

Test 4C (Unit 4)

NAME: _____

DATE: _____

CLASS: _____

MARK: _____

100

(Time: 80 minutes)

Vocabulary

A. Fill in the exchanges with: *indignation, drive, regimen, fright, resolve.*

- 1 A: This is a very strict training _____ you're following.
B: If you want to win, you have to work hard.
- 2 A: Winning the championship will be tough.
B: I don't mind challenges. It's important to test your sense of _____.
- 3 A: I can't believe the referee accused the team of cheating.
B: Neither could the spectators. They expressed their _____ by shouting.
- 4 A: It's crazy that Randy dropped to sixth place after being in the lead.
B: He lacked the _____ to win; he just didn't seem motivated.
- 5 A: I got such a(n) _____ when lightning struck the goalpost.
B: Me too! I was terrified!

5 x 1 = 5 marks

B. Choose the correct option.

- 1 After defending his title, he is now the **formidable/heroic/competent/undisputed** champion.
- 2 Justin said he wanted to get something off his **tongue/skin/chest/shoulder** regarding the race.
- 3 It was such a tense, **nail-biting/draining/dazzling/blistering** finish to the match that left everyone nervous.
- 4 Although the runner isn't expected to win, she's a possible **favourite/umpire/rival/contender** to take a medal.
- 5 The coach designed a **feeble/rigorous/stiff/dismal** workout to prepare us for the game.
- 6 We should get the ball **moving/rolling/throwing/playing** and start this training session.

6 x 1 = 6 marks

C. Complete the gaps with: *shattered, moody, stunned, ecstatic.*

- 1 The crowd was _____ when the player scored; everyone was totally shocked!
- 2 Mark took the loss really hard and felt utterly _____.
- 3 I was _____ crossing the line in first place; I've never been happier!
- 4 Sam's been a bit _____ since she found out she couldn't compete; nothing seems to cheer her up.

4 x 1 = 4 marks

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D. Fill in: *over, at, of, up, from.*

- 1 There's not a shadow _____ a doubt as to who the winner was.
- 2 You are disqualified _____ the match for breaking the rules.
- 3 Some athletes visualise themselves winning to psych themselves _____.
- 4 Adrian let his anger boil _____ and yelled at the referee.
- 5 I don't like the idea of winning _____ any cost; sportsmanship is important.

5 x 1 = 5 marks

Grammar

E. Choose the correct option (A, B, C or D).

- The team isn't playing well, but, it _____ the game anyway.
A can well win **C** must well win
B need win **D** might well win
- Sorry to give you bad news about the match being called off, but it _____.
A can't be helped **C** must have helped
B isn't helped **D** should be helped
- Terry really_____ the other football club; he won't get a chance like that again!
A would have joined **C** must have joined
B should have joined **D** will have joined
- You _____ attend the training today if you're busy; we have another session tomorrow.
A don't have to **C** mustn't
B shouldn't **D** needn't to
- You _____ tickets to the game; we could've watched it on TV.
A needn't to buy **C** needn't have bought
B shouldn't need to buy **D** needn't have to buy
- Julie isn't back from the gym yet; I guess she must _____ to work late.
A have made **C** be making
B having been made **D** have been made

6 x 1 = 6 marks

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F. Fill in the gaps with: *must, can't, may or might well* and put the verbs in brackets in the correct infinitive form. Then choose the correct option.

The Strongest of Them All

If someone asked you to name the most physically demanding sport, you 1) _____ (say) rugby, wrestling or a martial art. However, experts have identified water polo as the toughest in the world. That's because players are 2) **not liable to/not allowed to** touch the sides of the pool or put their feet down once! During a match, they 3) _____ (swim) continuously for long periods which requires high levels of endurance, strength and agility. They 4) **are also required to/are also likely to** catch and throw the ball while swimming as they 5) **are liable to/are supposed to** pass and score while in the water. Although you 6) _____ (see) water polo matches at the last Olympics and thought it looked simple, it's anything but! Injuries aren't uncommon either, as players 7) **are to/are bound to** come into frequent contact with the other team. So, if you assumed it's easy-going, you 8) _____ (realise) just how challenging and intense the sport really is. Why don't you give water polo a try and see if you have what it takes to be the strongest of them all?

