



Task 1 Read the advertisements below. Match choices (A—H) to (1-5). There are four choices you do not need to use.

The following advertisement informs us of an offer to...

- A spend winter holidays in the mountains
- B enjoy a hearty meal seven days a week
- C visit Primary School Fair
- D buy comfortable homes
- E travel to London, Paris and Rome
- F apply for a job at Advertising Agency of Pakistan
- G have continental breakfast every morning
- H apply for a job at Employment Agency of Pakistan

Task 2 Read the text below. For assignments (6-10) choose the correct answer (A, B, C, D).

Athletics in Jamaica

Jamaica has produced some of the world's best athletes, including stars such as Usain Bolt and Veronica Campbell-Brown. Is this success partly due to one event - the Annual Boys and Girls Championships?

The four-day Championships have taken place every year since 1910. Nearly 200 school students take part in front of an audience of over 30,000 people. The event is also shown on live TV, and the whole country watches what is sometimes called Jamaica's mini-Olympics. The competitors take it very seriously, and they all want to win. Classmates and former students also come to support and encourage their schools.

School coach Dwayne Simpson has trained many young stars. He believes the Championships have an important role in the development of young athletes. They are the biggest schools competition in the world, he says, and other countries are now looking to copy them. He also believes that the Championships give young athletes a reason to practise. They want to do well for their school, so they work and train together as a team, so they produce better results.

Nathaniel Day, a young runner from Britain, has studied and trained in Jamaica for the last two years. Young athletes here get experience of being on TV from the age of 12, he says, 'so when they're older, they aren't scared of big occasions and they perform well. In the UK, athletes don't perform in front of the cameras until they're adults, and sometimes they find it hard to deal with.' According to Nathaniel, the Championships also give young athletes a goal. 'Because it's such a big event, it gives them an idea of how exciting it is to perform in an Olympic stadium. It helps them develop the ambition to become champions.'

What is the writer doing in this text?

- A** giving information about a famous Jamaican coach
- B** describing the experience of taking part in an athletics competition
- C** reporting an interview with a world-famous athlete
- D** discussing the importance of an athletics championship

What does the text say about the Championships?

- A** Thirty thousand people watch them on TV.
- B** Young athletes take part just to have fun.
- C** They started over 100 years ago.
- D** Some former students take part.

What does Dwayne Simpson say about the Championships?

- A** Other countries should try to hold a similar competition.
- B** They have grown too big in recent years.
- C** They encourage young athletes to do their best.
- D** Schools are always keen to do well.

According to Nathaniel Day, the event

- A** helps young athletes get used to being filmed.
- B** is more exciting than the Olympics.
- C** makes some young athletes feel nervous of big occasions.
- D** is hard for some young competitors to deal with.

Which best describes the Jamaica Schools Championships?

- A** It's an international competition which prepares young athletes for the Olympics.
- B** It's an important event which helps young athletes to improve.
- C** It's a huge social event which brings people together to have fun.
- D** It's a local event which gives young athletes the chance to perform in a relaxed atmosphere.

Task 3 Read the text below. Match choice (A-H) to (11-16). There are two choices you do not need to use.

11. Chloe enjoys team sports but doesn't want to play in competitions. She needs a morning class. She doesn't have much money and can't afford to buy expensive equipment.

12. Mike isn't very fit. He would like to get fitter, but he finds exercise boring. He's looking for an evening class that is different every week. He'd also like to see how he is improving over time.

13. Sofia loves sport but is recovering from a serious injury. She wants to train in the afternoon with someone who understands her injury and can give her advice on exercises she can do at home.

14. Jack is very fit and is planning a challenging 200 km run. He wants to train at least twice a week and would like some personal training too. He wants to train indoors and outdoors.

15. Tara takes sport seriously. She plays hockey and tennis and wants to improve her skills and take part in competitions. She isn't free from Monday to Friday.

16. John is very shy person so he hates crowded places. He has free time on Mondays and Thursdays in the mornings.

A Sport for life Weekly sessions in seven different sports, including squash, tennis and basketball. Do your favourite sport or try new ones each week. Classes take place on Thursdays 3-4 pm and Sundays 2-3.30 pm in Green Park and in the Park Gym. We don't believe in winners and losers, just having fun!

B Top training Our club offers individual training sessions in the gym, with a personal trainer. The class is ideal for people who enjoy training alone and are keen to improve their fitness, or people who have particular difficulties with their fitness. Classes: every morning 9-11 am.

C Active plus! This is a great class for people who enjoy playing sport with others in an informal way. Choose from a range of sports, including 5-a-side football and hockey. Classes are on Saturdays from 9-11 am. We provide balls, hockey sticks, etc. and a monthly report on how your fitness is improving.

