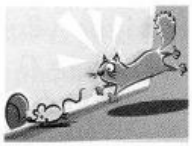
1 ★ **Popatrz na ilustracje i uzupełnij wyrazy.**

1  _ _ _ _ _ o _

2 _ _ _ _ n _ _ _ _ _ w

3

_ _ _ s _ _ _ e _

4 _ _ m _ _ h _ _

5 TV
_ _ m _ _ _ _ _ _ _ _ n

6

_ e _ _ _ g _

7 _ _ d _ _

8 _ _ _ i _ _

9

_ _ g _ z _ _ _

10 _ p _ _ _ _
_ _ _ g _ _ m _ _

2 ★★ 33 **Posłuchaj nagrania i zaznacz (✓) nazwy mediów i programów telewizyjnych, które lubi Mick.**

- ☐ radio programmes
- ☐ game shows
- ☐ talent shows
- ☐ TV competitions
- ☐ newspapers
- ☐ magazines
- ☐ sports programmes

3 ★★ **Zakreśl właściwe wyrazy.**

I love [1] ***cartoons / TV competitions*** – my favourite is *The Smurfs*. I also really enjoy watching [2] ***radio programmes / game shows***. Sometimes, the prizes are amazing! At the weekend, my mum and dad usually read the Sunday [3] ***newspaper / sports programme***. Sometimes, I read it too, but I don't often read [4] ***talent shows / magazines***. On Friday night, my family watches our favourite [5] ***web page / serial*** on TV. The story is really exciting!

Phonics

34 **Posłuchaj nagrania. Zaznacz (✓) zdania, w których dźwięk ar jest wymawiany tak, jak w wyrazie party.**

1 ☐
2 ☐
3 ☐
4 ☐
5 ☐
6 ☐

Life skills: Using the media

Przeczytaj zdania. Czy opisują pozytywny ☺, czy negatywny ☹ aspekt używania mediów?

1 Można wiele się dowiedzieć. ☐
2 Trudno odróżnić informacje prawdziwe od nieprawdziwych. ☐
3 Oglądanie telewizji i używanie komputera nie sprzyjają aktywności ruchowej. ☐
4 Niektóre programy telewizyjne są pełne przemocy. ☐
5 Można porozmawiać z kolegami/koleżankami z innych państw. ☐
6 Można nabyć nowe umiejętności. ☐

LIVEWORKSHEETS

I didn't watch it.

1 ★ **Zaznacz zdania w czasie Past simple.**

1 She rollerblades in the park. ☐
2 We didn't listen to the radio programme. ☐
3 They visited their friends. ☐
4 I don't like the talent show. ☐
5 He climbed a tree. ☐
6 We like Harry's new web page. ☐
7 The students don't study French on Monday. ☐
8 I didn't cook lunch. ☐

2 ★★ **Zamień niezaznaczone zdania z ćwiczenia 1. na zdania w czasie Past simple.**

_____
_____
_____
_____
_____

3 ★★ 35 **Posłuchaj nagrania i uzupełnij zdania czasownikami z ramki w czasie Past simple.**

like ▪ look ▪ dust ▪ study
tidy ▪ watch ▪ post ▪ vacuum

1 Brad _____ ten hours of TV last week.
2 He _____ for the test.
3 He _____ at any web pages.
4 Julia _____ some comments online.
5 She _____ the radio programme.
6 Brad and Julia _____ their bedrooms at the weekend.
7 Brad _____ the furniture.
8 Julia _____ the carpet.

4 ★★★ **Napisz sześć zdań dotyczących weekendu Anny i Bena. Użyj wyrażeń z ramki w czasie Past simple.**

▪ laugh at a funny joke ✓
download music ✓ ▪ use a computer ✗
▪ watch a film on TV ✓
▪ iron clothes ✓ ▪ paint a picture ✓
▪ play football ✗
▪ clear the table after lunch ✗

Last weekend, Anna painted a picture.
She didn't _____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

Train your brain!