8 x 1 = 8 marks

G. Complete the second sentence so that it means the same as the first, using the word in capitals. Use between three and six words.

- 1 Are you interested in starting tennis at our club? **LIKE**
How _____
tennis at our club?
- 2 You have to return the shoes to the bowling alley after a game. **COMPULSORY**
It _____
to the bowling alley after a game.
- 3 I strongly advise you to eat healthier to improve your energy levels. **BETTER**
You _____
to improve your energy levels.
- 4 Perhaps someone damaged the machine at the gym. **COULD**
Someone _____
the machine at the gym.
- 5 Could Peter have been telling the truth about meeting Lionel Messi? **LIKELY**
Is it _____
truth about meeting Lionel Messi?
- 6 Why didn't you sign up at the swimming pool? **OUGHT**
You _____
at the swimming pool.

6 x 1 = 6 marks

Spoken English

H. Complete the dialogue using the phrases (A-G). Two are extra.

- A On the downside,
- B I suppose you're right.
- C Or am I being too picky?
- D Yeah, it's a real eye-opener!
- E To cut a long story short,
- F the problem that immediately springs to my mind
- G Point taken.

Diane: Hey, John, what's that video you're watching? 'Virtual Training in Pro Sports' – sounds intriguing!

John: 1) _____ It's about the new VR training system for basketball players. Apparently, players are using it to practise their shooting and decision-making without even stepping on the court.

Diane: Really? And does that strike you as a positive thing?

John: Of course! I'm a big fan of any innovation that can help athletes improve. This method can definitely enhance strategic understanding and reaction time.

Diane: That can't be denied. 2) _____ it can't really prepare players to face human opponents. I mean, no simulation can fully recreate the pressure of an aggressive defender trying to take the ball from you.

3) _____

John: No, I'll grant you that, but another point in favour is that it helps avoid injury from overtraining. Plus, injured players can stay sharp mentally by running drills in VR.

Diane: I can't argue with that, but 4) _____ is that players might start relying too much on tech instead of actual old-fashioned practice on the court. Sport skills need to be developed in real conditions. In short, I think VR's useful, but it can't match up to conventional training.

John: When you put it that way, 5) _____

5 x 3 = 15 marks

Reading

I. Read the article and choose the correct answer (A, B, C or D) to the questions (1-6).

O Jogo Bonito: Brazil's Unique Football Identity

A For generations, Brazil has consistently produced some of the best talent in world football. From historic figures like Zico, Garrincha and Pelé to more modern stars like Neymar and Vinicius Jr., the country has shown, time and time again, an incredible ability to create footballing superstars that dominate on the world stage. With its national team having won five world cups – more than any other nation – Brazil can safely be considered as football royalty. But what's behind this incredible success in the sport?

B A key contributing factor to Brazil's footballing dominance is the country's deep cultural connection to the game. For Brazilian people, football is more than just a sport – it's part of their way of life, being played by all ages and backgrounds, and has even impacted their language. This is as plain as day in everyday conversations in Brazil, as many expressions are derived from football. A common example is the phrase 'pisar na bola', meaning 'to step on the ball', which is used to refer to the act of making a mistake. For millions in Brazil, football goes beyond a simple game. It's a part of their national identity, brings happiness and enjoyment to all, and unites people across society joining them together. This passion has helped the nation to stay deeply committed to achieving excellence in football over generations.

C Many Brazilians start football from a very young age and players are often products of their environment. As a developing country with many densely-populated cities, Brazil has experienced significant urban poverty over the years. A large number of the country's greatest players have come from impoverished neighbourhoods, known as 'favelas', where football is all they have. There, they grow up playing daily on city streets, often without any goalposts, gear or even shoes. They develop a powerful love for the sport, and the absence of large, open spaces for playing forces them to develop a high level of agility, technique and inventiveness. This has given rise to the eye-catching Brazilian style referred to as 'jogo bonito', meaning 'the beautiful game', which emphasises individual skill, flair and self-expression.

