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Class: S8

Date: .../.../2022

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GLOBAL ENGLISH 8: UNIT 2 + UNIT 3

GRAMMAR REVISION

A. REVISION

***Lưu ý:** Các từ vựng mở rộng thầy cô cho ghi trong vở (nếu có) và các từ vựng mở rộng trong phiếu để có chú thích nghĩa: con về nhà chép mỗi từ 1 dòng để ghi nhớ nhé.

I. Choose the best answer for each of the following sentences.

0. He is being _____.

A. followed

B. following

C. follow

1. A new stadium _____ in the city at the present.

A. is built

B. was built

C. is being built

2. Look! Many trees _____.

A. are cutting down

B. are being cut down

C. are cut down

3. The computer _____ by his father at the moment.

A. is being used

B. is using

C. is used

4. The room _____ by Harry Potter.

A. are being measured

B. is being measure

C. is being measured

5. _____ the gifts _____ now?

A. Do/ open

B. Are/ being opened

C. Are/ opening

II. Put the following sentences into the present continuous passive.

0. The cat is tearing the new book.

=> **The new book is being torn by the cat.**

1. Who is checking students' homework?

=> _____?

2. The chief engineer is instructing all the workers of the plant.

=> _____.

3. What books are people reading this year?

=> _____?

4. He is not feeding his dogs.

=> _____.

5. Are the police making inquiries about the thief?

=> _____?

III. Rewrite following sentences using relative clauses beginning with prepositions.

0. *Is that the man who she arrived with?*

=> **Is that the man with whom she arrived?**

1. He liked the people who he lived with.

=> _____.

2. The jungle which the tribe lived in was full of strange and unusual animals.

=> _____.

3. Economics is a subject. I am very interested in it.

=> _____.

4. The tree which they had their picnic under was the largest and oldest in the park.

=> _____.

5. Does he know the girl whom John is talking to?

=> _____?

6. The woman said the machine was very good. Jim bought the machine from her.

=> _____.

IV. Circle the correct answer.

0. The person **by** to whom I spoke was very friendly.

1. Alice likes the family **with/ in** whom she is living.

2. The ladder (*cái thang*) **on/ at** which Tom was standing began to slip (*trượt chân*).

3. Paul, **by/ with** whom I play tennis on weekends, is fitter than you.

4. The interviewer wanted to know the name of the college **at/ from** which I had graduated.

5. The man **for/ about** whom I told you is over there.

V. Complete the sentences with your own ideas by using verbs, adjectives and prepositions followed by the "ing" form. Use only one word each time.

0. I ran ten kilometres **without stopping**.

1. They enjoy _____.

2. Vicky suggested _____.

3. Kevin is very tired after _____.

4. You can _____.

5. I was _____.

VI. Some sentences are OK but some have mistakes. Underline the mistake and correct it.

0. *She must be fed up with studying.*

→ OK

*Carol went to work in spite of **feel** ill.*

→ feeling

1. Wind avoided answer her questions last night.

→ _____

2. He had no intention of making a long journey with her.

→ _____

3. I'm not *acquainted* (*quen*) about talking with *strangers* (*người lạ*).

→ _____

4. Is she serious of learning to be a pilot?

→ _____

5. Ann wasn't very keen on to go out in the rain, so we stayed at home.

→ _____

Exercise like an animal

Journalist Annabel Venning tries a new exercise craze

A

Our sedentary lifestyles mean that most of us aren't using our muscles properly. As small children we squat, crawl and leap around freely, but the older we get the more restricted our movements become and many of our muscles get little action as we sit at desks or in cars. Occasionally we hit the gym, where we use machines to work on specific muscles rather than the whole body. Now a new form of fitness, an intense workout based on simple animal movements such as crawling, is taking off. Its Australian founder, Nathan Helberg, has been using it with the military, police forces, schoolchildren and even prisoners. He took his inspiration from martial arts, break-dancing, the animal world and the dance movements of indigenous people, and developed *Zuu*.

B

There are around 100 animal movements – although beginners start with 25 – that work muscles, joints and ligaments as well as improving heart and lung fitness. *Zuu* needs no equipment and little space. The idea is to train your body to do the kinds of activities that our ancestors had to do in daily life. It's quick, it tops up your strength and it's not aiming to give you big muscles. In exchange for the publicity from my article, Nathan offers me a master class, alongside two of his trainers, a privilege that would otherwise be beyond my financial means! I am daunted by the prospect of doing things I haven't done since my pre-school years.

C

We do each movement for 30 seconds (for my benefit – as you get fitter, you keep on for 45 seconds). We start with a frog squat: legs wide, knees bent, elbows locked inside knees. It's a little undignified, but fine at first. Then as

the seconds go by, the fronts of my thighs start to burn and it's all I can do not to collapse. After the 30 seconds we dash back across the room to our starting point with barely a moment to catch our breath. Nathan assures me the frog squat is particularly good for the lower backs of office workers, and recommends that they should take a break and perform the movement for four minutes a day. Somehow I can't see this working!

D

Then it's on to a bear crawl, on hands and feet. While Nathan and others shoot across the room, I lumber along like an ancient grizzly bear. Then we do it again – backwards. I seem to be clumsy, but it does get slightly easier as I go on. This movement evidently uses every joint in the body, strengthening things like ligaments and tendons, while at the same time raising heart rate as effectively as running. Perhaps being a snake will be easier. But there's no lying flat on our stomachs. Instead we have to raise our bodies 2 cm off the floor, rocking our weight back and forth from hands to toes. It's a bit of an effort to keep going for the full minute.

