

GRAMMAR

Circle a, b, or c.

- 1 Elliot served, but the ball ____ into the net.
a went b was going c had gone
- 2 The athlete fell when she ____ towards the finishing line.
a run b was running c had run
- 3 I didn't realize that you two ____ before.
a didn't meet b weren't meeting c hadn't met
- 4 A I can't find my glasses anywhere.
B ____ them when you left home this morning?
a Did you wear b Were you wearing c Had you worn
- 5 ____ walk to work, or do you drive?
a Do you use to b Do you usually c Use you to
- 6 When I was a child, I ____ like vegetables.
a don't used to b didn't used to c didn't use to
- 7 ____ do any sport at university?
a Did you use to b Use you to c Did you used to
- 8 Lots of famous films ____ in San Francisco.
a have shot b have been shot c has been shot
- 9 He hates ____ about his private life.
a asking b being asking c being asked
- 10 Why ____ in New Zealand?
a is the film being made b is the film making c is making the film
- 11 Many people believe that Columbus ____ America.
a didn't really discover b wasn't really discovered c weren't really discovered
- 12 A I've just rung the doorbell, but there's no answer.
B They ____ in the garden. Have a look.
a can't be b might be c can be
- 13 I'm 29 and he's a bit older than me, so he ____ in his thirties now.
a must be b may be c can't be
- 14 A Ann and Simon have broken up!
B That ____ true! I saw them together just now.
a mustn't be b might be c can't be
- 15 A Does your sister know Liam?
B She ____ him. I'm not sure.
a can't know b may know c can know

VOCABULARY

- a Write the parts of the body that you use to do these actions.
1 smile ____ 3 smell ____ 5 bite ____
2 stare ____ 4 clap ____
- b Circle the correct word or phrase.
1 Arsenal won / beat Chelsea 2-0.
2 Can you book a tennis course / court on Friday?
3 Sports players are very careful not to get injured / get fit.
4 Real Madrid scored / kicked a goal just before half-time.
5 I do / go swimming every morning during the week.
- c Complete the words.
1 Luke is a very cl ____ friend. I've known him all my life.
2 My wife and I have a lot in c ____.
3 Gina and I lost t ____ after we both changed jobs.
4 We g ____ to know each other very quickly.
5 Linda is getting married next month. Her f ____ is Italian.
- d Write words beginning with s for the definitions.
1 ____ the music of a film
2 ____ the translation of the dialogue of a film on screen
3 ____ images often created by a computer
4 ____ the most important actor in a film
5 ____ a part of a film which happens in one place
- e Complete the sentences with one word.
1 I love working ____ at the gym. I go every evening.
2 The player was sent ____ for insulting the referee.
3 My sister and her boyfriend have split ____.
4 Did you know Jane is going ____ with Jessie's brother?
5 Is there anything good ____ TV tonight?

PRONUNCIATION

- a Practise the words and sounds.

Vowel sounds

Consonant sounds



bird



phone



egg



owl



television



zebra



dog



tie

- b p.166-7 Sound Bank Say more words for each sound.

- c What sound in a do the pink letters have in these words?

1 booked 2 crowd 3 eyes 4 shoulders 5 world

- d Underline the stressed syllable.

1 re|fe|ree

3 spec|a|tors

5 co|l|league

2 re|view

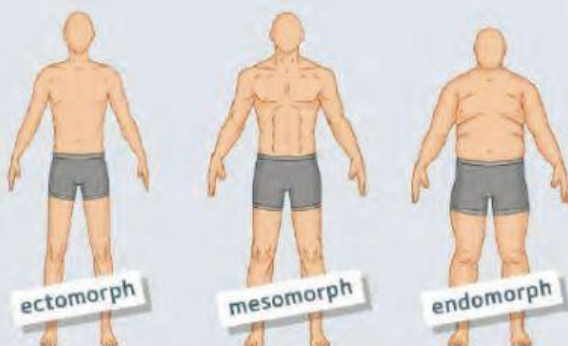
4 di|rec|tor

CAN YOU understand this text?

- a Read the article once. What does the article say is the best exercise for all body types?

What is the best sport for your body type?

Just because someone has dreamt of playing football from childhood does not mean it is the best sport for him or her. Finding the sport your body is best suited to can make a big difference to how much you enjoy it and how good at it you are.



A person with an **ectomorph** body type is tall and slim with little fat or muscle. This person has narrow shoulders, chest, and hips, and thin arms and legs. Ectomorphs have difficulty putting on weight because of a fast metabolism.¹ What suits ectomorphs is endurance sports. Marathon running, swimming, and football are excellent choices for them.² Basketball may also be a great option. Ectomorphs also generally do well in gymnastics.

Mesomorph body types are the stereotypical image of an athlete.³ Mesomorphs can put on or lose weight easily and build muscle quickly.⁴ Possibilities range from weightlifting and boxing to athletic sprinting and cycling for shorter distances.

A person who is an **endomorph** naturally carries more body fat.⁵ They are often short, with a high waist, and well developed upper arms and thighs. While it may seem that an endomorph will not be very athletic, they can be very good at power sports because of their larger mass.⁶ but strength activities like wrestling, discus-throwing, or power-lifting can be a great fit.

A few extra considerations

It is important to note that the three body types are extremes. No one is 100% ectomorph or completely endomorph.⁷ Another key point is that diet and environment also contribute to athletic ability and genetics plays a large part. And the most important thing is to choose a sport you enjoy. The best exercise of all is the one that you will do!

Adapted from a fitness website

- b Read the article again. Complete the gaps with A–G.

- A A person with this body type has more choice of sports
- B For the same reason, it takes them longer to build muscle
- C Their arms and legs are muscular and they have broad shoulders and narrow hips
- D Everyone is a bit of a mix
- E If a person with this body type is very tall
- F It is difficult for them to lose weight, but they gain muscle rapidly
- G This body type is not suited for agility and speed

▶ CAN YOU understand these people?

- 6.21 Watch or listen and choose a, b, or c.



- 1 Philomena enjoys _____.
a watching tennis b doing gymnastics
c watching diving
- 2 Rachel says that most people she knows who have been out with someone they met online _____.
a are still with the other person
b married the person they met
c broke up with the person they met
- 3 Aileen kept a tissue with answers to the exam in _____.
a her pocket b the bathroom c her backpack
- 4 Coleen _____.
a prefers the *Lord of the Rings* films to the books
b loves the books and the films
c prefers the books to the films
- 5 Miranda chose a picture for her profile photo because _____.
a she liked how she looked in it
b it was taken in Las Vegas
c it was taken on her wedding anniversary

CAN YOU say this in English?

Tick (✓) the box if you can do these things.

Can you...?

- 1 ☐ tell an anecdote about something that happened to you using the past simple, past continuous, and past perfect
- 2 ☐ talk about three past and three present habits of yours
- 3 ☐ describe a film, saying where it was set, what it is based on, who it was directed by, and what you thought of it
- 4 ☐ make deductions about a photo on a friend's phone using *might be*, *must be*, and *can't be*