Z każdej kolumny wybierz jeden wyraz i ułóż zdanie w czasie Past simple. Jaki rodzaj programów telewizyjnych lubi Rick?

Rick	didn't	S	watch	E	to	L	game	I	page	N	yesterday.	L
	don't	T	watches	A	a	R	TV	E	show	A	now.	T

_____

LIVEWORKSHEETS

1 ★ Uzupełnij zdania odpowiednimi wyrazami.

1 _____ talk about different sports.
2 _____ watch a sports match.
3 Tennis _____ use a racket and a tennis ball.
4 The _____ of an important match or a game sometimes gets a prize.
5 _____ do their sport in the water.
6 _____ run in races.

2 ★★ Zakreśl właściwe wyrazy.

1 We watched the athletes on the ***running track / swimmer***.
2 There were a lot of people in the ***stadium / winner***.
3 The players were on the ***commentator / tennis court***.
4 The commentator talks on the ***magazine / radio***.
5 He was the best ***tennis court / swimmer*** at the Olympics.
6 Our team won the ***championship / winner***.
7 It was an exciting ***match / athlete***.

4 ★★★ Jesteś komentatorem sportowym. W trzech zdaniach opisz wyścig pływacki, używając wyrazów z ramki.

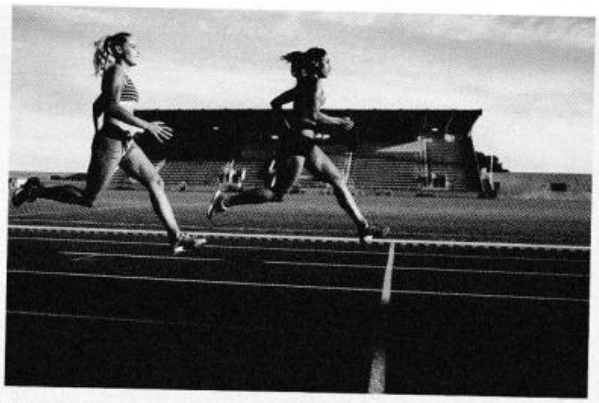
swimmers ▪ winner
exciting ▪ commentator

_____
_____
_____
_____
_____
_____
_____
_____

3 ★★ Uzupełnij teksty wyrazami z ramki.

athletes ▪ championship ▪ commentator ▪ players ▪ running track
spectators ▪ stadium ▪ winner

My name's Anna, and I'm your [1] _____ today for this exciting [2] _____ match between Liverpool City and Real Madrid. There are thousands of [3] _____ in the [4] _____, and the [5] _____ are ready to begin the game.



The [6] _____ are running around the [7] _____. It's Fernandez in front, oh, but now Kowalski is ahead. Yes, Kowalski is the [8] _____!

LIVEWORKSHEETS

Sporty Sue: Episode 7 – *Congratulations, Sue!*

1 ★ **Uzupełnij zdania czasownikami podanymi w nawiasach w czasie Past simple.**

1 We _____ (**see**) an amazing swimming race yesterday.
2 I _____ (**give**) a new pair of goggles to my friend.
3 The girls _____ (**do**) half an hour of exercise before school today.
4 You _____ (**go**) to the running track last week.
5 Our team _____ (**lose**) the match at the weekend.
6 My friends _____ (**run**) very fast.
7 We _____ (**win**) the championship!
8 You _____ (**have**) lunch after the game.

2 ★★ **Zamień zdania z ćwiczenia 1. na pytania.**

1 *Did we see an amazing swimming race yesterday?*
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____

Useful!

Co powiesz w sytuacjach 1–2? Uzupełnij zdania.

1 Koleżanka pomogła ci odrobić pracę domową.
T__n_ y__ for h__p__g me.
2 Denerwujesz się przed ważnym wydarzeniem.
I'__ g__ b_____f___s in my s_o__c_.

