

1 TRACK 3 Listen to John and Natalie. For questions 1–6 put a [X] in the right place in the table.

	Who...	John	Natalie
1	is surprised by the other person's choice of sport?		
2	doesn't try very hard when playing sports?		
3	was punished for forgetting something?		
4	found something out from a relative?		
5	recommends a career for the other person?		
6	makes a decision for someone else?		

2 Write the correct word for each definition. The first letter for each word is given. Do not change the first letter.

(noun) a person who teaches you to play a sport: trainer

1 (noun) a person you play with on the same side: t_____

2 (adj) of a person who makes choices quickly and definitely: d_____

3 (noun) a person who hopes a certain team or player will win: s_____

4 (adj) of a person who moves a lot and does a lot of things: a_____

5 (noun) a person who decides if players' actions are allowed or not during a match: r_____

3 Complete the sentences with the words in the box.

win	break	give	come	point	score
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If she keeps running that fast she could break a world record!

1 We hoped our team would _____ at least one goal, but it didn't happen.

2 When the runner fell down on the track, it was the _____ of no return for her – there was no way she could win.

3 I knew Stella would _____ a prize on the game show!

4 I hope the doctor will _____ me some peace of mind by telling me my leg will get better.

5 Despite doing her best, Lydia was disappointed to _____ last in the 10 km race.

4 Complete the sentences with the correct form of verbs in brackets. Use the Past Simple, Past Continuous or Past Perfect.

It was raining (rain) on the day the Olympic Games started.

- 1 I _____ (drive) home when I heard about the accident on the radio.
- 2 Ann wasn't late. When she got to the sports centre, the competition _____ (not / start).
- 3 When they got to the meeting point, they realised they _____ (wear) inappropriate clothes for the trip.
- 4 When _____ (Paul / finish) his sporting career: in 1998 or 1999?
- 5 Before I won my first championship, I _____ (never / beat) such a famous opponent.

5 Complete the sentences with the correct form of the words in brackets. Do not change the order of the words in brackets.

I (not / stand / watch / match) can't stand watching matches on TV with my brother – he doesn't stop talking.

- 1 Mum, could you (teach / I / play) _____ chess?
- 2 Our father (never / let / we / go) _____ swimming in the river.
- 3 The doctor (warn / she / not / do) _____ too much exercise during the first month after the injury.
- 4 A friend of hers said, "(not / waste / time / try) _____ to become a professional sportsperson!"
- 5 Joshua (attempt / climb) _____ the highest mountain in the Alps two years ago.

6 Choose the correct option.

What are you waiting for? Just C it!

Do you any sport regularly?

A make B get **C** do

- 1 Don't give so easily. You can still beat your opponent.

I have always looked to Adrian for his modesty.

A down B in C up

- 2 Dan seems to after his father. They are both short and very strong.

I don't think I want to _ on the challenge of trying out for the volleyball team. I know I'm not really good enough.

A turn **B** go **C** take

3 My experience of falling off a horse has put me _ riding forever.

My goal is to burn _ 500 calories a day through exercise.

A off **B** up **C** down

4 Why don't you try fencing _? I think you'd really enjoy it.

I hope Tim doesn't drop _ of the team. He's such a good player!

A in **B** out **C** on

5 Marla has talked me _ helping her with her golf game.

My brother was thrilled to get _ the rowing team.

A on **B** about **C** into

7 Choose the word that means the same as the underlined words or phrases.

John might be at this football practice.

A could **B** must **C** should

1 I'm sure Mum will make me work harder when she sees my grades.

A force me to **B** refuse to **C** allow me to

2 I didn't mean to disappoint the team but I wasn't feeling well during the match.

A cheer on **B** let down **C** go in for

3 He realised his mistake after kicking the ball really hard.

A when he had kicked **B** while he was kicking **C** after he has kicked

4 Be quiet and listen to what the trainer is saying.

A coach **B** athlete **C** referee

5 X: I'm sure we will win the league this season!

Y: That's true!

A No way! **B** Absolutely! **C** Are you kidding?

8 Read the text. Match headings A-F with paragraphs 1-4. There are two extra headings.

- A** Still inspiring others
- B** An overseas trip
- C** Enjoying being a star

- D** A quick recovery
- E** Difficulties and frustrations
- F** A family passion

BETHANY HAMILTON – SOUL SURFER

1 ____

It is sometimes said that Bethany Hamilton was born with the sea in her blood. Her parents, who were keen surfers, had moved to Hawaii before she was born so that they could spend more time in the water. With her parents and two older brothers, she started learning to surf almost as soon as she could walk and she won her first competition at the age of eight. So, it was no surprise when, on the night before Halloween in 2003, she went for an evening's surfing with her friends. The waves weren't very high and she was just lying on her board, relaxing, when a three metre long tiger shark came up from below and bit off her left arm.

2 ____

Thanks to her quick-thinking friends, Bethany survived despite losing over half the blood in her body. She was rushed to hospital where doctors carried out emergency surgery. When she woke up again, her first words were "When can I surf again?" It was sooner than anyone expected. On November 26th, she returned to the sea on her surfboard and, in January 2004, she entered her first competition since the attack. Around this time, she was also busy with appearances on television and in newspaper interviews. At first, she wasn't keen on all the publicity but, eventually, she realised that it gave her a chance to tell people about her life and her beliefs.

3 ____

In the same year, 2004, she wrote her autobiography: *Soul Surfer: A True Story of Faith, Family and Fighting to Get Back on the Board*. This brought her story to a much wider audience and Bethany, despite still being a young teenager with her own disability, was determined to help others who had even worse problems. She was able to do this in 2005 when a youth group asked for volunteers to go to Thailand, which had been badly damaged by a tsunami in December 2004. Bethany went there and was able to help local people overcome their fear of the water.

4 ____

Bethany won her first national surfing competition in 2005 and she turned professional two years later. Although surfing takes up a lot of her time, she has other passions. She raises money for a number of good causes and promotes a healthy diet and lifestyles. In 2011, her amazing story was made into a film and, once again, Bethany was able to reach an even wider audience and has become a role model for many people with disabilities. When a journalist asked what she would do if she could get her arm back, her reply was immediate. She wouldn't want to change her life as it was the loss of her arm which made everything that she has achieved possible.