

Listening

1  2 Listen to five people talking about extreme sports. Match the speakers (1–5) with the statements (A–E). There is one extra statement.

- A Speaker ____ probably won't do the activity again.
 B Speaker ____ couldn't always do their sport well.
 C Speaker ____ says their sport isn't very dangerous.
 D Speaker ____ says they only do the activity with friends.
 E Speaker ____ would like to do their extreme sport more often.
 F Speaker ____ does the activity to forget about things.



Grammar

2 Complete the text with the correct past continuous affirmative and negative forms of the verbs below. There are two extra verbs.

buy catch enjoy feel make play swim

One day last summer something really surprising happened to us at the beach. The weather was great, so lots of people ¹ _____ in the sea.

I ² _____ ice creams from a shop with my parents, and my brothers

³ _____ football on the beach. Everyone ⁴ _____ the lovely weather until someone suddenly shouted, 'SHARK!' There was a shark in the water, but luckily it didn't try to eat anyone. Perhaps it ⁵ _____ hungry!

3 Look at the dialogues and complete the questions. Use the past continuous.

Joe Sorry about that – I was talking on the phone.

Harry What ¹ _____ about?

Joe The party next week.

Sue My sister was watching a film last night.

Gina Which film ² _____ ?

Sue *Despicable Me 2*.

Gavin Mick was at the park after school yesterday.

Ben What ³ _____ there?

Gavin I don't know.

Jen Lucy and Kate were in an Italian restaurant when I saw them.

Sally Really? What ⁴ _____ ?

Jen A pizza.

Ellie I arrived at the party and saw you talking to someone.

Ruby Oh, who ⁵ _____ to?

Ellie I don't know, but he was very good-looking.

4 Complete the sentences. Use the past simple or past continuous form of the verbs in brackets.

- 1 When it _____ (stop) raining, we _____ (go out) and _____ (put) the kayak in the water.
- 2 While I _____ (wait) at the bus stop, I _____ (see) an accident.
- 3 Suddenly, the man _____ (take) the purse from the woman's handbag and _____ (run off).
- 4 At 5 p.m. yesterday, I _____ (read) a book about Captain Cook and my sister _____ (watch) a film about the explorer Robert Falcon Scott.
- 5 I _____ (relax) in the sun when a cloud _____ (appear) in the sky.
- 6 When the sailor _____ (open) the box, he _____ (find) an old map inside.
- 7 While everyone _____ (argue), I _____ (realise) it was a good time to go.
- 8 As I _____ (leave) the party, I finally _____ (remember) the man's name.
- 9 The man _____ (wear) a raincoat and _____ (carry) a big suitcase.
- 10 The girl _____ (run) through the forest when she _____ (slip) over.

Vocabulary

5 Choose the correct words to complete the sentences.

- 1 The sea is very **shallow** / **deep** here, so only go into the water if you're a good swimmer.
- 2 The man was close to the **volcano** / **waterfall** when it erupted.
- 3 We can't jump across this stream because it's very **narrow** / **wide**.
- 4 Stay away from that **mountain** / **cliff** – it's easy to fall!
- 5 This road is very **rocky** / **icy** in winter, so don't trip.

6 Complete the sentences with the prepositions below. There is one extra preposition.

across behind down inside through under
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- 1 We walked _____ the forest in the snow – it was beautiful.
- 2 The mountain was very high so I didn't look _____.
- 3 It's very hot, so let's sit over there _____ those trees.
- 4 When we went _____ the cave, it was very dark!

5 Alice took a boat _____ the lake because she was staying on the other side.

7 Complete the sentences with the words below. There are two extra words.

boots life jacket jet-skiing kayaking paddles poles rucksack safety harness

1 If you go hiking in the countryside, take a _____ so that you can carry your things in it.

2 Don't worry about falling off the climbing wall – you'll be wearing a _____.

3 I don't really like _____ because it's dangerous and too noisy!

4 When you go for a long walk, the most important thing is to wear comfortable _____.

5 If you go out to sea on a boat, it's a good idea to wear a _____.

6 When I'm walking on rocky ground, my _____ stop me from falling over.

8 Replace the simple adjectives in brackets with extreme adjectives. The first letter of each extreme adjective has been given.

