



Read the following statements. Are they true or false?

1. **It reduces the risk of suffering from depression for up to 10 years.**
2. **Self-esteem can get a big boost.**
3. **Consistent physical activity can improve your mood and memory. Although it may lead to lost focus.**
4. **Playing some sports in a team goes beyond physical activity. It also has valuable long-term psychological benefits.**
5. **Learning through physical failure can build the resilience and self control.**
6. **It's an easy task to find a sport which you need.**

Look at the following sentences. What do the words in bold mean?

1. **Learning** to trust and depend on others.
2. **Making** something fun can also make it easier **to establish** a habit of exercise.

a Complete the sentences with the correct form of the verbs in brackets (infinitive, to + infinitive, or verb + -ing).

- 1 If a friend asked me _____ to a classical music concert, I think I'd _____ no. (go, say)
- 2 I love _____ films in 3D – they're much better than ordinary ones. (watch)
- 3 My parents didn't use to let me _____ out late during the week when I was young. They wanted me _____ my evenings _____. (stay, spend, study)
- 4 I hate _____ to clubs. I don't like _____ in places where there are lots of people and noise. (go, be)
- 5 I never feel like _____ out on New Year's Eve. I prefer _____ in. (go, stay)



verb patterns

Revise the basics

infinitive with to

- 1 It's very difficult to read his writing.
NOT ~~It's very difficult read...~~
- 2 I need to go to the supermarket.
NOT ~~I need go...~~
- 3 I went to the cinema to see the new James Bond film.
NOT ~~I went to the cinema for to see...~~
- 4 Be careful not to stay in the sun too long.
NOT ~~Be careful to not stay...~~

infinitive without to

- 5 He can speak five languages.
NOT ~~He can to speak...~~
- 6 We mustn't be late.
NOT ~~We mustn't to be late.~~

gerund (verb + -ing)

- 7 Watching TV helps me to relax in the evening.
NOT ~~Watch TV helps me...~~
- 8 I'm not very good at remembering names.
NOT ~~I'm not very good at remember...~~
- 9 I love getting up early in the summer.
NOT ~~I love get...~~
- 10 I hate not seeing the children at bathtime.
NOT ~~I hate not see the children...~~

- For a list of **verb patterns**, see p.164.

verbs + object + infinitive (with or without to)

- 1 They **want us to go** on holiday with them.
Liam **told me not to tell** anyone his news.
My parents don't **allow me to wear** make-up.
- 2 His parents **let him go** to the concert.
Our boss **makes us work** late on Fridays.

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Complete the following sentences with your ideas.

I want him...

She didn't me...

He makes us...

I told him...

a Complete the sentences with the correct form of the verbs in brackets.

We really enjoy going to concerts. (go)

- 1 We went to the box office _____ the tickets. (pick up)
- 2 _____ to a live sporting event is much more exciting than _____ it on TV. (go, watch)
- 3 I hate _____ to visit my family more often, but they live so far away. (not be able)
- 4 I tried _____ tickets for the concert, but I didn't manage _____ any. (buy, get)
- 5 Nowadays, it's cheaper _____ to the theatre than to a football match. (go)
- 6 She moved from London to a small village and she really misses _____ to plays and exhibitions. (go)
- 7 They told me _____ in the front row. (not sit)
- 8 We needn't _____. Amy's always late. (hurry)
- 9 I can't afford _____ in the city centre. (live)
- 10 Now it's difficult _____ a mobile phone. (imagine, not have)

› Complete the second sentence so that it means the same as the first.

I didn't remember to turn my phone off.

I forgot to turn my phone off.

- 1 They asked me to go to the cinema, and I agreed.
They persuaded _____.
- 2 He said he wouldn't help her.
He refused _____ her.
- 3 Karen's teacher allowed her to leave school early.
Karen's teacher let _____ school early.
- 4 My husband said, 'You should go to the dentist's.'
My husband wants _____ to the dentist's.
- 5 The police ordered him to move his car.
The police made _____ his car.
- 6 I practise the piano for 20 minutes a day.
I spend 20 minutes a day _____ the piano.
- 7 They asked if we wanted to have dinner with them.
They invited _____ with them.
- 8 We don't go to concerts any more.
We've given up _____ concerts.