



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.

 7.22

**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.

