- 9 I used to study _____. It's a Japanese martial art that involves kicks and punches.
9.a karate b. boxing c. wrestling

Match the definition to the underlined word or phrase. There are two definitions that you do not need.

- a challenge
- b prepared
- c exercised
- d stopped
- e participated

- 10 Last year, I worked out three times a week.
- 11 I gave up playing football because I had a knee injury.
- 12 She warmed up by running round the field before the match.

Match the definition to the underlined word or phrase. There are two definitions that you do not need.

- 12.a fresh
- 12.b injured
- 12.c broken
- 12.d freezing
- 12.e hardly

- 13 The water was -1.7 degrees. It was very cold.
- 14 The old man could barely swim, so the teenager rescued him.
- 15 I had a swollen ankle after the match.

Complete each sentence with the correct option.

- 16 I _____ (have travelled / travelled) to many countries in the past 20 years.
- 17 Earlier this year, I _____ (have visited / visited) Tunisia.
- 18 In 2015, John _____ (has left / left) his job at the post office.
- 19 I _____ (didn't play / haven't played) football since October, when I injured my foot.
- 20 _____ (Have you ever / Did you ever) climbed a mountain?

Complete the sentence with the past simple or present perfect form of the verb in brackets.

- 21 I had a bad injury in the summer, but I _____ (recover) now.
- 22 She really _____ (not be) completely fit for most of this year.
- 23 What sports _____ (do) when you were younger?
- 24 In the past three months, I _____ (take up) yoga. It's great for fitness!
- 25 Jack _____ (stop) playing basketball earlier this year.

Complete the paragraph with the correct options.

Mo Farah is the most successful British track athlete in modern Olympic Games history. Mo (a) _____ (has run / has been running) since he was a schoolboy in London. Since then, he (b) _____ (has won / has been winning) a huge number of events. He is the 2012 and 2016 Olympic gold medallist in both the 5,000 m and 10,000 m, and is the second athlete in modern Olympic Games history to win both the 5,000 m and 10,000 m titles at successive Olympic Games, in London and Rio de Janeiro. On the track, he mostly competed in the 5,000 metres and 10,000 metres, but (c) _____ (has run / has been running) competitively from 1,500 metres to the marathon. He (d) _____ (has received / has been receiving) quite a few honours, including those from Queen Elizabeth. In recent years, Mo (e) _____ (has become / has been becoming) one of the most famous sportsmen in the world.

26. (a) _____
27. (b) _____
28. (c) _____
29. (d) _____

30. (e) _____

Complete each sentence with the correct word from the list.

already ever just since yet

31 Mo Farah has been a track star _____ he won his first gold medal.

32 Mary has _____ won two trophies, and she's only 14!

33 Have you played hockey _____?

34 The Canadian women's football team have _____ come back from their successful tour of Europe.

35 Has Manchester United _____ won the Champions League? Yes, they won it in 1999.

Choose the correct option.

36 Catherine _____ gold, but she won silver last year.
36. a hasn't won b. won c. hasn't been winning

37 Since retiring, she _____ children in her country to take up gymnastics.
37. a has helped b. has been helping c. helped

38 I _____ swimming.
38. a have always been loving b. have always loved c. have loved always

39 I _____ 10 kilometres so far this week.
39. a swim b. have been swimming c. have swum

40 I _____ to Kenya, but I'd love to go.
40. a have never been b. never went c. have never been going

Read. Choose T (True) or F (False).

Competitive sport

Why is sport so important for young people? Well, we know that youngsters are full of energy and that they are eager to jump, run and play. Putting all that energy into competitive sport can help to keep children active and healthy as they grow into teenagers, and can also reduce the chance that they may become involved in negative activities. Competitive sports such as football, athletics, swimming and basketball can also help children learn important life lessons.

One important thing about sport is that it helps prevent children from becoming overweight, or obese. The obesity epidemic in many parts of the world is a real problem, and diseases such as diabetes have become more common, even among young people. Participating in competitive sports helps children to burn calories and helps to prevent obesity. Additionally, many teenagers who are active in sports are motivated to move away from the fries and pizza, and eat healthier foods, such as fruit and vegetables.

There is also evidence that children who take part in sport have improved self-esteem. It's natural

55.b If you aren't a positive person, it's better to do a non-competitive sport.

Listen. Choose T (True) or F (False). Correct the false statements. Audio 2.03

56 Katy climbed a mountain in Morocco.

57 Katy had never been to the Canary Islands before.

58 Mount Teide is volcanic.

59 Mount Teide is a very difficult climb.

60 Before she climbed, Katy trained outdoors.

Listen. Match the two parts of the sentence. Audio 2.03

Narrend

60.a the evening before.

60.b climbed Mount Teide before.

60.c alone.

60.d very early in the morning.

60.e technically difficult.

61 Katy had never

62 Katy thinks the mountain is not

63 Katy packed for the trip

64 Katy started off on her climb

65 Katy climbed the mountain

Listen. Choose the option that has a similar meaning to the word as used in the text. Audio 2.03

61 challenge

61.a test

b. altitude

c. difficulty

62 train

62.a study

b. prepare

c. work

63 fit

63.a in good condition

b. tall

c. ready

64 sunscreen

64. a glasses

b. a hat

c. sun cream

65 summit

65. a mountain

b. end

c. top

Writing

66 In your opinion, which kinds of sport are dangerous? Write at least three sentences.

Write one sentence to give your opinion on each topic.

67 An active lifestyle

68 Competitive sports

61 Money in sport

62 Sportsmen and sportswomen as role models

Watch and answer the questions. Write one or two sentences. Video 3.3

63 Why has Lewis been back to the Arctic every year for the last seven years?

64 What did he want world leaders to understand?

65 How did Lewis train his mind to prepare for the swim?

66 How did Lewis feel after a year of training?

67 How did Lewis and his friends get to the North Pole?
