

Name: _____

Class: _____

Total: _____/30

Vocabulary

1 Complete the sentences with the words in the box. There are three extra words.

win	do	care	keep	love
join	prefer	play	stand	

- 0 My brother and I often go running in the park to keep fit.
- 1 I _____ volleyball to football. It's much more exciting.
- 2 We should train every day if we want to _____ the competition.
- 3 My friend wants to _____ a Zumba class.
- 4 I would _____ to help you, but I don't have time now.
- 5 If you _____ for a school team, you get better grades at PE.

_____/5

2 Complete the sentences with the missing words. The first letters are given. Use the definitions in brackets to help you.

- 0 There are a lot of talented runners (= people who run for sport) in India.
- 1 I learnt to play h _____ (= a game you play on grass or ice in two teams) when I was seventeen.
- 2 The new f _____ c _____ (a place where people go to exercise) is very modern but also very expensive.

- 3 All c _____ s (= people who ride bikes) who take part in the race have to wear helmets.

- 4 Watch a t _____ v _____ (= a film which shows you how to exercise) to learn to dance.

- 5 The swimming i _____ (= someone who teaches swimming) is ill so we don't have a lesson today.

_____/5

Grammar

3 Complete the sentences with the correct form of the verbs in brackets. Use the Past Simple.

- 0 Helen decided (decide) to become a professional swimmer when she was seven.
- 1 Sue _____ (become) the youngest player in history.
- 2 We _____ (stop) in a small town to have lunch.
- 3 The goalkeeper _____ (break) his leg in the finals.
- 4 Simon _____ (cry) when he didn't win the game.
- 5 I _____ (take) my little brother to the football game.

_____/5

4 Complete the sentences with the correct form of the words in brackets. Use the Past Simple. Write short answers.

⁰ Did they remember (they / remember) to buy the tickets?

A X: ¹ _____ (you / meet) Larry at the weekend?

Y: No, I ² _____.

B Where ³ _____ (they / learn) to swim like this?

C X: ⁴ _____ (Sue / run) ten kilometres yesterday?

Y: Yes, she ⁵ _____.

/5

Use of English

5 Complete the text with one word in each gap.

YOU CAN'T PLAN IT

Everybody says that if you want to ⁰ reach the top, you need to plan it carefully. My story is different. When I was very young, I didn't care ¹ _____ sport at all. I only ² _____ stretching exercises sometimes but I preferred computer games. And then one winter day, my dad took me to see a skiing competition in the mountains. I loved it! The people who took ³ _____ in it were so fit! Three weeks later my dad found a sports centre in our city and ⁴ _____ the age of ten I started training. Now I'm eighteen and I'm going to my first Winter Olympic ⁵ _____ next month!

/5

6 Complete the second sentence so that it has a similar meaning to the first. Use the words in CAPITALS.

0 They forgot to buy milk. REMEMBER

They didn't remember to buy milk.

1 I don't really like ice skating. INTO

I'm _____ ice skating.

2 My father doesn't like any winter sport. STAND

My father _____ any winter sport.

3 Was the football match good? LIKE

_____ the football match?

4 There was a lot of rain last night. IT

_____ a lot last night.

5 My younger sister plays basketball for our school team. BASKETBALL

My younger sister is _____ in our school team.

/5

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Dictation

1 [Track 12] Listen and write the sentences you hear, including the punctuation.

_____/10

Listening

2 [Track 13] Listen to Helen and Jason talking about sport. For questions 1–5 choose the correct answer, A, B or C.

1 Helen isn't running at the moment because

- A her parents won't let her go.
- B of the weather.
- C she doesn't have time before school.

2 When does Helen run at the weekend?

- A After she finishes her homework
- B After it gets dark
- C After breakfast

3 What does Helen like to do at the weekend?

- A Visit her aunt
- B Go to work
- C Go sightseeing in small villages

4 How do Helen's friends feel about running?

- A They like talking about running.
- B They want to do the fun run with Helen.
- C They are not interested in running.

5 How does Jason know Gareth and Paul?

- A He goes to the same athletics club as them.
- B He met them at the fun run the year before.
- C He has physics lessons with them.

_____/10

Reading

3 Read the text. Complete gaps 1–5 with up to three words.

LAZY BRITS

A new report says that British people are exercising less than in the past. It says that the problem is now worse for people's health than smoking. One in every six deaths in Britain is the result of people not getting enough exercise. In addition, treating people who become ill because of a lack of exercise costs the health service £17.6 billion every year.

So how much exercise should people get? Experts say that two and a half hours a week is the minimum. It doesn't sound much and even this doesn't have to be in a gym or organised sports. Walking is just as good exercise. Only about 37 per cent of British people get this much exercise every week. This is less than in any other European country. In France, 66 per cent of people get at least two and a half hours of exercise a week. In Holland, the percentage of people doing this amount of exercise is 82 per cent.

So why is the problem so bad in Britain? One reason is that people spend their free time at home. They don't play sports, they look at computer and television screens. Fewer people do physical work. They sit at desks with a computer in front of them. Even younger people are getting less exercise. In the past, children often walked or cycled to school. They played outside. Now their parents drive them to school and they can't go out

on their own. There are a number of ways that people could get more exercise. They could cycle to work or the shops. They could spend more time doing the gardening. They could spend their weekends in the park.

The present older generation in Britain live longer than any generation in the past. What about the next generation? They may not live as long.

- 1 Nowadays people from the UK _____ than before.
- 2 It is very expensive for _____ to treat people who become ill as a result of not getting enough exercise.
- 3 _____ isn't worse than going to the gym or taking part in organised sports.
- 4 _____ has the highest number of people doing exercise two and a half hours a week.
- 5 In the past kids _____ but now they can't go out on their own.

_____/10