OPTIMISE B1 **NAME: _____**
PROGRESS TEST 1 **GROUP: _____**

I. CHOOSE THE CORRECT WORD OR PHRASE TO COMPLETE THE SENTENCES.

1. After three months in America, my pronunciation *gets /is getting* much better.
2. Sam is in his room. I imagine he *plays /is playing* video games like he usually does.
3. I *do believe /am believing* that Nadal is going to win the match!
4. Because my last class *finishes/is finishing* at 6 pm, it's always difficult to get to hockey practice at 6:30.
5. Belinda has *written /been writing* that postcard for half an hour!
6. Alison is a bit nervous because she *is seeing/is going to see* the dentist tomorrow.
7. How many times *have you stayed /been staying* in the same hotel?
8. A: Excuse me. Are you ready to order your food yet?
   B: Yes, I think so. *I'll /I'm going to* have the double cheeseburger, please.
9. A: Manchester are losing 6-0 and there is only one minute left.
   B: Oh, dear! They *won't /aren't going to* win today.
10. We *haven't seen /didn't see* much of Berlin yet, but we really like it.

_____/10

II. COMPLETE THE SENTENCES WITH THE CORRECT FORM OF THE VERBS IN THE BRACKETS. USE PAST SIMPLE, PAST CONTINUOUS, USED TO WOULD.

1. I_____(drop) my mobile while I _____ (cross) the road and a car drove over it!
2. Jordi_____(not like) watching tennis, but now he does.
3. Last week we_____(buy) some new furniture. When they brought it to the flat we_____(realise) it was too big to go through the door!
4. When I was younger I often_____(play) with wooden bricks at home.
5. I remember my mother always_____(read) a story to me before I went to sleep.
6. Our teacher got mad because the girls_____(giggle) while she _____(speak)

_____/6

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III. COMPLETE THE SENTENCES WITH THE CORRECT FORM OF THE WORDS IN CAPITAL

1. I don't like waiting for buses. I'm too_____I usually start walking before the bus arrives. IMPATIENT
2. Don is quite_____. He often gets to class late and sometimes forgets his books. RELY
3. She is an interesting person, but sometimes her_____stops her from expressing herself. SHY
4. Jerry was sad because he was_____to go to his favourite festival. ABLE
5. My sister is more_____than me. She can draw and make her own birthday cards. CREATE
6. I don't want to buy anything. I was just looking out of_____. CURIOUS
7. It is_____to get on a train without a ticket. LEGAL

_____/7

IV. COMPLETE THE SENTENCES WITH THE CORRECT PREPOSITION.

1. I'm very excited about our new house! We're moving_____next week.
2. When I was in London, my friend Colin put me_____for a couple of days.
3. My aunt is renting_____her second flat to tourists during the summer.
4. Nuria is working_____at the gym to get stronger. 3 Chris didn't stay late watching TV because he was going skiing the next day.
5. Tomorrow is Saturday, so I'm going to sleep_____until 10 o'clock!
6. What was the last new hobby that you took_____? Did you like it?
7. We are calling_____our skiing trip because there isn't enough snow.

_____/7

V. COMPLETE THE SENTENCES WITH THE CORRECT ALTERNATIVE

1. Jake isn't very keen *on/in* playing video games. He prefers playing sport.
2. The tour guide prevented us *from /to* taking photos inside the art gallery.
3. When we entered the campsite they made us *show /to show* our identification
4. *Each of /Every* student has to bring a photo of their holiday to class.

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5. When we got off the plane the first thing we did was pick up *our luggage /currency.*
6. We keep my old toys up in the *attic /ceiling*, but I don't often go up there because of the spiders!
7. Has Dad changed our money into the local currency yet /already? I need to buy a map.
8. We only have *a little /a few* time to prepare our presentation.
9. When I got home my dad was *fast /wide* asleep on the sofa
10. Have you noticed that most students in our class *wears /wear* jeans

_____/10

VI. READ THE TEXT AND ANSWER THE QUESTIONS

Body language

Terry Gibbs, a body language expert, explains how body language helps communication.

People move their face and body in different ways, which can show their emotions. Body language is
non- verbal. This means that people are communicating information without speaking. A study showed that effective communication is 93% non-verbal and only 7% the words you say. Of the 93%, 38% is the tone of your voice and 55% is body language. So, to communicate well you need to understand body language.

I work for people interested in understanding the signals that individuals send. A newspaper will contact me when they want to look into the non-verbal messages that politicians give when they speak on television. Sometimes the words give one message, but the body language says the opposite. I also advise the police when they don't know if a criminal is telling the truth or if a witness is unreliable. Of course, when I'm sitting in the police interview room, I don't reveal to the witnesses that I'm a body language expert.

For example, a person who is shy doesn't like looking directly in the eye of another person. They often look down, keeping their arms close to their body and their legs together. However, a confident person can maintain eye contact for a long time and will open their arms and shoulders wide to appear bigger. They also walk faster but, when speaking, they often pause and are happy to listen, whereas nervous people can't stop talking.

Most of the time, I can tell if a criminal is lying. I notice if their attitude changes when we are talking. For example, they might start being friendly and then become more serious as I ask them for more details. And people who give lots of unnecessary details also might be trying too hard to make me believe something. If they touch their face with their hand or put their hand over their mouth, these are good signs that their story might not be true.

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To read body language, you must be interested in people and learn the meaning of many different body movements and facial expressions. There is plenty of free information about reading body language on my website, or my e-book on the subject is now available to buy.

1. Terry says that non-verbal communication
   - A includes the tone of the voice.
   - B is often used by emotional people.
   - C is less important than the words you say.
   - D isn't always very effective.
2. What work does Terry do?
   - A He works for different people who need his help.
   - B He writes about body language for newspapers
   - C He helps police find criminals and witnesses.
   - D He teaches politicians to communicate well.
3. Confident people
   - A open their eyes wider than shy people do.
   - B move their body to try to look larger.
   - C talk more quickly than less confident people.
   - D are good at listening to nervous people.
4. When speaking to a criminal, Terry
   - A listens carefully for specific words and phrases.
   - B always knows when they are not telling the truth.
   - C asks them for lots of information.
   - D notices what they do with their hands.
5. Which is the best description of Terry?
   - A A man with an unusual job who knows a lot about his subject.
   - B A man who teaches excellent body language skills.
   - C A man who is famous on television for the work he does.
   - D A man who helps criminals to improve their lives.

_____/5

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VII. You are going to listen to a radio interview with a housing expert called Valerie Richards. Read the questions and choose the correct answer A, B, C.

1. Who is Michael Fletcher?

A a person who has recently moved house
B someone who listens to the radio show
C a housing expert

2. What does Valerie say about terraced houses?

A They are not as popular as they were.
B The garages are much smaller than in the past.
C There is less space outside them compared to in the past.

3. Why do people prefer new houses, according to Valerie?

A They are simpler to buy than old houses.
B It is easier to put wooden floors in them.
C There are many types to choose from.

4. What problem with old houses is mentioned?

A They can be expensive to repair.
B The doors are too big.
C They use a lot of electricity.

5. What house does the interviewer prefer?

A a new house
B a flat with a romantic view
C a small house

_____/5

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VIII. READ THE TASK AND WRITE YOUR ARTICLE.

Articles wanted!
WHICH ARE BETTER – INDOOR OR OUTDOOR ACTIVITIES?
Write an article telling us whether you prefer indoor or outdoor activities.
What do you think makes an activity exciting? The best articles will be published next month.

Remember to:

- write in an appropriate style
- write about 100 words
- check your grammar, spelling and punctuation

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