D Water-cise! Have fun and get fit at your local sports centre! Classes every Tuesday and Thursday from 6-8 pm. No two classes are the same! We organise regular competitions and also offer individual fitness checks every month, plus the chance to gain progress certificates.

E Fitness for All If you're looking for a gentle, low-cost exercise class, Fitness for All offers exercises to improve your strength and confidence slowly. Our trainers are qualified to help with individual problems and can give you extra ideas to try outside the class. No equipment necessary. Classes: every Tuesday from 2-4 pm.

F Sport for all This class is for people who want to take up a sport such as football or tennis for the first time. It's a great way to get fit in the fresh air. Classes start with training exercises, followed by a game or small tournament. Classes: every Tuesday and Thursday, 6-8 pm. All equipment provided

G Rising stars We believe sports are for winners! We offer training from professional sports coaches to help you become a more successful player. Choose from a range of team and racket sports. Players are encouraged to join local and national leagues. Classes: every Saturday and Sunday, or book an individual lesson with one of our trainers.

H Go for it! This is a class for people who want to push themselves so they can compete against other people or themselves! Training takes place every Tuesday, Thursday and Saturday. Classes involve a one-hour run in the park, followed by weight training in the gym. Individual coaching and advice on improving fitness at home are also available.

Task 4 Read the text below. Choose from (A-H) the one which best fits each space (17-22)
 There are two choices you do not need to use.

THE CIRCULATION OF THE BLOOD

William Harvey (1578-1657) undertook (17) _____ into the circulation of the blood and the function of the heart. He dispelled the contemporary belief that blood was propelled through the body by a pulsing action in the arteries; instead, he argued, the heart was at the centre of the (18) _____.

While at the University of Padua in Italy, Harvey (19) _____ by the scientist and surgeon Hieronymus Fabricius. Fabricius recognised that the veins in the human body had one-way valves, but was puzzled as to what their function could be. It was Harvey who went on to (20) _____. In 1628, he published his findings in a book (21) _____ An Anatomical Study of the Motion of the Heart and of the Blood in Animals. His discovery was received with great interest and accepted in England at once, although it was greeted with some scepticism on the Continent.

Apart from offering insight into the function of the heart, Harvey's work also debunked misconceptions about the role of the liver, the brain and the blood itself. His discovery left

scientists with (22) _____ but to reconsider the vast majority of medical theories which were up until then accepted, and to place medicine on a new footing. In effect, it was the beginning of modern medicine.

- A circulatory system
- B solve the riddle
- C receives credit
- C groundbreaking research
- F search for
- E was tutored
- H no choice
- G entitled

Task 5 Read the text below. For each of the empty space (23-32) choose the correct answer (A, B, C or D).

SPORT IN AMERICA

Practising sports is a popular leisure activity. It is generally known that people who do physical exercises keep fit and healthy. Moreover, taking up sports has also many (23) _____ benefits. First, it (24) _____ the stresses of everyday life and second, it helps individuals identify with a group and replace their loneliness with the sense of belonging.

Sports play a very important part in the American lifestyle. The present-day interest in physical education and great enthusiasm for diets, exercising and jogging, (25) _____ from the late sixties when Kenneth Gordon published his bestseller 'Aerobics'.

The favourite American sports today are baseball, basketball, soccer and football. Jogging has also (26) _____ very popular (27)

| | A | B | C | D |
|----|----------|---------------|----------|----------------|
| 23 | useful | psychological | good | best |
| 24 | presents | appears | relieves | produces |
| 25 | comes | goes | dates | arrives |
| 26 | become | start | begin | appear |
| 27 | lately | recently | before | a few days ago |

JOINING A HEALTH CLUB

You (28) _____ some investigating before you decide to join a health club. Make sure that the contract you (29) _____ is accurate. Check the agreement to be certain that the fees listed are correct, that the penalties for breaking the contract are specified, and that no hidden charges are included. As soon as you begin thinking about joining a healthy club, make a list of your needs and requirements. Decide if you (30) _____ facilities such as a swimming pool, jogging track, steam room, weight machines, racquet-ball courts, or a bar and lounge. Your requirements will determine what kind of club you (31) _____ and where you will truly get your money's worth. After you (32) _____ what type of exercise club is best for you, visit some local clubs and check out the facilities.

| | A | B | C | D |
|----|-------------|-------------|--------------|---------------|
| 28 | could do | should do | ought do | must do |
| 29 | would sign | will sign | sign | should sign |
| 30 | will want | are wanting | wants | want |
| 31 | could join | should join | may join | ought to join |
| 32 | had decided | decided | have decided | decide |