1 That helmet doesn't fit me – it's t _____ (very small).

2 Doing a bungee jump was t _____ (very frightening).

3 Breaking my leg while crossing that river was a _____ (very bad).

4 After swimming across the lake, I was e _____ (very tired).

5 The hill we had to climb looked h _____ (very big).

6 The countryside we were walking through was s _____ (very beautiful).

Use of English

9 Read the text and complete gaps 1–10. Circle the correct answer A, B or C.

The photo ¹ _____ a row of eight red kayaks on a river, with a teenager in each one wearing a yellow helmet. It ² _____ as if they're on an adventure holiday and I ³ _____ they're feeling excited about doing something on the water. There is a boy ⁴ _____ the centre of the photo who is standing up with one foot in one kayak, and another foot in the next kayak. He ⁵ _____ to be trying to walk across the line of boats. Judging by his expression, I'd ⁶ _____ he's feeling quite nervous about falling in the water. There's a woman ⁷ _____ the background standing on the bank of the river. She looks ⁸ _____ she is the instructor. She's ⁹ _____ feeling quite calm because they are all wearing life jackets. ¹⁰ _____ the bottom right corner, I can see the end of a paddle. It must belong to another team.

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|---------------|----------|------------|
| 1 A looks | B seems | C shows |
| 2 A shows | B looks | C expects |
| 3 A judge | B expect | C probably |
| 4 A in | B at | C on |
| 5 A looks | B shows | C seems |
| 6 A say | B look | C seem |
| 7 A at | B on | C in |
| 8 A like | B as | C for |
| 9 A basically | B must | C probably |

10 A In

B On

C At

Reading

10 Read the text. Choose the correct answers.

Climb every mountain

Stephen Venables' love of mountains began at nine years old on a skiing trip to the Alps. 'I was thrilled,' he remembers. 'It was actually far more impressive and exciting than seeing the Himalayas for the first time, because when you're nine it's all new and you don't know what to expect.'

From that moment, Stephen knew that he wanted to climb mountains, but he didn't realise then that one day he would be the first British man to climb Everest without oxygen. However, his record-breaking expedition in 1988 was not an easy one. ¹ ____ After years of climbing, he was prepared for this and he knew that the best thing he could do was wait for the weather to change.

'At first I tried sitting on a rock because rock is warmer than snow, but it wasn't completely flat. I really wanted to lie down so I decided to cut a ledge in the snow. I did sleep a bit,' he says. 'They always say you should stay awake but I was totally exhausted.' Fortunately, the storm passed, and Stephen managed to climb back down to his camp and enter the record books.

The Everest expedition wasn't Stephen's only difficult climb. ² ____ 'It was very unlucky that it happened, but I was lucky that there were five of us.' The group included Chris Bonnington and Stephen's good friend Harish Kapadia. It took them twelve hours to make camp in a safe place. Then two of the team went for help.

'I think that was one of the most wonderful moments of my life – finally being in the tent and realising that I could just lie back in my sleeping bag.' ³ ____ By that time, there was almost no food left. 'On the last day we had a boiled sweet and we used the last tea bag so many times that it wasn't actually changing the colour of the water.' But luckily, the team managed to keep going until help arrived.

1 What happened to Stephen Venables when he was nine years old?

- a He was able to compare two different mountain ranges.
- b He realised where he would like to live in the future.
- c He decided what he wanted to do in his life.

2 What is the writer's purpose in this article?

- a To describe the best way to climb a mountain.
- b To tell the story of a mountain climber.
- c To explain why mountain climbing is dangerous.

11 Read the text again. Match sentences A–E with gaps 1–3. There are two extra sentences.

- A But Stephen didn't know then that the rescue would take four days.
- B While he was climbing Everest, he met the climber Chris Bonnington for the first time.
- C In 1992, while climbing another Himalayan mountain, he fell 100 m, breaking both his legs.
- D It was the second time that he needed medical attention because of his injuries.
- E He was coming down from the top of the mountain when he was caught in a snowstorm.