



Student's name: _____

Month: _____ - 2024 - Teacher: _____

Listening (16 pts)

Listen to the dialogue. Choose T (true) or F (false).

1. Sean is working as a volunteer. T F
2. He is volunteering alone. T F
3. He is busy singing for the residents. T F
4. The residents are singing to each other. T F
5. Volunteering is not difficult. T F
6. The residents are usually calm. T F
7. The residents are happy to see the volunteers. T F
8. Sean will have dinner with the residents. T F

Grammar (24 pts)

1 Complete the text with the Present Simple or the Present Continuous forms of the verbs in brackets.

Aldana ¹_____ (have) a very healthy lifestyle. She ²_____ (try) to balance work and relaxation. Every day ³_____ (meet) her friend Roger. They ⁴_____ (do) meditation together. This year, Aldana ⁵_____ (do) photography. It ⁶_____ (be) her new hobby. But she ⁷_____ (work) a lot this month, so she ⁸_____ (not / attend) photography class as often as she would like.

2 Read the answers and write complete questions using Wh- words.

- 1 Q: _____?
A: I study at Riverdale High.
- 2 Q: _____?
A: My teacher is Mrs. Riviera.
- 3 Q: _____?
A: I play basketball after school.
- 4 Q: _____?
A: I play with my friends.
- 5 Q: _____?
A: I study from 6:00 to 9:00 p.m.
- 6 Q: _____?
A: I walk to school.

3 Underline the correct options.

Charlotte Mclaggan is a chess player. She enjoys ¹**play / playing** with her friends. She plays with them ²**two / twice** week. Charlotte is at home now. She's in her room. She ³**doesn't play / isn't playing** chess because she has an exam. She ⁴**studies / is studying**. She always ⁵**studies / is studying** before a test. She ⁶**doesn't like / doesn't mind** it, but she must do it. ⁷**On Saturdays / Right now**, she ⁸**goes / does** dancing with her friends. After the disco, Charlotte and her friends usually ⁹**do / does** meditation because it is ¹⁰**relaxing / demanding**.

Vocabulary (28 pts)

1 What's the activity?



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



6 _____



9 _____



10 _____

2 Put the words and phrases in the correct category.

Volunteer work / cycling / martial arts / dancing / ludo
tennis / parkour / basketball

Do**Play****Go**

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

Aggressive / creative / dangerous / demanding / expensive
eye-hand / fun / group / individual / interesting
mind and body / relaxing

a I like basketball because it's a _____ sport. I don't like _____ sports. It's not _____ like parkour, and it's not _____. You don't need a lot of money. What's essential? _____ coordination. And it's great _____!

b Judo? Some people think it's _____, but it's not. It helps to connect _____. It's _____ too. When it's over, you feel calm! But it's _____. You must train hard.

Reading (16 pts)



Relax, Train, Enjoy

Life Fitness is so much more than your everyday gym.

Your regular membership gives you:

- group classes
- cycle classes
- group Pilates
- swimming
- meditation room
- annual fitness and health evaluation

Monthly fees:
\$50.00 individual • \$85.00 couple • \$120.00 families

Extra services (additional fees apply)

- Spa (sessions of 30 / 45 / 60 minutes)
- Kids Club (childcare services for children aged 3 to 12)
- Indoor and outdoor volleyball leagues (male and female) (16+ years old)
- Summer camps (ages 3 to 12)
- Tennis (minimum age 5)
- Personal trainer (18+)
- Individual Pilates (18+)



See our website for prices and details. Call us for a **free day pass** to get the Life experience. Three exclusive locations across the city.

www.lifefitness.co 254 Main Street
287-862-0001

Read the brochure again and choose the correct answer.

- 1 I have a family membership. There are four people in my family. The cost per person is ...
 - a) the same as for individual membership.
 - b) more than the cost for individual membership.
 - c) less than the cost for individual membership.
- 2 With my regular membership, I can ...
 - a) do cycle classes.
 - b) have a spa treatment.
 - c) have a personal trainer.
- 3 My husband and I want to join the gym. We will pay.
 - a) \$50.
 - b) \$85.
 - c) \$120.
- 4 My annual health and fitness evaluation can be done at the gym.
 - a) Yes
 - b) No
 - c) The brochure doesn't say.
- 5 Spa sessions are available for three different lengths of time.
 - a) Yes
 - b) No
 - c) The brochure doesn't say.
- 6 My two-year-old child can stay in the Kids Club while I exercise.
 - a) Yes
 - b) No
 - c) The brochure doesn't say.
- 7 Group Pilates is ...
 - a) a regular membership service.
 - b) an extra service.
 - c) The brochure doesn't say.
- 8 To play tennis, I have to ...
 - a) not pay anything more.
 - b) pay more for this service.
 - c) The brochure doesn't give any information.

Writing (8 pts)

Write an email to a friend about your activities at school. Write 8-10 sentences. Use these prompts:

- What activities do you normally do at school?
- What do you enjoy about them? What's difficult about them?
- Are you doing these activities these days?

Speaking: You'll be asked some questions. Good luck! (___/10)