## SPONSORED WALK UNIT 11

**1 Complete the sentences with adjectives. You may use each adjective only once.**

1 I'm ……. when I fail a test.

2 I'm ……..when being bullied.

3 I'm ……after a long walk.

4 I'm ……..when I receive good news.

5 I'm …….when I make a mistake.

6 I'm ……..when a good friend falls ill.

7 I'm ……when somebody tells me off.

8 I'm …….when I have to do something over and over again.

**2 Complete the sentences with prepositions where necessary.**

1 Ken was brought …….by foster parents.

2 What's she famous ……?

3 She was really nasty ……me.

4 Don't finish it ……..haste.

5 Did you go there …….bus?

6 Was Tom involved ……the traffic accident?

7 We were fascinated ……his speech.

8 Did he leave …….good?

9 He was dressed ……black.

10 Jim spoke ……a loud voice.

11 What are the girls interested …….?

12 Why don't you listen …….me?

**3 Translate.**

1 Ma ei ole teda mõnda aega näinud. …….

2 Kuidas sa ravitsed oma villi? ……

3 Te võite väljas mängida, kui ei saja. ……

4 Meie koolis on palju erivajadustega lapsi. ……..

5 Ta on õppinud abikoeri välja õpetama. ……

6 Ma tahan olla omaette. …….

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7 Kas sa osaled võistluses? …….

8 Kõik lõpetasid töö õigel ajal. …….

**4 Complete the sentences using *if* or *unless*.**

1 ……..you keep away from Thomas, you won't get into trouble.

2 Raise your hand ……you know the answer.

3 I can't take any photos ……..I charge my camera.

4 ……you tell the truth, you can't leave.

5 ……you find a free seat, give me a wave.

6 Don't turn over your paper ……you have finished the test.

7 ……you sing along with it, you'll catch it.

8 ……..you remember the place, we won't find it.

**5 Read the text. Put the phrases in the correct places(one is extra). Write the letter on lines here:**

**1……. 2…….. 3…… 4…… 5…… 6……**

**A** at all times
**B** different technique
**C** trace back
**D** train a lot
**E** experienced racewalker
**F** own event
**G** good enough

## Race walking

The roots of competitive race walking (1 .....) as far as 2500 B.C., when Egyptian hieroglyphics recorded the first written account of a walking competition. Similar evidence indicates that walking competitions existed in early Greek civilizations. These early contests were simply go-as-you-please, long-distance events, something between running and walking.

By the turn of the 20th century, race walking became so popular that it was added to the 1904 Olympics as part of the decathlon. Not satisfied, race walkers finally got their own event of 50 kilometres in 1932. A second men's event, a 20-kilometre race, was added in 1956, and the women finally got their (2 .....), a 20-kilometre race, in 1992.

How does one fall into race walking? Is it just when you're not quite (3 .....) at running?

For starters, race walking isn't just slow running. It requires an entirely (4 .....). Whereas you can bend both your knees however you like in running, in race walking the leading leg must be completely straightened when it makes contact with the ground and stay that way until it's lifted again. The other major difference from running is that race walkers must have at least one foot touching the ground (5 .....). If race walkers violate either of those two rules, a judge, who closely follows the athletes throughout the race, will dole out a red-card violation. Get three red cards and you're out.

Many people visualize racewalkers as very clumsy looking, with chicken-like awkward movements. This may be true for a beginner, but an (6 .....) moves in a fluid forward motion.

If you want to racewalk, you must learn proper technique. And practise, practise, practise.

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