LISTENING COMPREHENSION (Unit 4 -B1)

1 Listen to an **interview** with a young athlete who talks about **gymnastics**. Which of these things does he talk about? (*You can choose more than 1 option*)

- **1** what he finds difficult ☐
- **2** the time he spends training ☐
- **3** how gymnastics is affecting his school work ☐
- **4** what made him start training ☐
- **5** how gymnastics has changed him ☐
- **6** another sport he'd like to try ☐

2 **Listen again**. For each question, **choose** the **correct answer**.

1. How does Ryan **feel** about **training** at the gym?
   - **A** He doesn't like having to work so hard.
   - **B** He usually enjoys it even though it's not easy.
   - **C** He'd prefer to stay in bed on weekdays.
2. What does Ryan find the **most difficult** about **being a gymnast**?
   - **A** getting up early in the morning
   - **B** eating a special diet
   - **C** training under pressure
3. Ryan **started** gymnastics **because**
   - **A** he saw a programme on television.
   - **B** his mother made him do it.
   - **C** his sister was a competitive gymnast.
4. What does Ryan say is his **main motivation**?
   - **A** winning
   - **B** becoming famous
   - **C** being as good as other athletes
5. Ryan says that the **key** to being a **successful athlete** is
   - **A** the time you put in.
   - **B** having a good coach.
   - **C** following certain rules.
6. Ryan **feels** that gymnastics has **taught** him
   - **A** to be more confident.
   - **B** to appreciate his family.
   - **C** to organise his time.

LIVEWORKSHEETS