

1. Przeczytaj tekst. Spośród podanych wyrazów wybierz te, które poprawnie uzupełniają luki. Wpisz odpowiednią literę (A-F) obok numeru każdej luki. **Uwaga!** Trzy wyrazy zostały podane dodatkowo i nie pasują do żadnej luki.

- A annoyed
- B going
- C difficulties
- D worried
- E taking
- F problems



Exercise is one of the best ways to keep your mind and body healthy. It produces chemicals in the body that make you feel relaxed and improve your mood. Unfortunately, however, health experts are that children are not getting enough exercise and could be at risk of health later in life. If you are not getting enough exercise, the time to start is now. Why not begin by a short bike ride, walking the dog, or going for a swim?

2. Przetłumacz na język angielski fragmenty podane w nawiasach, tak aby otrzymać zdania logiczne i gramatycznie poprawne. Wymagana jest pełna poprawność ortograficzna wpisywanych fragmentów zdań. **Uwaga!** W każdą lukę możesz wpisać maksymalnie trzy wyrazy.

- a) Jim (**przyszedłby na**) the match if he didn't have to study for school.
- b) He became the fastest runner (**gdy pobił**) the world record.
- c) Why didn't you come (**na trening siatkówki**) yesterday?
- d) I (**chciałabym**) do bungee jumping one day.
- e) When you practice a lot, you (**stajesz się spragniony**)

3. Wykorzystując wyrazy podane drukowanymi literami, uzupełnij każde zdanie z luką, tak aby zachować sens zdania wyjściowego. Wymagana jest pełna poprawność ortograficzna i gramatyczna wpisywanych fragmentów zdań. **Uwaga!** Nie zmieniaj formy podanych wyrazów. W każdą lukę możesz wpisać maksymalnie trzy wyrazy, wliczając w to wyraz już podany.

- a) Jane jogs every morning. **GOES**
Jane every morning.
- b) I like swimming most. **IS**
Swimming activity.
- c) Bring your helmet for our cycling trip tomorrow. **FORGET**
..... to bring your helmet for our cycling trip tomorrow.
- d) If it doesn't rain tomorrow, we can go cycling. **UNLESS**
..... tomorrow, we can go cycling.
- e) Jess hasn't got much free time to work out. **VERY**
Jess has got to work out.

4. Usłyszysz dwukrotnie wypowiedź Penny. W zadaniach, na podstawie informacji zawartych w nagraniu, z podanych odpowiedzi wybierz właściwą.

-
- a) At first, Penny was afraid of
travelling on a plane. going scuba diving. flying abroad.
 - b) The hotel where Penny stayed was
far from the sea. on the coast. in a big city.
 - c) Penny was most impressed by how
friendly the locals were. much she learnt. cheap the holiday was.

5. Przeczytaj teksty. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstów.

SPORTSWORLD

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- Nylon material, with elastic.
- Shoulder to knee length.
- Perfect for competition swimming, both outdoor and indoor.
- Last few items remaining.

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Price: £225
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SWIMSUIT TECHNOLOGY

ALL THE DIFFERENCE

Swimmers will do anything to improve their swimming times, even if it's by just a few milliseconds. After all, that can be the difference between first and second place. Swimsuits play a big role in this.

PLASTIC

One recent revolution in swimwear was the polyurethane suit. Made of a smooth plastic, polyurethane, it took up to half an hour to put it on and it covered the full length of the body. The swimsuit squeezed the body into a smooth shape, which helped you move faster in the water. It also reduced heat loss from the body which meant swimmers saved energy and got less tired.

WOVEN SUITS

Polyurethane suits were banned from competitions in 2009, as swimmers and coaches complained that they were unfair. Now, instead of smooth plastic, swimsuits must be made of a woven material, such as nylon. Full-body suits are a thing of the past, as suits must only go from the waist to the knees for men and the shoulders to the knees for women. Nylon suits are often mixed with elastic. Elastic fits tightly to the body, but not as much as polyurethane, and keeps you warm. It's a balance, then, between your swimming and your suit.

- a) Text 1 was written to:
 advertise a new material. inform swimmers of a new competition. promote a special deal.
- b) Polyurethane swimming suits can:
 change your body shape. take heat from your body. be quick to put on.
- c) Nylon swimming suits:
 were banned in 2009. cover the whole body. are made of woven fabrics.

