# Vocabulary

**1** **Match the descriptions to the activities in the box.**

horse-riding | rock climbing | sailing | sky-diving | snowboarding

1 It's more difficult than it looks. You need to learn how to use the controls, how the wind affects you and how to handle big waves. After you get some experience, you can relax a bit and watch the sunset. _____

2 I don't know what's scarier – jumping out of the plane or flying through the air with the ground below you. It gets closer and closer, and then you start to worry about hitting the ground. _____

3 It will really test your body and your mind. Are you sure you're strong enough? Can you balance well? Make sure you tie the rope properly so that you don't fall. And try not to look down! _____

4 It's a really cool sport and it's even an Olympic event now. Have you ever been skateboarding? Well, it's sort of like that, but without the wheels. Oh, and it's great to be on a mountain, breathing the fresh air. _____

5 You might be scared at the start, but after a few minutes you'll relax and enjoy the ride in the countryside. The trail leader will make you feel confident and safe, and the animals are very well trained. _____

**2** **Replace the underlined phrases with the correct form of the phrasal verbs in the box.**

call off | eat out | get together | go out | sleep in | stay up | take up | work out

1 It's Sunday tomorrow! I don't have to get up early, so I'm going to <u>stay in bed</u> for as long as I like! _____

2 Sam <u>does physical exercise</u> at the gym three times a week and he looks strong and healthy. _____

3 It's Mum's birthday today so we're going to <u>have a meal in a restaurant</u> and then go to the cinema. _____

4 My mum and dad are going to <u>start doing</u> aerobics because they want to lose some weight! _____

5 The organisers had to <u>cancel</u> the surfing competition because there was a shark in the water! _____

6 They <u>left to attend a social event</u> and they won't be back until quite late tonight. _____

7 I read half the book last night, and I'm <u>not going to bed</u> tonight so that I can finish it. _____

8 Every Saturday, loads of teenagers <u>gather socially</u> to chat and have a good time. _____

**3** **Match to make sentences. Use the words in italics to help you.**

1 I love *spending time* ___
2 Try to *make time* ___
3 I promise you'll *enjoy* ___
4 I've *had a go* ___
5 When we *have the day* ___
6 Let's *take a break* ___

**a)** *for* your family, not just your friends.
**b)** *at* painting, and I realised I'm not an artist!
**c)** *with* my dog Stroppy in the park.
**d)** *off* next week, I want to go skateboarding.
**e)** *from* study and go outside for some fresh air.
**f)** *yourself* if you come to my party.

LIVEWORKSHEETS