## Vocabulary

### Free-time activities

**1** Replace the words in bold with the words and phrases in the box.

fancy   grew on me   hopeless   hype
is very encouraging   let off steam
nothing beats   taken to

1 I didn't like fishing at first, but it **became more and more likeable**
_____ .

2 I'm really stressed out. I need to **get rid of this energy** _____ .

3 My brother loves surfing, but I've never **begun to like** _____ this sport.

4 I **feel like** _____ doing something fun later. What do you think?

5 I'm **very bad** _____ at baking. Can you make the cake?

6 My art teacher **gives me a lot of confidence** _____ about my creativity.

7 I like watching cycling, but **there isn't anything better than** _____
_____ cycling yourself.

8 I got sucked in by the **exaggeration used to promote it** _____
and gave it a try.

**2** Complete the conversations using the prompts in brackets.

1 A: What _____
   (you / fancy / do) this evening?
   B: Something energetic. I'm furious with my boss and need to _____
   _____ (let / steam).

2 A: I don't know why I'm taking this course. I'm _____
   (hopeless / it).
   B: But you're improving little by little. That _____
   (encouraging).

3 A: I thought I'd love karate from the start, but it took me a while to _____
   _____ (take / it).
   B: Yeah, I know what you mean. I wasn't keen at first, but it's definitely
   _____ (grow / me).

4 A: _____ (beat) a lazy Sunday morning.
   B: No. It's the only part of the week when I can completely _____
   _____ (switch).

## Grammar

### Cleft sentences

**3** Complete each sentence with one word.

1 _____ I've discovered since starting yoga is how stressed I am.

2 The most important _____ I've learnt doing judo is discipline.

3 One thing I _____ understand about cycling is why people who aren't racing wear those tight clothes.

4 What I love the _____ about cooking is the idea of feeding people.

5 _____ best thing about gardening is seeing your plants grow.

6 Model making is easy, but _____ it does is help you switch off.

7 The thing _____ I dislike most about crosswords is getting all but one answer.

8 What I dislike about hiking _____ when it suddenly starts to rain.

**4** Put the words in the correct order to make sentences.

1 love about / thing / about / is / I / the / online gaming / teamwork

2 is / about games / don't understand / their addictive quality / the thing / I / that

3 found / how friendly / what / when playing online / people are / is / I've

4 like most about gaming / I / ability / the thing that / to switch off / is / the

5 is / different worlds / enjoy / exploring / I / what / doing

6 dislike / how much time / is / it takes up / what / I

**5** Complete the cleft sentences using the words in brackets.

**Phil P**   Yesterday at 10.21
In an attempt to get fit, I'm going to take up running and try to do a 5 km run in July. While I'm looking forward to it, what **1**_____ (worries) I'm 45 years old and have never actually done much running. How can I make sure I don't make a fool of myself at the race? All tips gratefully received!

Comments

**Marcela K**   10.33
The **2**_____ (helped) was an app. It told me how far to run every day so I could build up my distances over a few weeks.

**Elsi R**   11.42
I took up running in my 40s, too. What **3**_____ (found) my body wasn't as strong as it was in my 20s. I tried running every day but in the end had to take two days' rest a week to let my muscles mend.

**Benji W**   12.06
I gave it a go a few months back but didn't last long. I just didn't have the motivation. What **4**_____ (suggest) getting a running partner. That way, you can't make excuses when you just don't fancy it.

**Willis S**   15.17
One thing I did when I started running **5**_____ (alternate) walking and running until, eventually, I could run all the way. What **6**_____ (great) was that I could take it step by step – literally!