Choose the correct option.

1 During the football match, the_____sent two players off the pitch.
1.a referee b. umpire c. footballer

2 When we were children, we used to go to the skating_____on Saturdays.
2.a field b. rink c. pitch

3 As the sprinter ran over the line, the_____were cheering.
3.a spectators b. watchers c. competitors

4 Lionel Messi is a fantastic football player. He once_____five goals in one match.
4.a ran b. kicked c. scored

5 After getting to the top of Mount Everest, she told the journalists how_____had been her passion since she was very small.
5.a walking b. climbing c. sailing

6 The_____was empty, so we played tennis.
6.a pitch b. rink c. court

7 That golf_____is spectacular! It's on top of a cliff overlooking the sea.
7.a course b. field c. green

8 Lucy lost her tennis match. Her_____was really good.
8.a player b. opponent c. competitor

9 I used to study_____. It's a Japanese martial art that involves kicks and punches.
9.a karate b. boxing c. wrestling

Match the definition to the underlined word or phrase. There are two definitions that you do not need.

a challenge
b prepared
c exercised
d stopped
e participated

10 Last year, I <u>worked out</u> three times a week.
11 I <u>gave up</u> playing football because I had a knee injury.
12 She <u>warmed up</u> by running round the field before the match.

Match the definition to the underlined word or phrase. There are two definitions that you do not need.

12.a fresh
12.b injured
12.c broken
12.d freezing
12.e hardly

13 The water was -1.7 degrees. It was <u>very cold</u>.
14 The old man could <u>barely</u> swim, so the teenager rescued him.
15 I had a <u>swollen</u> ankle after the match.

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Complete each sentence with the correct option.

16 I_____(have travelled / travelled) to many countries in the past 20 years.

17 Earlier this year, I_____(have visited / visited) Tunisia.

18 In 2015, John_____(has left / left) his job at the post office.

19 I_____(didn't play / haven't played) football since October, when I injured my foot.

20 _____(Have you ever / Did you ever) climbed a mountain?

Complete the sentence with the past simple or present perfect form of the verb in brackets.

21 I had a bad injury in the summer, but I_____(recover) now.

22 She really_____(not be) completely fit for most of this year.

23 What sports_____(do) when you were younger?

24 In the past three months, I_____(take up) yoga. It's great for fitness!

25 Jack_____(stop) playing basketball earlier this year.

Complete the paragraph with the correct options.

Mo Farah is the most successful British track athlete in modern Olympic Games history. Mo (a)_____(has run / has been running) since he was a schoolboy in London. Since then, he (b)_____(has won / has been winning) a huge number of events. He is the 2012 and 2016 Olympic gold medallist in both the 5,000 m and 10,000 m, and is the second athlete in modern Olympic Games history to win both the 5,000 m and 10,000 m titles at successive Olympic Games, in London and Rio de Janeiro. On the track, he mostly competed in the 5,000 metres and 10,000 metres, but (c)_____(has run /has been running) competitively from 1,500 metres to the marathon. He (d)_____(has received / has been receiving) quite a few honours, including those from Queen Elizabeth. In recent years, Mo (e)_____(has become / has been becoming) one of the most famous sportsmen in the world.

26. (a) _____

27. (b) _____

28. (c) _____

29. (d) _____

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30. (e) _____

Complete each sentence with the correct word from the list.

already ever just since yet

31 Mo Farah has been a track star_____he won his first gold medal.

32 Mary has _____ won two trophies, and she's only 14!

33 Have you played hockey _____?

34 The Canadian women's football team have_____come back from their successful tour of Europe.

35 Has Manchester United_____won the Champions League? Yes, they won it in 1999.

Choose the correct option.

36 Catherine_____gold, but she won silver last year.
36.a hasn't won b. won c. hasn't been winning

37 Since retiring, she_____children in her country to take up gymnastics.
37.a has helped b. has been helping c. helped

38 I_____swimming.
38.a have always been loving b. have always loved c. have loved always

39 I_____10 kilometres so far this week.
39.a swim b. have been swimming c. have swum

40 I_____to Kenya, but I'd love to go.
40.a have never been b. never went c. have never been going

Read. Choose T (True) or F (False).

Competitive sport

Why is sport so important for young people? Well, we know that youngsters are full of energy and that they are eager to jump, run and play. Putting all that energy into competitive sport can help to keep children active and healthy as they grow into teenagers, and can also reduce the chance that they may become involved in negative activities. Competitive sports such as football, athletics, swimming and basketball can also help children learn important life lessons.

One important thing about sport is that it helps prevent children from becoming overweight, or obese. The obesity epidemic in many parts of the world is a real problem, and diseases such as diabetes have become more common, even among young people. Participating in competitive sports helps children to burn calories and helps to prevent obesity. Additionally, many teenagers who are active in sports are motivated to move away from the fries and pizza, and eat healthier foods, such as fruit and vegetables.

