

2 Complete these sentences by writing the verb in brackets in the correct form in the gaps.

- 1 Carlos has suggested *starting* (start) a five-a-side football team. What do you think?
- 2 I don't think the weather is good enough *go* sailing this afternoon.
- 3 We've decided *hold* the race early in the morning before it gets too hot.
- 4 *train* is essential if you want to perform well.
- 5 I've joined a gym *get* myself fitter.
- 6 If you train too hard, you risk *injure* yourself before the race.
- 7 It's no good *run* in a marathon if you're not wearing the right shoes.
- 8 She was disqualified from the race for *push* an opponent.



3 Circle the correct form in *italics* in each of these questions.

- 1 What sport would you advise someone to *do* / *doing* in order to make friends?
- 2 What sport would you choose to *learn* / *learning* if you had plenty of time and money?
- 3 If someone needed to get fit, what sport would you suggest *to do* / *doing*?
- 4 What sports do you avoid *to take part in* / *taking part in* and why?

4 Work in pairs. Ask and answer the questions in Exercise 3, giving your opinions.

5 Candidates often make mistakes with the infinitive and verb + -ing. Some of these sentences are correct. Find and correct the mistakes.

- 1 Students are not allowed running along school corridors.
- 2 Few people choose spending their time taking exercise.
- 3 The Internet means that we spend more time sitting at home, but we cannot imagine to live without it.
- 4 Being fit and healthy does not mean to run 20 km a day.
- 5 Many students would prefer to cycle to school than go by school bus.
- 6 Many people only think about take exercise when they are overweight.
- 7 Unless they try to compete as a team, they will not succeed to win the competition.
- 8 Doing a sport is a good alternative if you are bored to sit and read a book.
- 9 It may be good to use a bicycle instead of going by public transport.
- 10 There are several good reasons for ride a bike.

Reading and Use of English Part 4

1 Work in pairs. For questions 1 and 2, choose the correct answer A–D. Why are the other answers incorrect?

1 Why don't we start jogging if we want some exercise?
TAKING

He suggested in order to get some exercise.
 A that they should take up jogging
 B taking up jogging
 C to take up jogging
 D going jogging

2 She won the match without difficulty.
EASY

She found the match.
 A it easy to win
 B that it was easy to win
 C she could easily win
 D it simple to win

2 Now do these Part 4 questions. Use the clues below each question to help you.

1 Marianne prepared for the race by training every evening.

READY

Marianne trained every evening for the race.

- Can you think of an expression with *ready* which means *prepare*?
- Why did Marianne train every evening?
- Do you use the verb + -ing or an infinitive to say why she trained every evening?

2 I found it impossible not to laugh at his efforts.

HELP

I at his efforts.

- You need an expression with *help* which means 'find it impossible'.
- Your answer needs to be in the same tense.

3 Cycling on the pavement is prohibited.

USE

Cyclists the pavement.

- How do you use *allowed* to mean it's prohibited?
- Do you use the verb + -ing or an infinitive after *allowed*?



3 Now do these Part 4 questions.

1 We'd like all our students to participate in the sports programme.

PART

We are keen on all our students the sports programme.

2 Buying the equipment for this sport is cheaper than hiring it.

MORE

It's the equipment for this sport than to buy it.

3 You should have phoned her to tell her the game was cancelled.

GIVE

You were supposed to tell her the game was cancelled.

4 Mateo managed to win the race.

SUCCEEDED

Mateo the race.

5 'I'll never get angry with the referee again,' said Martin.

TEMPER

Martin promised never the referee again.

6 Tanya found windsurfing easy to learn.

DIFFICULTY

Tanya to windsurf.

EXAM ADVICE

- Use the word in **CAPITALS** without changing it.
- Count the words. Contractions (*isn't*, *don't*, etc.) count as two words.
- Read both sentences again at the end to check that they mean the same.

4 Check your answers by looking at these clues for each of the questions in Exercise 3.

1 Did you use a fixed phrase which means *participate*?

2 Have you used an opposite of *cheap*? Did you use an infinitive or a verb + -ing?

3 Did you use an expression which means *phone* (give her a ...)?

4 *Managed* is followed by an infinitive. Is *succeeded* also followed by an infinitive? Do you also need a preposition?

