Skills Test Units 6–8

READING

A Read the article about challenging yourself. Complete the sentences (1–5) with a word from the article. An example (0) has been done for you.

The Importance of Challenging Yourself

I was 18 and about to set off on my first solo journey across the other side of the Earth. What was I thinking? Suddenly I appreciated everything that my parents had done for me up to that point. They had put a roof over my head, made sure there was food on the table and kept me from harm. Now, this was all up to me. I was eager to get on with it but also petrified. Travel is supposed to be a great experience. I hid my tears as I was waved off from the airport that day by my family.

All sorts of thoughts were running through my head, the worst of which was a distinct likelihood that I might never return. But I just had to be courageous. What was the alternative? Waste my round-the-world ticket and return to life as I'd known it up to that point? It was because I wanted to see the world that I'd spent the best part of the year working two jobs to save up every penny I had. It was with a fast heart rate and shaky legs that I got on my first long flight – to Australia.

Looking back, it seems so dramatic, doesn't it? In actual fact, that trip showed me the importance of pushing yourself into previously uncharted territory. What kind of person would I be now, almost 20 years later, if I hadn't done this? From the Great Barrier Reef to the Shrines of Kyoto and the casinos of Las Vegas, everything was new and exciting, and at each step of the way, my confidence and thirst for adventure increased. I could not only do this, I could actually enjoy it. And the people I met along the way, some of whom became lifelong friends, taught me so much about myself and people in general.

Now, I'm aware that travel isn't everyone's cup of tea. For some people, challenging yourself is about trying to pass that exam which you think is beyond you or finding the courage to walk up to new people at a party and introduce yourself. In short, people need to find courage in situations that are difficult for them. It's subjective rather than objective. I just can't help thinking that if I'd given in to the fear which almost broke me on that day at the airport, I'd never have seen what I am actually capable of if I put my mind to it.

0 Despite being scared, the writer was also _____eager_____ to start their trip.
1 The writer had numerous negative _____ before their flight.
2 Two jobs had allowed the writer to _____ for the plane ticket.
3 As the writer traveled to each place, their _____ grew.
4 According to the writer, some people aren't interested in the challenge of _____.
5 The writer believes that pushing yourself into difficult situations is _____.

___ / 5

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LIVEWORKSHEETS

B Read the article about how to improve athletic performance. Match the paragraphs (1–5) to the headings (a–f). An example (0) has been done for you.

Improving Your Athletic Performance

Whether you're a professional athlete or simply want to maximize your athletic potential, here are some tips to help you achieve your goal.

0 *b*

It's no good trying to give it your best at bat when your belly is full of junk, however appetizing it may look at the time. Nutritionists can actually recommend different meals for different functions. And timing is everything. After a race, you'll be needing recovery food and before a race, you'll require fuel. It's just common sense to have a healthy breakfast to jump start your metabolic rate and the same is true for athletes.

1 ___

Why not get a boost from these if they can help your performance? Vitamins, minerals and macronutrients are often what is required in addition to a healthy diet. The most basic of the three is vitamins. In this way the amount of food you eat doesn't have to be so large. Conjugated linoleic acids can be used to increase metabolism and whey protein is popular with athletes both before and after working out.

2 ___

A workout to suit your particular sport is vital. Bodybuilders may have the perfect physique, but body sculpting is by and large the least important thing to an athlete. Many athletes don't look particularly muscular. Functional routines which involve different muscle groups aim to mimic movements in the athlete's chosen discipline. This improves movement while also reducing the risk of injury.

3 ___

Unfortunately, this really is as dull as it sounds! But there's a high likelihood that this kind of repetition plays an important role in any athlete's training schedule. Practice makes perfect and this is only achieved by doing the same movements over and over again. How do you think they react so fast to different situations in a competition?

4 ___

Most sportsmen and women do this as a matter of routine. However, if you don't, it's worth pointing out that this increases motivation and helps you toward your goal whether that may be a specific time or skill. You can look back on your statistics and notes to see how far you've come – you'll hopefully be able to see improvement slowly but surely.

5 ___

It's important to move away from doing the same specific workouts for a long period of time especially if they feel comfortable. The reason for this is that it may not give you the best results. Once athletes have become used to doing various routines for several weeks, they will be urged to change it up by their trainers.

a Choose the right exercise
b ~~Eat the right things at the right times~~
c Change your workout every three weeks
d The importance of practice
e Record your performance
f Take the right supplements at the right times

___ / 5

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LIVEWORKSHEETS

Skills Test Units 6–8

LISTENING

7 **A** Listen to part of an orientation talk for an activity weekend. Number the events (a–f) in the order in which they will happen. An example (0) has been done for you.

a windsurfing ___
b hot-air balloon ride ___
c safety talk 0
d rock climbing ___
e bungee jump ___
f barbecue ___

___ / 5

8 **B** Listen to five people talking about the most stressful job they've had. Match each speaker (1–5) with a statement (a–g). There is an extra statement you do not need. An example has been done for you.

This person

a was pleased with his/her salary.
b became more stressed as his/her performance got worse.
c was stressed due to communication problems.
d decided not to leave the job early despite the conditions.
e was fired from the job.
f saw their workload increase due to someone's health problems.
g tolerated the stress associated with a prestigious role.

Speaker 1 ___
Speaker 2 ___
Speaker 3 ___
Speaker 4 d and ___
Speaker 5 ___

___ / 5

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LIVEWORKSHEETS