

A. Choose the correct option to complete the collocations.

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| 1. You can't get to the top if you don't take _____.
a. attempts
b. risks
c. tasks | 5. Why didn't you ____ the offer of a free skydiving course?
a. risk
b. reach
c. take up |
| 2. Nothing beats achieving your _____.
a. fears
b. obstacles
c. dreams | 6. Just imagine a teenager ____ to circumnavigate the world alone!
a. attempting
b. taking
c. reaching |
| 3. We have to ____ our problems and not run away from them.
a. face
b. achieve
c. reach | 7. Of course you'll ____ difficulties on this trip.
a. achieve
b. encounter
c. fulfil |
| 4. I don't think I ____ my potential as a free diver.
a. Encountered
b. Fulfilled
c. overcame | 8. Jordan was on top of the world when he ____ the summit.
a. overcame
b. took up
c. reached |

B. Match the sentence halves to form phrases.

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|---|----------------|
| 1. I feel as free as | a. this world. |
| 2. I do it for the adrenaline | b. a God. |
| 3. When I reached the summit, I felt like | c. a bird. |
| 4. It's out of | d. the limits. |
| 5. Push | e. rush. |

C. Replace the underlined part of the sentence with a suitable idiom.

- I can't put up with my little brother. He's so annoying.
I can't put up with my little brother. He is
- I don't like jazz – I prefer classical music.
Jazz is not – I prefer classical music.
- Snowboarding is difficult at first, but you will learn.
Snowboarding is difficult at first, but you will.....
- I love both, the green and the pink dress. I can't decide which one to buy.
I am..... between the green and the pink dress.

D. Complete the extreme sports. Write one word in each gap.

1. _____ jumping is when you jump from a height while attached to an elastic cord.
2. People who go free _____ learn to hold their breath under water for a long time.
3. How many stairs could you run up if you went _____ running?
4. In _____, you use your body to ride the waves, not a board.
5. It's always been my ambition to go _____ down snowy mountains.
6. _____ climbing involves climbing frozen waterfalls, cliffs and rocks covered in ice.
7. People jump from buildings and cliffs when they go base _____.
8. _____ involves riding a special board on wheels.

E. Choose the correct present tense.

1. I'm enjoying / I enjoy this match so much that I don't want it to end!
2. I'm not believing / I don't believe all of the things that Julian tells me.
3. I understand / I'm understanding the question but I don't know how to answer.
4. Why don't you just tell me what you're wanting / you want?
5. Every weekend, I do / I'm doing some kind of sport.
6. I'm not really liking / I don't really like playing basketball but I love watching it.
7. Each member of the team gives / is given a lot of encouragement by the coach.
8. Hey! What are you doing / do you do? That's my bag. Put it down now!
9. Janice doesn't understand / isn't understanding the question.
10. Only the best players are chosen / choosing to play in the team, so you have to train hard.

F. Choose the correct past tense.

1. They invited me to see the new film but I was already seeing / I was already seen / I'd already seen it so I stayed at home.
2. While I cycled / was cycling / had cycled, the person in front of me fell off his bike and I crashed into him.
3. You fixed my tablet! What did you do / you were doing / had you done to it?
4. What had been done / had you done / were you doing last night? You didn't answer your mobile.
5. We were a kilometre from the beach when we were noticing / had noticed / noticed water in the bottom of the boat.
6. 'How far were you getting / had you got / did you get when you had the accident?' 'Only about half-way.'

7. Where were you living / had you lived / you lived this time last year?
8. What happened when you had written / were writing / were written your test? Why did you leave before the end?
9. How long did it take / was it taking / was it taken you to find your car?
10. Julia was going / had been / went to the beach many times before so she decided not to come that day.