Empower B2 U3B

1 GRAMMAR

Present perfect simple and continuous

a Underline the correct words to complete the sentences and questions.

1 *I've always loved / I always loved* baseball. It's my favourite sport.
2 *They've won / They won* the championship two years ago.
3 What *have you thought / did you think* of the match?
4 The players *have just arrived / just arrived* so the match can begin.
5 *I've been running / I was running* in the park when it happened.
6 Marina *has been doing / was doing* yoga since she was a teenager.
7 I have *completed / been completing* five marathons.
8 **A** Why is your shirt wet?
B *I've run / I've been running.*
9 Joshua hasn't *played / been playing* tennis since he was at college.
10 Our judo trainer has *learned / been learning* Japanese for ten years.

b Complete the text with the correct forms of the verbs in brackets.

Samantha Hill [1] has just broken (just / break) a new world record! Yesterday in Manchester she [2] _____ (run) 100 metres backwards in 16.5 seconds. Samantha is only 17, but she [3] _____ (already / beat) all the best runners in the world. She [4] _____ (start) retro-running – running backwards – when she was 14 as a bit of fun, but soon she [5] _____ (win) lots of competitions and now she is the best in the world.
We spoke to the new world-record holder.

'It's amazing! I [6] _____ (train) since January for this and I [7] _____ (try) three times to get this world record, but today was the day. I don't even have a trainer – I [8] _____ (look) for one for the past few years, but no one [9] _____ (contact) me yet. Sorry ... I'm still very emotional. Excuse me ...'

We could see she had been crying. Samantha then ran away – forwards – with tears running down her cheeks.

2 VOCABULARY

Words connected with sport

a Read the definitions and write the words.

1 the act of winning a competition victory
2 a person who is in charge of a sports game _____
3 shout approval or encouragement _____
4 people who watch a sports event _____
5 be in a competition for your country _____
6 an area for playing sports, especially football _____

LIVEWORKSHEETS