5 Can you remember an expression with *temper* which means *become angry*?

6 You cannot write *did not have any difficulty in learning* because it's seven words.

Listening Part 4

1 Work in pairs. You will hear an interview with someone who went on a paragliding course. Before you listen, look at the photo.

- Do you think paragliding is a risky sport?
- Would you like to try it? Why? / Why not?

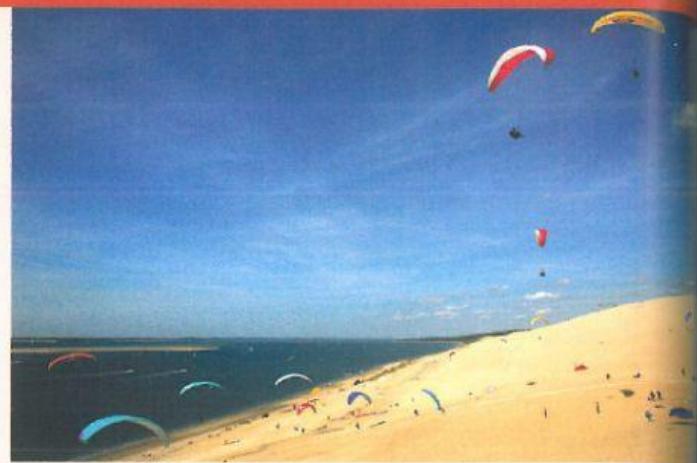
2 Read these questions and underline the main idea in each one.

- 1 Why did Hannah want to try paragliding?
A She had seen other people doing it.
B She wanted to write an article about it.
C She was bored with the sport she was doing.
- 2 Why did Hannah choose to do a paragliding course in France?
A The location was safer.
B The course was cheaper.
C The weather was better.
- 3 Hannah says that the advantage of learning to paraglide from a sand dune is that
A you are unlikely to fall in the sea.
B you can land comfortably on the sand.
C you cannot fall too far.
- 4 How did Hannah spend the first morning of her course?
A She learned to lift her paraglider.
B She flew to the bottom of the dune.
C She watched other people paragliding.
- 5 When she started flying, her instructor
A shouted at her from the ground.
B talked to her over the radio.
C flew next to her.
- 6 When you land after paragliding, it feels like
A jumping from a seat.
B falling from a horse.
C falling from a bicycle.
- 7 What, for Hannah, is the best reason to go paragliding?
A It's exciting.
B It's unusual.
C It's quiet.

3  26 For questions 1–7, listen and choose the best answer (A, B or C).

EXAM ADVICE

- When you listen, wait until the speaker has finished talking about an idea before you choose your answer.
- Listen for the same idea to be expressed, not the same words.



Vocabulary

look, see, watch, listen and hear

1  Candidates often confuse the following words: *look*, *see* and *watch*, and *listen* and *hear*. Complete these sentences from Listening Part 4 by writing *look*, *see*, *watch*, *listen* or *hear* in the correct form in the gaps.

- 1 I spend my life people doing different sports.
- 2 I was down the course, planning my next shot or something, when I these paragliders floating down.
- 3 In fact, I to my instructor, Chantalle, through an earphone.
- 4 It was generally very quiet, calm and civilised, except when she raised her voice to shout at other flyers to keep away from me. And then you really her.

2  Read the two definitions on page 183. Then circle the correct word in *italics* in these sentences.

- 1 I *looked at* / *watched* my watch and saw that it was time to leave.
- 2 I really enjoy *looking at* / *watching* cartoons.
- 3 We live near a motorway and can *listen to* / *hear* the traffic non-stop.
- 4 I've been *looking at* / *watching* our holiday photos.
- 5 Did you *watch* / *see* Buckingham Palace when you were in London?
- 6 She knew the policeman was *looking* / *watching* what she did.
- 7 Ivan was in the kitchen, so he didn't *listen to* / *hear* the telephone when it rang.
- 8 Marisa looks so relaxed when she's *listening to* / *hearing* music on her MP3 player.