

Name: _____

Class: _____

VOCABULARY

1 Complete each sentence with a word from the box. There is one extra word.

confused	determined	excited
miserable	punctual	relaxed
		reliable

- 0 After their long holiday they felt very relaxed and ready to start work again.
- 1 Jenni is a very _____ person and is never late.
- 2 I don't understand the computer instructions. I'm very _____. Can you explain them to me?
- 3 Henry is very _____. You can trust him.
- 4 The children were very _____ when they saw the big present waiting for them.
- 5 He was _____ to get into the football team. Nothing would stop him.

/5

2 Choose the correct options to complete the sentences.

- 0 He doesn't express / challenge / tell himself very well. His ideas are confusing.
- 1 He challenged / surprised / made himself when he won the race. He didn't think he was fast enough.
- 2 Do you ever tell / know / express yourself that you are wonderful?
- 3 I expressed / made / challenged myself to do a 20-kilometre swim in the sea. It was very hard, but I'm glad I did it.
- 4 Jenni was so tired that she couldn't stop shivering / screaming / yawning.
- 5 Every year I challenge / make / congratulate myself do something that scares me.

/5

3 Complete the paragraph with one word in each gap. The first letter is given.

Mary isn't very brave and is never prepared to ⁰ give something new a go. She doesn't like to

¹ **c** _____ her routine because she is a

² **f** _____ person who worries about every unimportant thing. A routine helps her to avoid unexpected events. She always listens to advice from others and will only take on ³ **b** _____ ideas that don't upset her routine. She doesn't want to ⁴ **h** _____ adventures. Her friends think that she lacks confidence and they are always trying to think of ways to ⁵ **b** _____ it.

/5

GRAMMAR

4 Complete the dialogue using the correct form of the verbs in brackets.

- A: Hi Bea, ⁰ are you studying at the moment or are you free to come to town with me?
- B: Hi Agnes. I ¹ _____ (not/do) anything at the moment. I'd love to come. ² _____ (you/want) to come here or meet in town?
- A: Well I ³ _____ (finish) my homework at the moment, but I can meet you in town in an hour.
- B: Okay. By the way, ⁴ _____ (you/like) the essay topic for English homework this week? I ⁵ _____ (think) it's very difficult. I ⁶ _____ (not/know) what to write.
- A: It ⁷ _____ (seem) difficult, but it's not really. I can give you some help when we meet if you like
- B: Oh, Mum ⁸ _____ (call) me. I've got to go. See you in an hour. Bye.
- A: Bye.

/8

5 Complete the text using the correct form of the verbs in brackets.

⁰ Have you ever done (ever/do) a challenge which you thought you would never do? Well last week I ¹ _____ (go) in the water with white sharks. Can you believe that? I'm not scared of water and I ² _____ (be) able to swim since I was two years old. Also I ³ _____ (want) to get close to these large fish since I was a child. So when my friend ⁴ _____ (suggest) it, she's always doing exciting things, I ⁵ _____ (agree) immediately. While I ⁶ _____ (wait) for the shark to appear, I felt really sick and scared. In fact, I don't think I ⁷ _____ (ever/feel) so afraid.

/7

ENGLISH FOR SPEAKING

6 Complete the dialogue. Use one word in each gap.

Marisa:⁰ *Excuse* me. Would you mind
¹ _____ me, please?

Andy: No, of course not. ² _____ can I do for you?

Marisa: It's my first day here and I need to find classroom B6.

Andy: Oh, you must be Marisa. I'm Andy.

Marisa: Hi, Andy.

Andy: Your classroom's at the end of this corridor. I'll show you.

Marisa: That ³ _____ be great, thanks.

Andy: Can I give you a ⁴ _____ with your bag?

Marisa:⁵ _____ really nice of you, thanks.

Andy: Ah here's your classroom. ⁶ _____ you need anything ⁷ _____, Marisa?

Marisa: No, this is fine. ⁸ _____ for your help.

Andy: No problem.

Mario: Hey, Andy! Can you help me? I've got a problem here.

Andy: Hey, Mario, I'll be ⁹ _____ you in a minute. I won't be long. I'm just going to introduce Marisa to the class.

Mario: ¹⁰ _____! No problem.

/10

ENGLISH FOR WRITING

7 Complete the text using the words and phrases in the box. Use capital letters where necessary.

afraid of flying	at the beginning
first realised this	gradually felt
now I regularly	screamed
that day, I	wanted to
when I saw how small the plane was	soon after that

My Personal Challenge

I've always ⁰ *wanted to* jump out of a plane and float down to Earth like a bird. In my dreams this was possible, but in reality I'm

¹ _____.
² _____ last year when the plane journey I was on had such a bad landing that I didn't want to get on a plane ever again.

³ _____ a friend suggested this charity challenge to raise money for homeless children in Africa.

⁴ _____,
⁵ _____ loudly and started shaking violently.

⁶ _____ of the day I thought it was impossible to do, but lots of people had promised to give money to the charity if I jumped so I had to do it. The instructor tried to calm me down and I ⁷ _____ less anxious. I'm pleased to say that, ⁸ _____, I got on the plane even though I was still shaking. The instructor was talking to me all the time and before I knew it we were in the air. And then we jumped. It was really amazing.

⁹ _____ lost my fear of flying and I am now much more confident.

¹⁰ _____ jump out of planes and am training to be a pilot so that I can fly my own plane.

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