READING

1 Read the magazine article. Match the photos A-D to the paragraphs 1-3.









What is so great about running?

1 In the past, people didn't need sports like running to stay healthy because they were very active. But these days, many of us spend most of the day sitting down. This means we need to get some exercise in our free time, and running is a cheap and easy way to do it. It's more fun than doing boring exercises in a gym, and all you need is a good pair of trainers and some comfortable clothes. Also, it's a sport that people can do at any age – for example Fauja Singh finished a marathon at the age of 101!

2 To make running interesting, you can enter a race. Fun runs are very popular. These are often 5 km long and are great for beginners. You can run with your friends and maybe dress up. For fitter people, there are half-marathons, marathons, or even ultra-marathons. These can be 70–400 km long. One of the most famous is the Marathon des Sables which takes six days and goes through the Sahara desert.

3 Running is fun and scientists say it is one of the best ways to keep fit. However, make sure you don't do it every day – it's important to have a rest between runs. Running improves the health of almost every part of your body, including your brain. It can make you feel happier and healthier, and live longer. It also helps you sleep well, and that gives you the energy to enjoy your life more. Perhaps it's the perfect sport!

LIVEWORKSHEETS

2 **Choose the correct headings a-d for the paragraphs 1-3. There is one heading you don't need.**

Paragraph 1

- ○ a Different kinds of running races
- ○ b Some problems with running
- ○ c All the ways running is good for you
- ○ d Reasons why running is popular

Paragraph 2

- ○ a Different kinds of running races
- ○ b Some problems with running
- ○ c All the ways running is good for you
- ○ d Reasons why running is popular

Paragraph 3

- ○ a Different kinds of running races
- ○ b Some problems with running
- ○ c All the ways running is good for you
- ○ d Reasons why running is popular



TALKING POINTS

Do you go running? If not, would you like to?

Do you think running is the 'perfect sport'? If not, what is?

3 Choose the correct options.

1 I need to (*do*) / *stay* some exercise.

2 What do you do to *sleep* / *keep* fit?

3 I want to *have* / *do* some exercises in a gym.

4 I hurt my leg, so I didn't *enter* / *go* the race.

5 Did you *sleep* / *stay* well?

6 It's important to *make* / *stay* healthy.

7 I'd like to *go* / *have* a rest but I can't.

LIVEWORKSHEETS

6 Match the problems with Maria's advice. Then complete the advice with *should* or *shouldn't*.

1 Maria, I've got a problem. Last week I was at the beach. It was very sunny and now I'm red and sore. E

2 Maria, can you help me? I've got five exams next week and I've got no time to study because I care for my brother and sister. _____

3 Maria, I've got an important football match on Saturday but I'm very tired. _____

4 Maria, I don't feel well. _____

5 Maria, help me please. My teachers don't like me. _____

A You *should* try and do all your homework and you _____ try and smile at your teachers in class.

B It is very important to take care of yourself. You _____ go to the doctor immediately.

C You _____ spend too much time with your brother and sister because you _____ study also.

D You _____ rest first and then you should do some exercise every day. You _____ eat unhealthy food.

E You _____ put some special cream on your arms and legs and rest a lot.

LIVEWORKSHEETS

PRONUNCIATION | Silent consonants

06 **7** **Listen and circle the words with a silent consonant. There is one example in each sentence.**

1. You should take some medicine.
2. Quiet, please! Everybody, listen to me.
3. Sandy walks her dog every day.
4. I kept all my receipts from the shopping trip.
5. Did you write your name on the list?
6. Simon ate half an apple.
7. My little brother loves climbing trees.

LIVEWORKSHEETS