

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 _____