E

By the end I'm shaking with exhaustion. Despite my initial reservations, by the end of my session, I have started to enjoy myself. Mind you, it's hard not to laugh when you're imitating a bear on rewind! I thought I was in reasonably good shape – I run 5 km three times a week – but after this I realise how little I push myself normally. Nathan has promised that I could increase my upper body strength by 30% in just six weeks by doing classes. I have compromised and do bear crawls around my garden at home during work breaks, much to the amazement of my dog!

You are going to read an article about a new exercise craze called *Zuu* and its inventor Nathan Helberg. For questions 43–52, choose from sections (A–E). The sections may be chosen more than once.

Mark your answers on the separate answer sheet.

In which section does the writer

comment on how little rest she seems to be given after one exercise?

43	
----	--

become aware of the limitations of her usual fitness routine?

44	
----	--

say she hopes that the next exercise is not so demanding?

45	
----	--

mention a deal she did with Nathan that benefited them both?

46	
----	--

imply that a conventional keep-fit method is less natural than *Zuu*?

47	
----	--

compare the movements of *Zuu* with those of earlier humans?

48	
----	--

explain that she has chosen just one of the exercises to perform regularly?

49	
----	--

say how slow and awkward she feels doing a particular exercise?

50	
----	--

give examples of situations where lack of activity affects people's bodies?

51	
----	--

cast doubt on one of Nathan's ideas?

52	
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FCE 3 – TEST 3 – LISTENING PART 4
Các con mở link nghe sau đây bằng máy tính:
<https://tinyurl.com/5d46ppjw>

You will hear a radio interview with a woman called Susan Fletcher, who works on a research station in Antarctica. For questions 24–30, choose the best answer (A, B or C).

- 24 How does Susan feel before each trip to Antarctica?
- A anxious because she'll miss people she cares about
 - B concerned about dealing with what lies ahead
 - C relieved to be leaving problems behind
- 25 Susan says that what's most stressful for her at the moment is
- A not being able to predict everything you may need.
 - B not having enough time to prepare properly.
 - C not knowing exactly where she's going.
- 26 What does Susan admire about her colleagues?
- A their scientific skills
 - B their lack of selfishness
 - C their success as researchers
- 27 Susan says the entertainment that's organised at the research station
- A serves a useful purpose.
 - B allows people to show off their talents.
 - C disturbs people's regular schedules.
- 28 On the research station, Susan sometimes has difficulty
- A getting enough time alone.
 - B eating the same food all the time.
 - C having a comfortable night's sleep.
- 29 What does Susan say she loves about her work?
- A the chance to observe such fascinating wildlife
 - B being able to live so far from populated areas
 - C the fact that such a unique place is so familiar to her
- 30 Susan advises students hoping to work in Antarctica to
- A make sure they have skills that are not purely academic.
 - B develop a high level of competence in their particular subject.
 - C think carefully about whether they're well-suited to the lifestyle.

FCE 3 – TEST 4 – LISTENING PART 2

Các con mở link nghe sau đây bằng máy tính: <https://tinyurl.com/mweybx67>

You will hear a student called Andy Richards talking about his recent trip to the tea growing region of Assam in Northern India. For questions 9–18, complete the sentences with a word or short phrase.

Visit to a tea plantation

As part of his (9) course at university, Andy went to India to
gather information for a project.

Andy compares the tea plant's growing conditions to a (10)

Andy's group were invited to the (11) for the tea tasting session.

Andy was surprised that, as well as the leaves, the tea pickers also picked the
(12) of the plants.

On the elephant ride, Andy was able to see the (13) in the distance.

At the tea party, the (14) particularly impressed Andy.

When going over a (15) , Andy nearly fell off his motorbike.

In the market, Andy was very surprised to see the (16) on sale.

Andy was pleased with the price he paid for the (17) for his sister.

The (18) were Andy's favourite vegetables out of all those on
display at the market.

Write the missing English letters that match the given Vietnamese meanings.

1. hình chóp (n)	→ p _____
2. xi măng (n)	→ c _____
3. xuất xứ từ	→ o _____
4. kim loại (n)	→ m _____
5. đất (vật liệu xây dựng) (n)	→ e _____
6. thiết kế nguyên bản	→ o _____
7. luồng không khí	→ a _____
8. tia sáng	→ l _____
9. tích trữ (v)	→ a _____
10. (được) phơi khô (a)	→ s _____
11. đồ đạc (n)	→ b _____
12. được bao phủ bởi	→ b _____
13. sôi động (a)	→ l _____
14. nhìn về phía (v)	→ o _____
15. từ thiện (n)	→ c _____
16. đều đặn	→ o _____
17. quyền tiền	→ r _____
18. băng đảng (n)	→ g _____
19. sự rộng lượng (n)	→ g _____
20. sự thưởng thức nghệ thuật	→ a _____
21. nước Na Uy (n)	→ N _____
22. triết gia (n)	→ p _____
23. dân nhập cư (n)	→ i _____
24. nghệ thuật gấp giấy	→ o _____

***Lưu ý:** Với những từ con không nhớ và viết sai, con viết từ đó vào vở 2 dòng.