6. Uzupełnij w e-mailu luki zgodnie z treścią tekstów. Luki należy uzupełnić w języku polskim.

E - mail x new tab x new tab x

https:// www.my-email.com

Karolino,

mówiłaś, że za miesiąc startujesz w mistrzostwach pływackich i chcesz kupić nowy kostium. Oto kilka informacji, które mogą Ci się przydać.

Nie kupuj kostiumu z poliuretanu, bo jest zabroniony na
 Potrzebujesz kostiumu z nylonu, takiego jak ten z załączonej reklamy. Mistrzostwa odbędą się na otwartym basenie, prawda? W tym kostiumie jest elastyczne włókno o specjalnych właściwościach, zatem nie musisz się martwić, że będzie Ci Towar się kończy, więc szybko złóż zamówienie. Paczkę odbierzesz w domu za dni. Koszt dostawy to tylko 1.80 £.


Jeśli się pośpieszysz, wypróbujesz nowy strój na naszym pierwszym treningu w najbliższy weekend.

Maria

send

7. Przeczytaj tekst. Uzupełnij luki w zdaniach zgodnie z treścią tekstu. Luki należy uzupełnić w języku angielskim.

Becoming an Olympian



Do you have what it takes to compete at the Olympic Games? It certainly isn't easy as it takes a lot of time, energy and even pain to become the best of the best. Preparing for the Olympics starts at a very young age. When parents notice that their child is especially interested in a sport, they help them improve by getting a private coach and all the equipment they need. They also take them to tournaments so they can work toward their Olympic dreams. It can be difficult; they often skip things other young people enjoy like holidays or parties. However, they still know how to have a good time! They have fun at tournaments and form friendships that last a lifetime. By the time they become teenagers, most of the future Olympians' time is spent on their sport, but they don't mind because they love it! In fact, being extremely passionate is the best way to become an Olympian. In the words of Olympic snowboarder Shaun White, "I think the way to become the best is to just have fun."

- a) What do children who are preparing for the Olympics regularly miss out on?
These children regularly miss out on
- b) Where do young people who are preparing for the Olympics make friends?
These young people make friends
- c) What advice does the article give to people who want to be Olympians?
The article advises them

8. Usłyszysz dwukrotnie wypowiedź Laury na temat urazu, jakiego doznała. Na podstawie informacji zawartych w nagraniu odpowiedz krótko na pytania. Na pytania należy odpowiedzieć w języku angielskim.

- a) What was Laura doing when she got hurt?
- b) How did Laura get to the doctor?
- c) Where is Laura going next week?

9. Usłyszysz dwukrotnie cztery wypowiedzi (1-4). Do każdej z nich dobierz właściwą reakcję (A-E). Wpisz rozwiązania do tabeli. Uwaga! Jedna reakcja została podana dodatkowo i nie pasuje do żadnej wypowiedzi.

- A I'm very keen on it.
- B Yes, we've known each other for years.
- C Patrick likes it a lot.
- D He is a very friendly person.
- E It's my friend's.

1	
2	
3	
4	

10. Przeczytaj dialog. Wybierz poprawne uzupełnienie luk.

A: Good afternoon, Greystones Gym.

B: Hello! I'd like information about joining the gym, please.

A: Of course. How can I help you exactly?

B: Firstly, I'd like to know how much it

A: Full membership is only £120 per month and gives you access to all the facilities.

B: And do you have trainers to help members use the gym equipment?

A: Yes of course, but you to pay extra for a trainer to supervise you.

B: I see. Well, I'll drop by after school this evening to have a look around.

A: OK! We look forward you.

B: Thank you!

11. What are the missing words?



12. Przeczytaj polecenie i uzupełnij wiadomość.

Właśnie dowiedziałeś/-aś się, że godzina rozpoczęcia meczu piłki nożnej, w którym miałeś/-aś zagrać, została zmieniona. W wiadomości (50-120 słów) do kolegi/koleżanki z Anglii napisz:

- dlaczego nie możesz wziąć udziału w tym meczu,
- kto może Cię zastąpić i dlaczego jest to dobry wybór,
- kiedy ponownie będziesz mógł/mogła zagrać w meczu i co czujesz na myśl o tym.

make it who's really bad visiting hours excited about last minute whatever time instead of

Hi Sarah,

I'm really sorry, but I can't to the match for 4 pm. I'm visiting my uncle in hospital, and the of the hospital are 4 pm - 8 pm. However, I have a friend a really good footballer. She's called Danielle Woods, and I think she'd love to play me. I don't have any plans next weekend, by the way. I feel, but I'll be able to make the next match, it is. Just don't change the match time at the very! It's an important match and I'm it!

Sorry,

Natalia