# FOCUS

## REVIEW TEST 1 • GROUP A

**Vocabulary, Grammar, Use of English and Reading**

**Name:** _____

**Class:** _____

**Total:** _____/56

### Vocabulary

**1 Complete the words in the sentences.**

1 Jo's **b** _ _ _ _ _ _ _ **c** _ _ _ _ _ _ _ clothes reflect her big personality. She loves wearing red and yellow.

2 Martha is an **e** _ _ _ - **g** _ _ _ _ person who very rarely gets upset about anything.

3 Susan prefers **m** _ _ _ _ - **p** _ _ _ _ _ _ clothes that can be worn for sport, work or even to a party.

4 Some people think Paula is **s** _ _ _ _ _ _, but she actually thinks deeply about important issues.

5 Active children need **h** _ _ _ - **w** _ _ _ _ _ _ clothes that are not easy to damage.

____/5

**2 Choose the correct words.**

1 My aunt is *at / in* her early thirties.

2 Do you ever fall *off / out* with your friends?

3 The runner was hoping to *break / make* a record by running faster than anyone on his team had ever done.

4 My brother *takes / goes* after our dad both in appearance and personality.

5 Sara has *lost / broken* touch with most of her old school friends.

____/5

**3 Complete the text with the words in the box. There are three words you don't need.**

| give | do | am | care | go | feel | look | in |
|---|---|---|---|---|---|---|---|

My friends don't like shopping for clothes with me because I am not very decisive. I'm not really bothered if my clothes are [1]_____ fashion, but I do [2]_____ about my appearance, so I usually try on at least twenty items before I can make a decision. Something might look fine, but I want to [3]_____ comfortable in my own skin, so it needs to be exactly right. I usually put on an item, look at myself in it, take it off, then [4]_____ the same thing over again. I've actually tried the same item on three or four times, so it's no wonder my friends get impatient and tell me to relax and [5]_____ with the flow instead of worrying so much!

____/5

### Grammar

**4 Complete the sentences with the correct form of the verbs in brackets.**

1 I'm sorry I'm late. _____ (you / wait) long?

2 How many goals _____ (you / score) in your last match?

3 No, I won't come with you to the cinema. I _____ (not / like) scary films.

4 They wouldn't let me in to watch the concert because I _____ (forget) my ticket!

5 Pelé _____ (play) for Brazil when he won the World Cup.

6 I can't talk to you now. I _____ (do) my homework.

7 I _____ (know) Sam for nearly ten years.

8 You shouldn't waste time _____ (play) computer games.

9 How many times _____ (you / visit) New York?

10 I can't afford _____ (eat) out in restaurants.

____/10

**5 Find the mistakes and write the correct sentences. One sentence is correct.**

1 I might to come to the party with you.

_____

2 Do you fancy come round to my house later?

_____

3 My brother always tries to avoid doing the washing-up.

_____

4 What do you wear today?

_____

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LIVEWORKSHEETS

5 How long you been living here?

_____

____/5

## Use of English

**6 Decide which answer, A, B, C or D, best fills each gap.**

I'm in a football team with a group of my friends. I hang [1]____ with them a lot, so we know each other quite well. We played a match last Saturday and, when we arrived on the football [2]___, the other team were already there. They looked good! Our best player is George. He's of [3]___ height, and he's very fast and powerful. After about ten minutes, George kicked the ball to me and I [4]____ the first goal of the match! It was a great feeling, but it wasn't enough. We [5]___ the game 2-1.

| | | | |
|---|---|---|---|
| **1 A** away | **B** up | **C** out | **D** off |
| **2 A** pitch | **B** court | **C** course | **D** track |
| **3 A** medium | **B** middle | **C** small | **D** tall |
| **4 A** turned | **B** scored | **C** kept | **D** broke |
| **5 A** broke | **B** scored | **C** beat | **D** lost |

____/5

**7 Complete the text with one word in each gap.**

Donald Robertson is a young athlete with a lot of ambition. He [1]_____ been training hard recently because he hopes [2]_____ run in the London Marathon this year. Things haven't always been easy for Donald, though. Two years ago, he had a serious biking accident and lost one of his legs. He says that watching other athletes with disabilities on TV helped [3]_____ to realise that having a disability wasn't the end of the world. He also had great support from his family and friends. 'I knew that whatever happened, they would [4]_____ doubt me nor critisise me,' he says. Now, he has set himself the target of running a marathon, and this is the first [5]_____ on his road to new-found strength and confidence.

