

Exam task

3

For each question, choose the correct answer.

1

Leave shoes, bags and towels in changing rooms

There's no space beside the pool




- A The changing rooms are now in a different place.
- B Swimmers can't take their stuff into the pool area.
- C Don't forget your shoes, bags and towels before you go.

2

GUESTS

Please give room keys to receptionist before leaving hotel if you are checking out or returning later.

- A Guests should only return room keys on the last day of their visit.
- B If there's no-one at reception, guests should keep their room keys with them.
- C The hotel looks after the room keys when guests go out for the day.

3

The sports centre phoned to say students can help in reception this summer. Can you meet the manager next Monday at 2 p.m. in the café?

- A The sports centre manager is looking for students to do reception work.
- B There are summer jobs in the sports centre café starting from next week.
- C The sports centre has holiday jobs for students to work as sports coaches.

4

Please use stairs as lift not working

For customers with children, nearest lift 20 metres



- A There are no lifts working at the moment.
- B This lift is only for people with children.
- C Customers should take the stairs or another lift.

5

Visitor Notice

Please do not make or take phone calls in the hospital building



- A Visitors' phones won't work inside the hospital building.
- B Visitors should speak to hospital staff if they need to use a phone.
- C Visitors mustn't use their phones anywhere inside the hospital.

6

Door on this floor for staff only

Exit for museum visitors on first floor




What does this notice say?

- A The way out of the museum is on this floor.
- B Visitors should use a different door to leave the museum.
- C Ask a member of staff to show you where to leave the museum.

3

Read the conversations. Choose the correct modal verb.

1. I've got toothache. You *might* / *should* go to the dentist!
2. Chris has fallen off his motorbike and now his arm hurts. It *might* / *should* be broken so he *might not* / *shouldn't* move.
3. Emma fell over when she was running and has hurt her ankle. I think she *might* / *should* put a bandage on it.
4. I've got a headache. You *might* / *should* lie down in your bedroom and take this medicine.
5. Can you help me? I've cut my hand on a rock. There is a lot of blood so you *might* / *should* see a doctor.
6. Lucy is very hot. She *might not* / *shouldn't* go to school today because she *might* / *should* have a temperature.
7. I'm really tired and I don't feel well. You *might* / *should* go to bed. You will feel better tomorrow.
8. Mum, I feel sick. My stomach hurts. You *might not* / *shouldn't* eat any more sweets, Jeremy. And take some medicine.



Exam tips

- Before you listen, read the form carefully.
- Think about what kind of information you need to write for each question – for example, a day, time, name, phone number, etc.
- If the word is the name of person or a place, the speaker will spell it. The other words will be vocabulary we use in everyday life.

Reading

Training to win

How do you think runners eat, drink and train to win?

I started working as a sports coach in 2003 and I work mostly with people who want to be runners. Successful runners may have a natural ability, but they also spend hours training and they always eat and drink the right things so they do their best every time.

The type of training depends a lot on the distance. For example, a short-distance runner, also called a 'sprinter,' needs to run fast as they will only be running up to 400 metres. A long-distance runner needs to do different training so they can run for a long time. Their races are usually 5,000 or 10,000 metres long, or they may run a marathon, which is over 42 kilometres! Sometimes people need to run for more than four hours in a marathon, but professional runners usually take less time than that.

The first runner I worked with was called Olivia. She couldn't run more than 1,000 metres, but after six months of training she can now do a 10,000-metre race. For some people it may take longer to reach their goals. She trained three times a week and ran a bit farther each time.

It's important to eat and drink healthily if you want to run well, but you needn't stop eating all unhealthy food – a little bit is OK! Running can use more than 500 calories per hour, so you should eat foods like pasta and cereal. Your diet should be low in fat (for example, butter and oil) and have enough protein (for example, in meat and dairy foods) to make you strong. You don't have to buy expensive energy drinks – a bottle of water is fine when you are training. Most of all, you have to work hard if you want to win races!

8 Read the text. Match numbers (a–e) to the information (1–5).

- 1 When the writer started working in her job. _____
 - 2 The most metres a short-distance runner usually runs. _____
 - 3 The number of kilometres in a marathon. _____
 - 4 The number of times Olivia ran each week. _____
 - 5 The number of calories running can use in an hour. _____
- a) 3
b) 400
c) 500
d) over 42
e) 2003

___/5

9 Read the text again. Are the sentences 'Right' (A) or 'Wrong' (B)? If there is not enough information to answer 'Right' (A) or 'Wrong' (B), choose 'Doesn't say' (C).

- 1 The writer doesn't usually work with people who aren't runners.
A Right B Wrong C Doesn't say
- 2 The writer thinks successful runners always have a natural ability.
A Right B Wrong C Doesn't say
- 3 Olivia can't run 1,000 metres.
A Right B Wrong C Doesn't say
- 4 The writer says you have to train three times a week to reach your goals.
A Right B Wrong C Doesn't say
- 5 The writer says you need a special type of drink for running.
A Right B Wrong C Doesn't say

___/5

Speaking

- 10** Complete the sentences (1–5) with the words from the box. Then match the correct answers (a–e) to the sentences.

buy | have | how much | start | where

- 1 Can I _____ a ticket for the basketball game, please? _____
 - 2 _____ is it? I only have \$20. _____
 - 3 _____ is the stadium? _____
 - 4 What time does it _____? _____
 - 5 Do I _____ to be over 16 years old? _____
- a) No, you don't.
b) At 6:30 pm.
c) It's \$10 if you are under 16 years old.
d) Yes, you can.
e) It's near the swimming pool.

___/5

- 11** Look at the poster then write answers to the questions (1–5). The first word of each answer is given.

New badminton club!

Every Wednesday 6–7:30 pm.

£5 for adults, £3 for teenagers.

Wear trainers and bring your own racket.

- 1 What time does it finish?
It _____.
- 2 How much is it for teenagers?
It's _____.
- 3 Do I need to wear trainers?
Yes, _____.
- 4 What do I need to bring?
You _____.
- 5 What day is it on?
It's _____.

___/5

Language in Use

- 12** Choose the correct words to complete the sentences.

- 1 I was tired **because** / **until** I played football for two hours.
- 2 We went climbing **before** / **but** we went skiing.
- 3 She went to bed **because** / **after** she came back from tennis club.
- 4 They went surfing **until** / **because** it got too dark and then they came home.
- 5 She wanted to go windsurfing, **but** / **because** she was scared of the water.
- 6 I enjoy sports **but** / **and** always feel better after exercising.
- 7 Can you wait **while** / **because** I have a shower?
- 8 We played football **after** / **while** school finished yesterday afternoon.
- 9 Ella loves skiing, **because** / **but** she isn't very good at it yet and often falls over.
- 10 I can't go swimming **because** / **until** I've finished my homework.

___/10

- 13** Read the text. For gaps 1–5, choose the best answer (A, B or C).

My training day

Most days I wake up at 6 am (1) _____ the rest of my family is still asleep. I don't like early mornings, (2) _____ I want to be a professional swimmer so I need to practise. I don't (3) _____ to swim all day, but I usually swim for two to three hours in the morning and from 6 pm (4) _____ 8 pm in the evening. I am always hungry at the end of the day (5) _____ swimming is hard work!

- | | | |
|-------------|-----------|-----------|
| 1 A while | B because | C until |
| 2 A because | B but | C when |
| 3 A can | B have | C should |
| 4 A before | B after | C until |
| 5 A but | B when | C because |

___/5