Read and choose:

Emma, runner

I've been running for two years. I used to only run 1 or 2 kilometres, but now I run approximately 10. My speed is also improving. In Brighton, I've joined a jogging club. I had never met any of the members before, but now I consider **them** my friends. When my father was younger, he was a good runner who was quite **fit**, but he stopped after injuring his knee. In fact, I need to order a new pair of running shoes which will be just a simple pair. I don't believe that the more expensive **ones** help you run faster!

Mia, skateboarder

Most evenings, I go skating in the park. I know that's a lot, but the park is only a minute or two away from my house, and I usually spend a couple of hours there if my friends are around. My cousin, who is quite **talented** at skateboarding, occasionally joins us, and he teaches me a few new moves. I'm getting better all the time!

Charlotte, rock climber

My best friend suggested I start rock climbing, and now we both do it. My friend's mother drives us once or twice a month, but I'd like to do it once a week. I had no idea you needed so much equipment when I first started, and it isn't cheap! But I love **it.** Climbing is something I don't think I'll ever grow tired of doing!

Questions

1. The word "**them**" in paragraph 1 refers to ____.
   A. years B. members C. shoes D. friends
2. The word "**fit**" in paragraph 1 is closest in meaning to ____.
   A. unhealthy B. healthy C. fat D. heavy
3. The word **"ones"** in paragraph 1 refers to ____.
   A. runners B. shoes C. members D. friends
4. The word "**talented**" in paragraph 2 could best be replaced by ____.
   A. surprised B. good C. bad D. tired
5. The word "**it**" in paragraph 3 refers to ____.
   A. equipment B. idea C. climbing D. rock

Read and choose:

The Olympic Games is an event with many sports. The first Olympic Games was held in 776 BC in Olympia, Greece. Only Greek athletes played in the games. The Games were held to honour the Greek god, Zeus. **They** were held in Greece until 393 AD.

In 1896, a Frenchman, Baron Pierre de Coubertin started the games again. The first modern Olympic Games was held in Athens, Greece. Since **then**, the Olympics have been held every four years. The Games are held in different countries every time. People from different parts of the world **took part in** the Games. There were only 3 times that they were not held because of war: 1916, 1940, and 1944.

The number of participants in the Games has been increasing. In the first modern Olympics, there were nearly 250 athletes from 15 countries. When the Games were held again in Greece in 2004, there were 11,100 athletes from 202 countries.

In the 1896 Olympics, only men participated. Today, many women join the Games. Many sports have been added to the Olympic Games as well. The ancient Olympics had

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only track and field sports such as running. The Games today include more than 30 other games such as archery and diving.

Questions

1. What is the main idea of the passage?
   A. The history and changes of the Olympic Games
   B. Athletes and games in the modern Olympic Games
   C. How the Olympic Games began
   D. The different games from different countries
2. The word "**They**" in paragraph 1 refers to ____.
   A. Greek athletes B. The Greek god
   C. The first Olympic Games D. Many sports
3. The word "**then**" in paragraph 2 refers to ____.
   A. 393 AD B. 776 BC C. 1896 D. 1916, 1940 and 1944
4. The phrase **"took part in"** in paragraph 2 is closest in meaning to ____.
   A. remained on B. took care of C. participated in D. changed into
5. According to the passage, which of the following sentences are **NOT true**?
   A. The number of countries and athletes has been increasing.
   B. The Olympic Games was held in Olympia for the first time.
   C. The modern Olympic Games started in 1896 and was held in France.
   D. The modern Olympic Games has not only track and field sports, but also many other sports.
6. The passage mentions that the following changes happened to the Olympic Games **EXCEPT** that ____.
   A. track and field became the only type of sport
   B. more athletes attended the Games
   C. women participated in the Games
   D. the Games were held in different countries

Read and choose:

Here are some things you can bring on your trip that are sure to keep children occupied and relaxed during a long flight.

Paper with colored pencils or crayons

This allows parents and children to do activities together, or for children to do something independently. With blank paper and colored pencils or crayons, children can write, draw, or make their own games. **For more excitement**, pack small figures to use as board-game pieces in your carry-on luggage and let children design their own game boards.

A deck of cards

Parents can teach children their favorite card game or show them card tricks. In return, children can do the same for parents.

Books

It is always a good idea to pack a book on a long trip. Children will especially enjoy stories that take place in the country to which they are traveling. This will give them a chance to preview the culture and history they will learn about on vacation.

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Gifts from Pristine Air

Once your international flight has taken off, a flight attendant will offer any children traveling with us a picture map of the world and a souvenir passport with stickers that children can affix once they have visited a country. There is also a children's airline magazine in the pouch in front of your seat.

Questions

1. According to the information, what is difficult for children?
   A. Going shopping with parents B. International flights
   C. Waiting for doctor's appointments D. Long car rides
2. What are children encouraged to make?
   A. A game board B. A schedule
   C. A family portrait D. A shopping list
3. What is mentioned as a possible Activity?
   A. Playing cards B. Watching a movie
   C. Taking a walk D. Singing songs
4. What is NOT offered to children?
   A. Snacks B. Stickers C. A magazine D. A map
5. What does "**For excitement**" refer to?
   A. For fun B. For a long time
   C. For some reasons D. For example

Read and choose:

Most sports take place in the stadium, in an arena, in a pool or on a court. But some extreme sports have no boundaries. Kiteboarding is one extreme sport that uses both the open ocean and the air above as its playing field.

Imagine speeding over water at 25 kilometres an hour, jumping 15 metres into the air, and landing on the water again 100 metres away. This is the exciting sport of kiteboarding, a new sport that combines the skills of surfing and sailing. The sport's popularity has spread rapidly around the world. Now, it isn't unusual on a windy, sunny day at the beach to see large colorful kites high in the air as they tow kite boarders along and above the water's surface. One extreme kiteboarding challenge took five kiteboarders from Florida, in the United States, to Cuba.

In 2002, Gilles d'Andrieux from France, an organizer of extreme sport events, gathered a team of professional kiteboarders to attempt to cross the sea from Key West, Florida to Vadero, Cuba. The team of five set out early in the morning and traveled all day, sometimes over waves as high as three meters or more. After kiteboarding for eight and a half hours, **three of the five finally arrived** on the Cuban coast. The three, citizens of Britain, France and the United States, were worn out but happy. They had traveled 142 kilometers, through high waves and schools of flying fish. They had set the world record for the longest distance trip by kiteboard. That's a huge playing field.

Questions

1. What is this passage mainly about?
   A. A day at the beach
   B. An exciting water sport

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C. A trip across the sea
D. An athlete from France

2. Where do people practice kiteboarding?
A. On the sea
B. In a stadium
C. At a swimming pool
D. All of the above

3. What tows a kiteboarder?
A. A kite
B. A ship
C. A flying fish
D. A sailboat

4. What kind of person would probably enjoy kiteboarding?
A. A person who prefers to be indoors
B. A person who likes safe sports
C. A person who likes surfing and sailing
D. A person who travels to Cuba

5. In paragraph 3, "**three of the five finally arrived**" refers to ____.
A. Waves
B. Citizens of Britain
C. Organizers
D. Kiteboarders

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