There is also evidence that children who take part in sport have improved self-esteem. It's natural

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that you will feel better about yourself if you are fit and healthy. Being in a team and working with others towards a common goal increases your sense of responsibility, helps you to get on better with others, and creates a feeling of positivity overall. Whether you win or lose, you are a team.

Lastly, there are valuable life lessons to be learned from sport. Sometimes you work hard, and you still lose. Sometimes you win but still didn't play well. In these moments we learn how to bounce back, and we learn determination. These qualities are certainly essential as we become adults and enter the competitive world of work.

41 Basketball is a competitive sport.

42 If you don't do sport, you may become overweight.

43 If you do sport, you will eat more pizza.

44 Being in a team makes you feel good.

45 Participating in competitive sport is only good for a person's physical condition.

Read the text.

Choose the correct answer.

Competitive sport

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There is also evidence that children who take part in sport have improved self-esteem. It's natural that you will feel better about yourself if you are fit and healthy. Being in a team and working with others towards a common goal increases your sense of responsibility, helps you to get on better with others, and creates a feeling of positivity overall. Whether you win or lose, you are a team.

Lastly, there are valuable life lessons to be learned from sport. Sometimes you work hard, and you still lose. Sometimes you win but still didn't play well. In these moments we learn how to bounce back, and we learn determination. These qualities are certainly essential as we become adults and enter the competitive world of work.

46 Competitive sport is a good way of using up_____.
46.a obesity b. energy c. food

47 If you are obese, you are_____.

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47.a happy b. slim c. overweight

48 Diabetes is caused by_____.
48.a obesity b. fitness c. sport

49 If you're in a team, you are all working towards the same_____.
49.a group b. win c. goal

50 Being in a team helps you to feel more_____for others.
50.a responsible b. successful c. bad

Choose the sentence (a or b) which presents a balanced view to the main sentence.

Competitive sport

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Lastly, there are valuable life lessons to be learned from sport. Sometimes you work hard, and you still lose. Sometimes you win but still didn't play well. In these moments we learn how to bounce back, and we learn determination. These qualities are certainly essential as we become adults and enter the competitive world of work.

51 Aggressive energy can help people win at sport if they can control themselves.
51.a Sport is known to be a good outlet for aggression and negative energy.
51.b Without some aggression, many sports would be boring.

52 Young people can get into trouble.
52.a Sport can help young people to use up their negative energy.
52.b Sport makes you big and strong.

53 Some people become obsessed with losing weight through sport.
53.a Overweight people shouldn't eat foods like pizza straight after a game.
53.b If people do sport, they are usually motivated to eat healthy foods.

54 Many teenagers hate losing at sport, so it's better if they don't play.
54.a People shouldn't care if they win or lose.
54.b Taking part in sport can help people to learn a valuable lesson about winning and losing.

55 If you have a negative attitude, make sure you join a winning team so you don't get depressed.
55.a Competitive sports can motivate people and help them develop a positive attitude.

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55.b If you aren't a positive person, it's better to do a non-competitive sport.

Listen. Choose T (True) or F (False). Correct the false statements. Audio 2.03

56 Katy climbed a mountain in Morocco.

_____

57 Katy had never been to the Canary Islands before.

_____

58 Mount Teide is volcanic.

_____

59 Mount Teide is a very difficult climb.

_____

60 Before she climbed, Katy trained outdoors.

_____

Listen. Match the two parts of the sentence. Audio 2.03

Narrend

60.a the evening before.
60.b climbed Mount Teide before.
60.c alone.
60.d very early in the morning.
60.e technically difficult.

61 Katy had never
62 Katy thinks the mountain is not
63 Katy packed for the trip
64 Katy started off on her climb
65 Katy climbed the mountain

Listen. Choose the option that has a similar meaning to the word as used in the text. Audio 2.03

61 challenge
61.a test b. altitude c. difficulty

62 train
62.a study b. prepare c. work

63 fit
63.a in good condition b. tall c. ready

64 sunscreen

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64.a glasses b. a hat c. sun cream

65 summit
65.a mountain b. end c. top

Writing

66 In your opinion, which kinds of sport are dangerous? Write at least three sentences.

_____

_____

_____

_____

_____

_____

Write one sentence to give your opinion on each topic.

67 An active lifestyle

_____

_____

68 Competitive sports

_____

_____

61 Money in sport

_____

_____

62 Sportsmen and sportswomen as role models

_____

_____

Watch and answer the questions. Write one or two sentences. Video 3.3

63 Why has Lewis been back to the Arctic every year for the last seven years?

_____

_____

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64 What did he want world leaders to understand?

_____

_____

65 How did Lewis train his mind to prepare for the swim?

_____

_____

66 How did Lewis feel after a year of training?

_____

_____

67 How did Lewis and his friends get to the North Pole?

_____

_____

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