USE OF ENGLISH – PART 1

For questions 1–10, choose the correct answer A, B, C or D.

After graduating from university, Lucy O'Connor decided to (1) _____ boxing after a sports coach suggested it as a way to improve her fitness. Although she had originally joined simply to stay healthy, she soon (2) _____ her sights on becoming a competitive boxer. Thanks to her determination, she quickly achieved success at national level and later earned a place on an elite training programme.

Preparing for competitions requires complete dedication. Lucy has had to (3) _____ twenty-eight kilos before entering the flyweight category, follow a strict diet, and give up many social activities. Nevertheless, she believes the sacrifices are worthwhile because boxing has helped her become stronger both physically and mentally.

Lucy also hopes that people will (4) _____ making the mistake of confusing amateur boxing with professional fights. In her opinion, amateur competitions focus much more on technique than aggression. Competitors score points by (5) _____ clean punches rather than trying to injure their opponents.

Her training programme also includes modern sports clothing designed to improve blood (6) _____ and speed up recovery after exercise. Lucy says that careful preparation has played a major (7) _____ in her achievements.

She hopes her story will (8) _____ more young athletes to follow their dreams despite difficulties. In her view, success depends (9) _____ hard work as much as natural ability. Above all, she believes every athlete should have confidence (10) _____ themselves.

1
A. take over

B. take off

C. take up

D. take away

2
A. kept

B. fixed

C. placed

D. set

3
A. collect

B. miss

6
A. transportation

B. movement

C. travelling

D. circulation

7
A. effect

B. position

C. role

D. work

8
A. force

B. suggest

LIVEWORKSHEETS

C. shed

D. borrow

4
A. stop

B. refuse

C. deny

D. prevent

5
A. throwing

B. hitting

C. making

D. landing

C. encourage

D. require

9
A. with

B. in

C. at

D. on

10
A. on

B. at

C. for

D. in

LIVEWORKSHEETS