D But Brazil's footballing success is not merely a matter of circumstance – the country has also developed a strong domestic footballing ecosystem. The top league in Brazil, the Serie A, is highly competitive, with huge, historic football clubs like Flamengo, São Paulo, and Palmeiras providing elite development environments for young players. They send their talent scouts far and wide, from bustling cities to remote villages in search of promising prospects. Those that are scouted are placed in academies early on, where they learn to pair their natural talent with the discipline, teamwork and tactical knowledge needed to play at the highest level. As a result, Brazilian players often rise rapidly to the top of the global game, becoming known worldwide and moving to major clubs in Europe for huge fees, all while still in their teens.

E In short, what truly sets Brazil apart is how it has managed to make football a part of its social fabric, blending sport with culture and national identity. The national team's success is far from an accident; it's a result of the active development of talent over the years, supported by the immense passion the local people have for the sport. In Brazil, the sport is not just about tactical intelligence and athletic performance – it's about playing from the heart. It is a means of creative expression and a pathway to a better life. In Brazil, football truly is life, and the unity this outlook brings has brought the nation great sporting success.

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- 1 What is the purpose of the article?
 - A to explain Brazil's footballing excellence
 - B to analyse the style of football Brazilians play
 - C to discuss the impact of football on Brazilian language
 - D to highlight Brazil's achievements in football

- 2 In the third sentence of paragraph B, what best replaces the phrase 'plain as day'?
 - A not complicated
 - B often viewed
 - C rather uninteresting
 - D easily noticeable

- 3 In paragraph C, the author says players who grow up in poor urban areas
 - A are sometimes referred to as 'favelas'.
 - B learn to play football more creatively.
 - C are used to playing in large, open spaces.
 - D rarely make it into the professional game.

- 4 In the third sentence of paragraph D, **they** refers to
 - A talent scouts
 - B young players
 - C football clubs
 - D development environments

- 5 In paragraph D, the author says that talented young Brazilian players
 - A typically develop tactical knowledge before joining academies.
 - B often get transfers to European teams early in their careers.
 - C usually take longer to develop than those from elsewhere.
 - D aren't generally found in rural parts of the country.

- 6 What is suggested in the final paragraph?
 - A Brazilian society is rarely united together.
 - B The success of the national team is taken for granted.
 - C Football is the only way to improve quality of life.
 - D Football is something that all Brazilians are a part of.

6 x 3 = 18 marks

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Writing

J. Read the rubric.

You recently read an article which discussed the growing trend of early specialisation in sports, where young athletes focus on one sport exclusively from an early age. Write an email to a newspaper, examining the pros and cons of athletes specialising in one area and giving your opinion on whether this trend is ultimately beneficial or harmful.

Write between 300 and 350 words.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

17 marks

Listening

K. Listen to a tennis commentary. For questions 1-5, choose the correct option. For questions 6-10, complete each sentence with a word or short phrase.

- 1 What is the atmosphere like among spectators at the start of the broadcast?
A relaxed
B quiet
C tense
- 2 What is Zoe Brooks' status in tennis?
A a promising contender
B a former champion
C a top-rated player
- 3 What was the score in the second set of the match?
A 6-6 to both players
B 6-1 to Matthews
C 6-3 to Brooks
- 4 Brooks scores a point to go 5-3 in the tiebreak by
A playing a fast backhand.
B sending the ball over Matthews.
C hitting a volley from the net.
- 5 Why does Matthews have a point disallowed in the tiebreak?
A She hit the ball into the net.
B She played a shot out of bounds.
C The ball crossed the baseline.
- 6 Matthews serves the ball _____ so as to avoid a foul shot.
- 7 Reaching _____ put Brooks on the verge of a historic victory.
- 8 Before her final serve, Brooks bounces the ball _____ times.
- 9 On the final serve, Matthews hits the ball out of play because she _____ her shot.
- 10 After the match, the two players share a moment of _____.

10 x 1 = 10 marks