



1. You hear a teacher talking to her class.

What is she doing?

A explaining the results of a competition

B thanking them for taking part in an event

C encouraging them to complete a challenge

2. You hear two friends talking about learning to ski. What do they agree about?

A how much fun the classes are

B how difficult it is to learn the techniques

C how physically tiring the activities can be

3. You hear a sports instructor talking to an athletics class. What does he say about the current long jump record?

A It hasn't been broken for a long time.

B It will be difficult to break.

C It's something he has tried to break himself.

4. You hear a girl telling a friend about lessons on eating and exercising that she has done at school. How does she feel about what she has learned?

A doubtful that some of the advice will benefit her

B surprised by some of the information

C keen to try out a suggestion

5. You hear a student talking to his sports teacher about getting fit. What would the boy like to do?

A take part in a competitive sport

B use some gym equipment

C find a training partner

6. You hear two friends talking about a TV programme they have watched.

What does the woman think about it?

A It contained some useful tips.

B It raised surprising arguments.

C It discussed interesting new research.

7. You hear an expert talking about what being healthy really means. She believes that many people have a mistaken idea about

A how important social contact is.

B how much exercise they need.

C how important it is to have a good diet.

8. You hear a fitness expert talking about warming up before exercise. He says that people don't always warm up because they

A have not been educated about its importance.

B want their exercise sessions to be quick.

C don't enjoy preparation exercises.

