

LISTENING

A  **7.1** Listen to two friends talking about playing sports. Choose the correct answers (a, b, or c).

- 1 David can't play volleyball because ...
 - a he doesn't know how to play.
 - b he has a problem with his wrist.
 - c he doesn't want to play.
- 2 David can ...
 - a play other sports.
 - b move his wrist.
 - c watch others play sports.
- 3 When David's wrist is better, he can ...
 - a play soccer.
 - b play volleyball.
 - c play all sports.
- 4 Kelly wants David to ...
 - a meet her for pizza later.
 - b play soccer with her friends.
 - c watch her and her team play volleyball.
- 5 David agrees because he ...
 - a likes watching people play sports.
 - b loves volleyball.
 - c prefers volleyball to soccer.

VOCABULARY

A Complete the words in the sentences. The first letter is given.

- 1 I can't run! I think there's a problem with my k_____.
- 2 Lift the weights above your head. This exercise works your left s_____.
- 3 My neck _____ hurts. I can't turn my head.
- 4 I play tennis with my left a_____.
- 5 She is good at soccer. She has a strong right f_____.

B Choose the correct answers to complete the sentences.

- 1 Soccer players kick / hit the ball across the field.
- 2 Let the ball throw / bounce before you hit it.
- 3 Don't hold / touch the ball. Pass it!
- 4 Hit / Catch the ball with the bat as hard as you can!
- 5 In baseball they use gloves to pass / catch the ball.

C Choose the correct answers (a, b, or c) to complete the text.

I go to the gym every morning. I do a lot of different exercises. When I use weights, I lie on a bench and **1** _____ up the weight. Then I **2** _____ the weight over my head. I do this about 15 times. Then, I sit down on the machine and **3** _____ the weight toward me. That is really good for my shoulders. Next, I **4** _____ up straight and put the bar on the back of my neck. Then I slowly **5** _____ my knees so that I am very near to the floor. Then I slowly stand up again. I repeat this about 15 times, too. It's tough!

- | | | |
|------------------|----------------|------------------|
| 1 a bend | b lift | c stretch |
| 2 a push | b pull | c bend |
| 3 a turn | b push | c pull |
| 4 a stand | b twist | c bend |
| 5 a turn | b push | c bend |

GRAMMAR

A-Rewrite each sentence using adverbs of manner.

1. He is a careful driver. → _____
2. She is a beautiful singer. → _____
3. They are hard workers. → _____
4. He is a bad cook. → _____
5. She is a quiet speaker. → _____
6. The student is an active participant. → _____
7. My father is a fast reader. → _____

B-Complete the following sentences with *can*, *can't*, *should* or *shouldn't*.

1. _____ you throw the ball slowly?
2. My doctor said I _____ exercise more.
3. I _____ hit it very hard because my wrist aches.
4. One bar of chocolate is Ok, but you _____ eat a whole box.
5. Take a rest. You _____ work so hard!
6. They're free on Saturday, so they _____ play soccer with us.
7. No, I _____ lift heavy weights!