____/5

**8 Complete the text with the correct form of the words in CAPITALS.**

| | |
|---|---|
| For ambitious athletes, injuries are both unavoidable and one of the hardest things to deal with. Taking a break is almost impossible for an extremely [1]_____ person, yet when you are hurt, the [2]_____ to take some time off has been made for you. | ACTION<br>DECIDE |
| The idea that avoiding rest might result in permanent damage is a [3]_____ motivation to listen to the doctors. And although your recovery will likely involve endless [4]_____ of boring exercises, being able to stick to the routine until you are better is a sign of the kind of [5]_____ it takes to be a successful competitor. | POWER<br>REPEAT<br>RESILIENT |

____/5

**9 Complete the second sentence so that it has a similar meaning to the first. Use between two and five words including the word given.**

1 I got a job there last September. WORKING
I _____
last September.

2 The film started before we got to the cinema. ALREADY
The film _____
when we got to the cinema.

3 I'm not really sorry that I don't live in Beijing any more. MISS
I don't _____
in Beijing.

4 It's possible that I'll go to London on Saturday. THINKING
I _____ to London on Saturday.

5 You can't force me to help you! MAKE
You _____ you!

____/5

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LIVEWORKSHEETS

## Reading

**10 Read the text. Complete the sentences with one or two words from the text.**

### Marathon at the top of the world

Running a marathon is not an easy task. It requires great physical and mental strength, but for many people it's the dream of a lifetime. In big cities around the world, there is usually at least one marathon taking place every week with thousands of people choosing to participate. But running in the city is not enough for some athletes. There are people looking for something more extreme.

The Tenzing Hillary Everest Marathon is the highest marathon in the world. It is named after the two men who first successfully climbed Everest, although runners do not run to the top of the mountain. It takes place in Nepal, starting at Everest Base Camp and finishing in the town of Namche Bazaar. The marathon takes place on the 29th of May every year and runners from all over the world participate.

In the months leading up to the race, runners undertake a lot of training to prepare. It's essential they train to run long distances, and rather than run on the street or in the gym, it's better to run on mountain trails and paths. They also need to increase their strength so spending time in the gym lifting weights is vital. But the training is not only about running. Competitors also have to prepare their bodies for the high altitude. At over 5,000 metres at the start, the air is so thin that running, even downhill, feels much more difficult than running at sea level. To train the body to function in these conditions, some runners decide to sleep in altitude tents. These are specially designed to reduce the amount of oxygen which causes the body to create more red blood cells. Sleeping in a tent like this for two weeks before a race is a great way to increase your endurance.

Unlike most marathons, you can't drive or take a train to the start of the race. It takes around two weeks to trek to the start point, and much of this is uphill. Due to altitude sickness, many competitors don't even make it to the start line. However, the altitude isn't a problem for runners from Nepal. Since their bodies are already used to the conditions, there is a different race for them. Otherwise the foreign runners wouldn't stand a chance.

Whilst Everest is a dream for many people, there are a number of problems on the mountain. In recent years, the high number of tourists visiting the region means there is now a lot of rubbish in the area. To try and reduce the impact on the environment, the organisers of the race limit the number of people who can enter to 250 people per year. They are also working to improve the way waste is disposed of to ensure the race is an ecological event.

