Spotlight 9	Grammar Task 9802

1. Read the text and fill in the gaps with the proper grammatical form of the capitalized words.

Write in BLOCK CAPITALS without spaces between the words!!!
(ПЕЧАТНЫМИ ЗАГЛАВНЫМИ БУКВАМИ, ТОЛЬКО ПОЛНЫЕ ФОРМЫ!!!
без пробелов и знаков препинания!)

Language Learning Olympic Style

The Olympics show athletes with great skills **(1)**_____ for the first place award in their sport. Years of training and practice bring **(2)**_____ to the Olympics.	**COMPETE** **THEY**
How (they) **(3)** _____ so great? Some appear **(4)**_____ born with super talents in various areas. Others tell stories of their exhausting practice sessions.	**BECOME** **BE**
What **(5)** _____ them focused on their sport to achieve greatness? These characteristics commonly appear in Olympians and can help you too:	**KEEP**
1) Goal driven Athletes have a clear purpose to work toward. It motivates them to keep **(6)** _____ and drives them to action. *Application:* You can set learning goals to help you learn English. Plan how you **(7)** _____ your learning goals, and try it! Celebrate the small achievements and continue setting more goals as they **(8)**_____.	**TRY** **REACH** **MEET**
2) Look at the long term Olympians think about the future and how well they can train now to be **(9)**_____ in the long range. They know success **(10)**_____ overnight. *Application:* Have a long-term view for **(11)**_____ English and stick to it.	**GOOD** **NOT APPEAR** **LEARN**
3) No excuses Hard work is part of **(12)** _____ an Olympian. They find solutions to their problems, not just excuses **(13)** _____ training. Cheating can disqualify them from **(14)** _____ in the sport. *Application:* Stop **(15)**_____ excuses or tricks not to learn English. Your own hard work helps you to achieve **(16)** _____ English skills.	**BE** **STOP** **PARTICIPATE** **FIND** **GOOD**
(To be continued)	

2. Read the text and fill in the gaps with the words derived from the capitalized words.

Language Learning Olympic Style

(Continued)

4) Quotes.	
Athletes post notes on their mirror or fridge that help to motivate them. They repeat the quotations to inspire themselves to keep working hard toward their goals.	
Application: Identify a few **(1)**_____ quotes, song lyrics, or verses that inspire you to do your best. Repeat	**MOTIVATE**
and read them to help you stay **(2)**_____ to learn	**MOTIVATE**
English. They will keep you **(3)**_____ positive.	**EMOTIONAL**
5) Coaching A coach guides athletes through their sport, offers support, and helps to improve their	
(4)_____.*Application:* Have a tutor who can check on	**PERFORM**
your progress to keep you **(5)**_____. A friend, family	**MOTIVATE**
member, or teacher can make sure you stay on the right track and **(6)** _____ you to study well if you' re	**COURAGE**
distracted by other **(7)** _____.	**ACT**
6) Keep a journal.	
An exercise journal helps Olympians to monitor their habits. It's a record of all their practice that reminds them	
of areas for **(8)** _____ *Application:* It's hard	**IMPROVE**
(9)_____ progress if you don't participate in an	**MAKE**
English lesson. Record new words, phrases or **(10)**_____ you want to remember. Write down your	**EXPRESS**
language questions and seek the answers. It only takes a few minutes to note the details.	
7) Handle the hard times.	
Good athletes are prepared for **(11)**_____, and	**DISAPPOINT**
(12)_____. They know that an **(13)**_____ or low	**LOSE (12)**
score can slow their progress. Olympians spend time	**INJURE (13)**
identifying possible success barriers and find the ways to **(14)**_____ them. *Application:* Find the things that	**COME**
might hold you back from getting English skills. Don't let a low test score **(15)**_____ you. Then take the changes	**COURAGE**
needed to overcome these obstacles.	
(to be continued)	

3. Read the text and fill in the gaps transforming the capitalized words.

Language Learning Olympic Style

(Continued)

8) No pain, no gain	
Hard work is part of being an Olympian. Athletes push themselves **(1)** _____ . Any **(2)** _____ they feel is part of their **(3)** _____ to excel and focus on winning! *Application:* Set small, specific learning goals and push yourself to achieve them. Time your reading **(4)**_____or repeat tongue twisters in a timed test. Daily **(5)** _____ will help you to see other successes!	**INTENSE (1)** **COMFORT (2)** **DETERMINE** **FLUENT** **IMPROVE**
9) Stay positive.	
Attitude is everything. Athletes have a high level of **(6)**_____ *Application:* When you're studying English keep a positive mind-set that will step-up your **(7)**_____ Believe in your great **(8)**_____ in a test or learn verb tenses **(9)**_____.	**SELF-CONFIDENT** **PERFORM (7)** **ACHIEVE (8)** **ACCURATE**
10) Take care.	
Olympians know how to keep their bodies in excellent shape. They choose a diet with extra nutrition to stay **(10)**_____.	**HEALTH**
Application: Keep to a healthy **(11)**_____ . Eat healthy foods that give **(12)**_____ to your body and mind. Schedule rest times to relax. Make sure you get enough sleep at night. Exercise to enjoy physical **(13)**_____ that will allow you to concentrate on your studies. Continue these tips and help yourself to be a **(14)**_____ as you go for the gold medal in English skills!	**STYLE OF LIFE** **STRONG** **FIT** **WIN**