3 ★★ **Uzupełnij rozmowę Sue z nauczycielką. Zastosuj podane w nawiasach wyrazy w czasie Past simple.**

Teacher: What [1] _____ (**you / do**) at the weekend, Sue?
Sue: I [2] _____ (**go**) to my aunt's house because it was her birthday.
Teacher: [3] _____ (**you / give**) her a present?
Sue: Yes, I [4] _____. I [5] _____ (**give**) her a new tennis racket. Then we [6] _____ (**sit**) in the garden and [7] _____ (**have**) some cake. I [8] _____ (**play**) with her dog, Frosty. But then there was a problem. My aunt [9] _____ (**lose**) her new tennis racket.
Teacher: Oh no!
Sue: I [10] _____ (**look**) in the garden and in the house, and I [11] _____ (**find**) it!
Teacher: Well done! Where was it?
Sue: It was in Frosty's bed. I think he wants to be a tennis star!

Train your brain!

Każdy gracz rozegrał pięć meczy tenisa. Uzupełnij zdania wyrazami podanymi w nawiasach w odpowiedniej formie i zapisz wyniki. Kto wygrał mistrzostwa?

1 Kuba _____ (**not lose**) three games. His score was ____ / 5.
2 Piotr _____ (**not lose**) one game. His score was ____ / 5.
3 Marek _____ (**lose**) one game. His score was ____ / 5.
4 Tomasz _____ (**not win**) three games. His score was ____ / 5.
5 _____ won the championship!

LIVEWORKSHEETS

Train your brain!

1 ★ **Znajdź drogę do wyjścia i zaznacz ją. Znajdź cztery wyrazy związane ze sportem oraz cztery wyrazy związane z mediami i zapisz je. Możesz się poruszać w górę/dół oraz w prawo/lewo.**

Start → Finish

s	t	a	p	e	r	w	e
d	a	p	e	y	a	e	t
i	w	s	r	p	l	b	e
u	e	n	e	g	a	p	l
m	r	c	a	l	a	t	h
s	e	m	r	a	i	r	e
w	i	m	t	o	o	n	s

Sports	Media
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

2 ★★ **Do każdej kategorii z ćwiczenia 1. dopisz jeszcze dwa wyrazy.**

3 ★★ **Znajdź pięć zdań. Zaznacz odpowiednie ilustracje.**

Ididn'twintheraceyesterdaymyfriendssawacartoonhelosthisfavouritejackettwewenttotherunningtrackshedidn'tdoanyexercise

4 ★★★ **Napisz pytania i połącz je z odpowiedziami.**

1 you / play football / yesterday / ? ☐
_____

2 your cat / sit / on my sunglasses / ? ☐
_____

3 the students / do homework / last night / ? ☐
_____

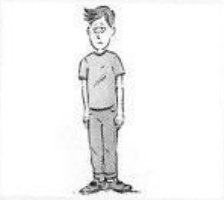
4 your dad / make lunch / yesterday / ? ☐
_____

5 Mrs Price / like / the talent show / ? ☐
_____

a No, they didn't. They watched a game show on TV.
b No, she didn't. It was really boring.
c No, I didn't. I played tennis.
d Yes, he did. He made pizza.
e Yes, it did. I'm very sorry!

1 a
b

2 a
b

3 a 
b

4 a
b

5 a
b

LIVEWORKSHEETS

1 ★ **Napisz odpowiednie formy czasowników w czasie Past simple.**

1 write _____
2 sleep _____
3 read _____
4 buy _____
5 catch _____
6 get _____
7 take _____

2 ★★ **Uzupełnij dialog czasownikami z ramki w czasie Past simple.**

catch ▪ get (x 2)
have ▪ go (x 2) ▪ sleep

A: How was your weekend?
B: Fine, thanks. I [1] _____ to an athletics competition in Glasgow with my sister.
A: Great! Tell me about it.
B: First, we [2] _____ a train to Glasgow. I [3] _____ on the train. Then, we [4] _____ to the stadium. I [5] _____ a sandwich in the café. Finally, we [6] _____ on the train home. We [7] _____ home at half past ten.
A: That sounds like a good day.
B: It was.