1 The Tenzing Hillary Everest Marathon is a _____ race than most others for people who want something different to a standard marathon.
2 The race gets its name from the first people who _____ to the peak of the mountain.
3 It's not easy to run in the race, even downhill, because of the _____.
4 A/An _____ can help runners to prepare for the difficult conditions in the race.
5 Before getting to the start line, participants spend about _____ trekking.
6 With so many _____ the region, the area is becoming more and more polluted.

____/6

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LIVEWORKSHEETS

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# UNIT TEST 2 ● GROUP A

## Dictation, Listening and Reading

**Name:** _____

**Class:** _____

**Total:** _____/30

### Dictation

**1 [Track 4] Listen and write the sentences you hear, including the punctuation.**

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

___/8

### Listening

**2 [Track 5] You will hear a conversation between Natalie and John. Listen and complete the sentences with a word or short phrase.**

1 John thinks that all the people who are _____ play football and rugby.
2 John likes Mrs Peters because she doesn't _____.
3 Natalie has to _____ than other girls in PE lessons.
4 According to Natalie, the school has _____ new table tennis tables.
5 Only _____ people can play table tennis.
6 In the end, John decides to play _____ _____.

___/12

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LIVEWORKSHEETS

## Reading

**3 Read the text. Complete gaps 1-5 with sentences A–F. There is one extra sentence.**

**A** She was able to do this in 2005 when a youth group asked for volunteers to go to Thailand.

**B** She loved it from the start, and she won her first competition at the age of eight.

**C** She also works hard to promote healthy lifestyles and diet.

**D** She has never wasted time feeling sorry for herself.

**E** She was rushed to hospital, where doctors carried out emergency surgery.

F At first, she wasn't keen on all the publicity.

**1** _____
**2** _____
**3** _____
**4** _____
**5** _____

___/10

**BETHANY HAMILTON – SOUL SURFER**

Bethany Hamilton was definitely born with the sea in her blood. Her parents, who were enthusiastic surfers, had moved to Hawaii before she was born so that they could spend more time in the water. With her parents and two older brothers, she started learning to surf almost as soon as she could walk. **(1)** _____ So, it was no surprise when, on the night before Halloween in 2003, she went for an evening's surfing with her friends. The waves weren't very high and she was just lying on her board, relaxing, when a three-metre-long tiger shark came up from below and bit off her left arm.

Thanks to her quick-thinking friends, Bethany survived despite losing a large amount of blood. **(2)** _____ When she came to after the operation, her first words were 'When can I surf again?' She didn't have to wait long. On November 26th, she returned to the sea on her surfboard and, in January 2004, she entered her first competition since the attack.

Around the same time as she was returning to surfing competitions, Bethany was also busy with appearances on television and in newspaper interviews. **(3)** _____ She was a modest person by nature, and didn't enjoy all the attention. But, eventually, she realised that it gave her an opportunity to tell people about her life and her beliefs.

In the same year, 2004, she wrote her autobiography: Soul Surfer: A true story of faith, family and fighting to get back on the board. This brought her story to a much wider audience. Despite still being a young teenager with her own disability, Bethany was determined to help others who had even worse problems. **(4)** _____ This country had suffered badly from a tsunami in December 2004 and desperately needed international help. Bethany went there and was able to help local people overcome their fear of the water.

Bethany won her first national surfing competition in 2005 and she turned professional two years later. Although surfing takes up a lot of her time, she has other passions. She works hard to raise money for several charities. **(5)** _____ In 2011, her amazing story was made into a film and, once again, Bethany was able to reach an even wider audience and has become a role model for many people with disabilities. When a journalist asked what she would do if she could get her arm back, her reply was immediate. She wouldn't want to change her life as it was the loss of her arm which made everything that she has achieved possible.

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LIVEWORKSHEETS

**Name:** _____
**Class:** _____
**Total:** _____/30

**Your friend from the UK is doing a project on how people meet their friends. Write an email to your friend and explain how you met one of yours.**

- Explain when you met your friend, where it happened, and what you were doing when it happened.
- Describe what your friend looked like, and what you liked about his/her personality.
- Explain how you became friends.

____/30

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