

Words connected with *outdoor activities*

- 1** The activities in bold are jumbled. Write the correct activities in the spaces.
- I've never been **shore-grindi** before.

 - The problem with **iec-tasking** is it hurts when you fall over. _____
 - It's a great feeling when you're **giskin** really fast! _____
 - You should try **nikigh** at night – the stars will blow your mind! _____
 - Be careful when you go **cork-blincmig** – don't fall! _____
 - Is **brodosnawing** like skateboarding?

 - I would never go **ysk-gnivid**. No way!

 - If you don't like the sea and you can't swim, you shouldn't go **lanisig**. _____

Phrasal verbs

- 2** Choose the correct answers.
- Sometimes we go **out / off** on Fridays because we can sleep **out / in** the next day.
 - I think I'd like to take **up / out** a new sport.
 - I try to go to the gym and work **out / up** every day.
 - If you like eating **off / out**, maybe we can get **together / out** at the weekend.
 - We don't often stay **up / off** later than midnight.
 - If there's a lot of snow, they usually call **in / off** the match.
- 3** Choose the correct response, *a* or *b*.
- Do you feel tired after you work out?
a) No, I like work.
b) Yes, sometimes.
 - Do you usually sleep in on Saturdays?
a) No, I sleep out.
b) No, I get up early.
 - Are you going to stay up late tonight?
a) No, I'm going to bed soon.
b) No, I have to meet my friends.
 - Why did they call off the party?
a) I think someone is ill.
b) It's for Helen's birthday.
 - How often do you eat out?
a) Only when I have money.
b) You have to eat every day!
 - Have you ever thought about taking up running?
a) No, I didn't take it.
b) No, but I'm sure it's a good idea.

Collocations connected with *free time*

- 4** Complete the sentences using the words in the box.

had | have (× 2) | make | spend | take

- Sometimes you need to _____ a break from your work.
- We always _____ a good time on our camping holidays.
- I'm not lucky! Yesterday we _____ the day off school and I wasn't well.
- Can I _____ a go on your snowboard?
- It's nice to _____ time with your family.
- It's a good idea to _____ time for a little exercise every day.

Unit round-up

- 5** Choose the best answer (A, B or C) to fill each gap.

Hi Jordan,

I've just come back from a long holiday where we tried different activities.

In the first week, there was a lot of snow so we went skiing and snowboarding. Then in the second week we went (1) _____ in the mountains. It was cool, but we walked a long way. In the third week we went (2) _____. I was a bit scared at first (you know what I'm like with animals) but I really enjoyed (3) _____ and I didn't fall off! In the last week I (4) _____ a go at different sports that I'd never tried before.

We (5) _____ up late at the weekends, but not on the other days because we couldn't sleep in. I wanted to try sky-diving but the weather was bad and they (6) _____ it off. I'm definitely going to do it next time!

I'll tell you more when we (7) _____ together next month. Right now I want to take (8) _____ a new activity – sleeping!

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|-----------------|----------------|-----------------|
| 1 A sailing | B swimming | C hiking |
| 2 A ice-skating | B horse-riding | C rock-climbing |
| 3 A me | B myself | C I |
| 4 A did | B gave | C had |
| 5 A stayed | B went | C slept |
| 6 A worked | B took | C called |
| 7 A be | B get | C make |
| 8 A in | B out | C up |