4 ★★★ **Popatrz na ilustracje i uzupełnij rozmowę o weekendzie.**

A: *How was your weekend?*
B: _____
_____
A: _____
_____
B: _____
_____
A: _____
_____
B: _____
_____

3 ★★ 36 **Posłuchaj nagrania. Odnajdź błędy w zdaniach. Napisz zdania poprawnie, używając wyrazów z ramki.**

slept ▪ bus ▪ ~~friends~~
goggles ▪ magazine

Dylan went to the race with his parents.
He didn't go to the race with his parents.
He went with his friends.

1 They travelled by train.
_____
_____
_____

2 He read a newspaper on the bus.
_____
_____
_____

3 He bought some new flippers there.
_____
_____
_____

4 He watched videos all the way home.
_____
_____
_____

LIVEWORKSHEETS

Quiz – Usain Bolt

1 Sprawdź, co pamiętasz na temat Usaina Bolta. Zakreśl właściwe wyrazy.

1 Usain Bolt is from ***the USA / Jamaica***.
2 He's the fastest runner over ***100 and 200 / 400 and 800*** metres.
3 His last year as a sportsman was ***2015 / 2017***.
4 Usain Bolt gives money to ***animal / sports*** charities.
5 He has a problem with his ***arms / back***.

2 Przeczytaj tekst o Kim Yu-Nie i odpowiedz na pytania.

Kim Yu-Na was born in September 1990 in South Korea. She started skating when she was nearly six years old. She was very good at skating. She won her first international competition in 2002. She moved to Toronto, Canada in May 2007. She had some problems with injuries, but she won a gold medal in the Vancouver Winter Olympics in 2010. She also won the world championships in 2009 and 2013. In the Sochi Winter Olympics in 2014, she won the silver medal. She is famous because she broke the world record for high scores 11 times.

In 2010, Kim wrote a book, *Kim Yu-Na's Seven Minute Drama*, about her dream to become the world's best figure skater. She also recorded some songs with some famous South Korean pop singers.

Kim doesn't skate in competitions now, but she is still very busy. She gives a lot of money to charities and helps young people in South Korea who want to become ice skaters.

1 Where is Kim from?
_____
2 What important event happened in 2002?
_____
3 How old was she when she moved to Canada?
_____
4 What did she win in 2014?
_____
5 What is the title of her book?
_____
6 What does she do now?
_____

Glossary

break a world record – pobić rekord świata
figure skater – łyżwiarz figurowy / łyżwiarka figurowa
injury – kontuzja

3 Przeczytaj informacje o Jessice Ennis-Hill. Napisz krótką notatkę.

Jessica Ennis-Hill	
from:	the UK
born:	29 January 1986
sport:	heptathlon
achievements:	• 2012 Olympic gold medal • 2016 Olympic silver medal
problems:	injuries in 2008 and 2013
last year as heptathlete:	2016
now:	• helps sport and hospital charities • writes for a newspaper

_____
_____
_____
_____
_____
_____
_____
_____

Around the world

Dopasuj sportowców do odpowiednich państw.

1 Serena Williams — a the USA
2 Neymar — b Poland
3 Anna Rogowska — c Brazil

LIVEWORKSHEETS

Vocabulary & Speaking

1 ★ **Z podanych liter ułóż wyrazy związane z mediami. Dopasuj wyrazy do odpowiednich kategorii.**

