

Imię i nazwisko: _____

Klasa: _____

1 🎧 **Track 10** Usłyszysz dwukrotnie rozmowę na temat dnia sportu. Na podstawie informacji zawartych w nagraniu uzupełnij luki (1–5) w tabeli tak, aby jak najbardziej precyzyjnie oddać sens wysłuchanego tekstu. Luki należy uzupełnić w języku angielskim.

WHO	WHAT	WHEN	WHERE
Kate	organising equipment	Thursday at (1) _____	school gymnasium
Stephen	organising the (2) _____ and running track	Saturday at 7.00am	(3) _____ hut
Carl	booking a live band	(4) _____ at 9.00pm	Modern (5) _____

___ / 5

2 📖 Przeczytaj tekst. Dobierz właściwy nagłówek (A–G) do każdej części tekstu (1–5). Wpisz odpowiednią literę w każdą kratkę. Uwaga: dwa nagłówki zostały podane dodatkowo i nie pasują do żadnej części tekstu.

- A Exercising a deeper understanding
- B Forgetting everyday concerns
- C Feeling part of a group
- D Bad for your health
- E A variety of motivations
- F Too keen on sports
- G Reflecting on personal failures

WHY DO WE WATCH SPORTS?

1 _____
There are as many reasons for watching sports as there are individuals, and these reasons often reflect personal needs and experiences. It is possible, however, to identify certain types of spectators.

2 _____
One of the most common reasons for watching sports is a need to escape. People who regularly watch sports find that it momentarily stops them from worrying about money, relationships or politics. Of course, this is not limited to sports, as watching almost any type of programme can help us switch off.

3 _____
Truly dedicated sports fans usually have a different motivation. People who regularly attend matches wearing their team's kit are often looking for a sense of community. They may feel alienated in their daily lives, but when it comes to sports, they can find a common goal with others: to see their team win.

4 _____
People who have participated in sports, or who have ever had dreams of becoming professional competitors, may take a more specialised interest. Once they learn first-hand what it takes to excel at a sport, they get great pleasure from seeing competitors at the top end of their game. Even a spectator who has never participated, but who understands the nuances of a sport, can gain huge satisfaction from seeing an athlete use all the right moves in order to win a medal.

5 _____
Of course, it's not really important to know why you are drawn to sports. If it improves your mood, then it's probably not an issue. It is only in cases where sport begins to take over a fan's life, interfering with their relationships or work, that it might be necessary for them to find more productive ways to spend their time and energy.

___ / 5

3 Read the definitions and write the correct words. The first letters have been given.

- 1 loose top and trousers which sportspeople wear: **t** _____
- 2 an enclosed floorspace that has lines marking areas of play, goals, etc.: **c** _____
- 3 a person who evaluates and gives scores for a performance: **j** _____
- 4 a form of skating that uses a single row of wheels: **r** _____
- 5 an item worn to protect the eyes: **g** _____

___ / 5

4 Complete the sentences with the correct verbs.

- 1 He took a shot, but he didn't _____ a goal.
- 2 I like martial arts, so I'd like to _____ karate or judo.
- 3 He's hoping to _____ the world record during the next championships.
- 4 Winning the regional championship will _____ their club on the map.
- 5 For a football club to _____ smoothly, you need excellent support staff.

___ / 5

5 Match the parts of the sentences.

- 1 Her only claim to ...
 - 2 They are trying to boost ...
 - 3 The figure skater was badly ...
 - 4 My little brother is surprisingly keen ...
 - 5 The rebuilt stadium now has a seating ...
- A membership at the health club by offering the first month free.
B on playing cricket, although all his classmates find it boring.
C fame is that she is the tallest player in the women's league.
D capacity for 30,000 fans.
E injured when she fell on the ice and hit her head.

___ / 5

6 Uzupełnij poniższe minidialogi (1–5) tak, aby powstał spójny i logiczny tekst. Wymagana jest pełna poprawność gramatyczna i ortograficzna wpisywanych wyrazów. Uwaga: w każdą lukę możesz wpisać maksymalnie cztery wyrazy, wliczając w to wyrazy już podane.

- 1 X: My injury doesn't seem to be getting any better.
Y: If you had a week of complete rest, _____ (**it / heal**) much faster.
- 2 X: Do you think yoga is useful for people who do competitive sports?
Y: Well, being more flexible is proven to protect you from injury.
X: So if _____ (**I / do / yoga**), I would be less likely to get hurt, right?
- 3 X: How are the dance classes going?
Y: I find I get tired really easily. Maybe I'm not eating enough.
X: It's a fact that if _____ (**you / eat**) well, you have more energy.
- 4 X: How did your brother do in the cycling race?
Y: He came third. If he hadn't fallen towards the end, he _____ (**come**) first.
- 5 X: I'd like to take up a new sport. Do you have any ideas?
Y: Well, if you like skiing, _____ (**you / enjoy**) snowboarding.

___ / 5

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

- 1 You're unlikely to get injured _____ (pod warunkiem że się rozgrzejesz) before playing.
- 2 If you get a FitClub pass, you _____ (będziesz mieć dostęp) to unlimited classes in all our facilities.
- 3 The coach recommended that _____ (abym ćwiczyła) every day if I really want to improve.
- 4 We are unlikely to be able to improve the skate park _____ (chyba że przekonamy) more people to donate money.
- 5 Stella wouldn't have got the gold medal if she _____ (straciła równowagę) on landing.

___ / 5

8 📌 Przeczytaj poniższy tekst. Z podanych odpowiedzi wybierz właściwą, tak aby otrzymać logiczny i gramatycznie poprawny tekst. Zakreśl literę A, B albo C.

Have you heard of a most unusual sporting (1) _____ called 'extreme ironing'? It involves taking an ironing board and a cordless iron to different locations, where the participants then have to iron items of clothing. If you want to try out this activity, you (2) _____ excellent skills in a range of sports, such as rock climbing, running, skiing and even scuba diving.

Extreme ironing began in 1997 thanks to Phil Shaw. After returning from work one day, Phil planned to (3) _____ rock climbing, but he also had a pile of clothes that needed ironing. As a result, he decided to combine the two activities, and 'extreme ironing' was born. A few years later, it had become so popular that, in 2002, the first international event was held in Germany. If Phil (4) _____ so imaginative, the sport would probably never have come into being.

Since then, extreme ironing adventures have taken (5) _____ in some very unusual locations, including mountains, forests, the polar circle, and even in the middle of a motorway! So, unless you are prepared to take some risks while doing your household chores, you won't want to consider taking up the sport.

- | | | | |
|---|---------------|---------------|---------------|
| 1 | A hobby | B activity | C occupation |
| 2 | A are needing | B needed | C will need |
| 3 | A take | B go | C play |
| 4 | A wasn't | B hadn't been | C wouldn't be |
| 5 | A place | B care | C part |

___ / 5

TOTAL: ___ / 40