

GRAMMAR & VOCABULARY REVIEW

Name: _____ Class: _____ Date: _____

1. Complete the dialogue with the words below.

a few | a little | all | any | both | each | little | much | no

Val: How (1) _____ exercise do you do (2) _____ week?

Jan: I don't do much, but I try to do (3) _____ exercise every day.

Val: Do you do (4) _____ push-ups at all?

Jan: No, not many, but I do (5) _____ in the morning before breakfast. What about you?

Val: I'm too busy in the morning and have (6) _____ time for exercise at all.

Jan: I get you. I have very (7) _____ free time these days with (8) _____ the homework we have to do.

Val: Maybe (9) _____ of us would study better if we made more time for exercise.

2. Complete the sentences with the correct form of the words in brackets.

1. Mo has broken his leg so he _____ (not / able / play).
2. Despite having the best players in the country, our volleyball team _____ the national championship last year. (not / manage / win)
3. When I was a child, I _____ a tennis racket in one hand. (cannot / hold)
4. _____ me with my homework on Saturday? (you / able / help)
5. Most of my friends _____ more than two languages. (able / speak)
6. My parents _____ shopping for two weeks because their car has been in the garage. (not / able / go)

3. Complete the sentences with the correct form of the verbs below.

carry | catch | drop | give | join | keep | sign | take | warm | work

1. Last summer, some friends and I _____ up playing quidditch. It's great fun.
2. How often do you _____ out at the gym?
3. Owen _____ out of the race after 20 minutes because his foot hurt.
4. Leyla _____ up playing golf because it was really boring.
5. Would you like to _____ in our game of volleyball?
6. Even though you're losing the match, you've got to _____ on until the end.
7. I was ill last week, so I'm trying to _____ up on all the classwork I missed.
8. My little brother is so full of energy and runs everywhere - I can't _____ up with him!
9. It's really important for your muscles to _____ up before exercising.
10. If you're interested in the boxing class, remember to _____ up soon.

4. Choose the correct answer: A or B.

1. It doesn't matter if you don't beat your _____, as long as you try your best.
A. opponent B. competitor
2. If you want to be a winner, you'll have to _____ hard.
A. train B. coach
3. The _____ of the London Marathon passes some of the city's most famous places.
A. track B. course
4. How many goals has their best player _____ in this game?
A. shot B. scored
5. The _____ decided it wasn't a goal and gave a free kick to Barcelona.
A. referee B. spectator
6. If you can't hit the ball over the _____, I don't think tennis is the sport for you.
A. court B. net

5. Complete the text about two runners with the best words. Write one word in each gap.

In a TED talk from 2014, journalist David Epstein compared athletes of the past with those competing today. He wanted to know why they (1) _____ not run as fast as athletes today. Were the differences in speed because of different fitness levels or better technology? He wanted to know what would happen if Usain Bolt took (2) _____ in a race with Jesse Owens.

Of course, this was a race that could never happen. In 2014, Usain Bolt was the fastest man on Earth. In Berlin in 2009, he set a world record for running 100 metres in 9.58 seconds, a time that (3) _____ runner has ever beaten. Jesse Owens was also the greatest runner of his generation, but more than 70 years earlier. At the 1936 Olympics, also in Berlin, he managed (4) _____ win four gold medals. But the difference between how fast they (5) _____ run 100 metres was around half a second.

However, Epstein found that if you put them in the same shoes and also on the same running (6) _____, their times would only be a (7) _____ different.

As technology improves, some experts think athletes will run the 100 metres even faster. The Australian sports scientist Jeremy Richmond thinks in the future a few (8) _____ the best male runners (9) _____ manage to run the race in a time as fast as 9.27 seconds, but probably won't be (10) _____ to go faster than 9.2 seconds.

6. Speak or write. Read the quote and answer the questions.

"It's not whether you get knocked down; it's whether you get up."

- Vince Lombardi, American football coach

1. What do you think are the most important reasons for doing a sport?

2. Can you think of a time when you managed to get up and continue doing something after being knocked down? What happened?