whosnatlet | diaro | azmngaie | VTecttionmipo | epwsaenpr

read	watch	listen to
_____	_____	_____
_____	_____	

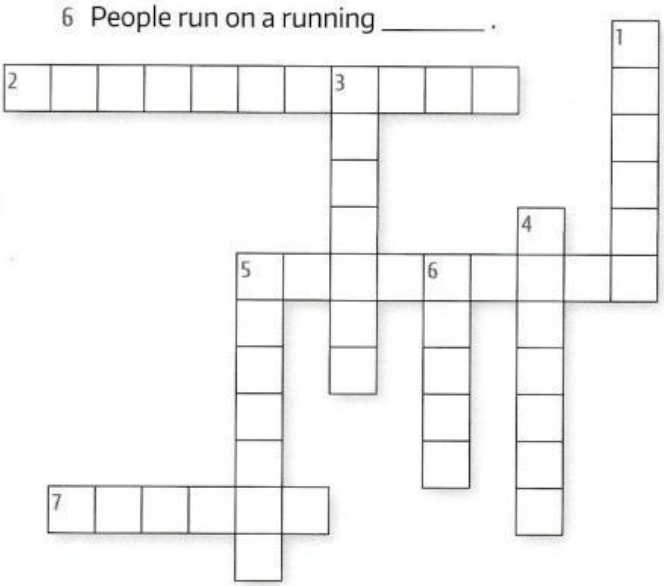
2 ★★ **Rozwiąż krzyżówkę.**

Across

2 He or she talks about sports on the radio or television.
5 This person watches a sports game.
7 This person gets the gold medal.

Down

1 A tennis _____ plays tennis.
3 This person runs or jumps.
4 Important football matches are here.
5 This person is often in a swimming pool.
6 People run on a running _____ .



3 ★★ **Zakreśl właściwe wyrazy.**

A: [1] ***How / What*** was your weekend?
B: [2] ***Fine / Yes***, thanks. I went to a basketball championship in London with my sister.
A: Great! [3] ***Tell / Talk*** me about it.
B: First, we [4] ***had / caught*** a train to London. I looked at a web page on the bus. Then, we went to the stadium. I [5] ***bought / gave*** a T-shirt there. Finally, we got on the train home. I talked to my sister all the way home.
A: That [6] ***sounds like / can be*** a good day.
B: It was.

Grammar

4 ★★ **Uzupełnij dialog czasownikami podanymi w nawiasach w czasie Past simple.**

A: [1] _____ (**you / see**) the football match on TV yesterday?
B: No, [2] _____ . I [3] _____ (**not watch**) TV yesterday. I [4] _____ (**write**) my blog and then I [5] _____ (**catch**) a bus to the shopping centre.
A: What [6] _____ (**you / buy**)?
B: I [7] _____ (**buy**) a new notebook and a magazine. And then I [8] _____ (**read**) the magazine on the way home. What about you? What [9] _____ (**you / do**)?
A: I [10] _____ (**go**) to my aunt's house and I [11] _____ (**have**) lunch with my cousins. Then we [12] _____ (**play**) a game of tennis. I [13] _____ (**not win**), but we [14] _____ (**have**) a good time.

5 ★★★ **Napisz trzy zdania oznajmujące i trzy przeczące na temat swojego ostatniego weekendu. Użyj wyrazów z ramki.**

watch ▪ read ▪ listen ▪ buy
go ▪ have ▪ do ▪ play

_____
_____
_____
_____
_____
_____
_____
_____

LIVEWORKSHEETS

1 ★ **Wpisz nazwy odpowiednich miesięcy.**

1	a	February	b
2	a	November	b
3	a	March	b
4	a	October	b
5	a	July	b
6	a	June	b

2 ★★ 37 **Posłuchaj nagrania i napisz daty.**

1 Billy's birthday _____
2 Billy's party _____
3 Jenny's birthday _____
4 Jenny's party _____

Phonics

38 **Posłuchaj nagrania. Napisz, ile razy w każdym zdaniu dźwięk th jest wymawiany tak, jak w wyrazie think.**

1 ☐
2 ☐
3 ☐
4 ☐
5 ☐

3 ★★ **Zapisz daty według wzoru.**

25.01 *the twenty-fifth of January*
1 31.12 _____
2 14.02 _____
3 03.05 _____
4 02.08 _____
5 19.10 _____

4 ★★★ **Uzupełnij zaproszenie informacjami z ramki.**

156 ▪ Tilly ▪ 665 145 48
12th September ▪ 3:00 pm

You are invited to [1] _____'s birthday party!
[2] _____ from 11:00 am to [3] _____.
At [4] _____, Upper Penfold Lane, Bramley
Telephone: [5] _____.

LIVEWORKSHEETS