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

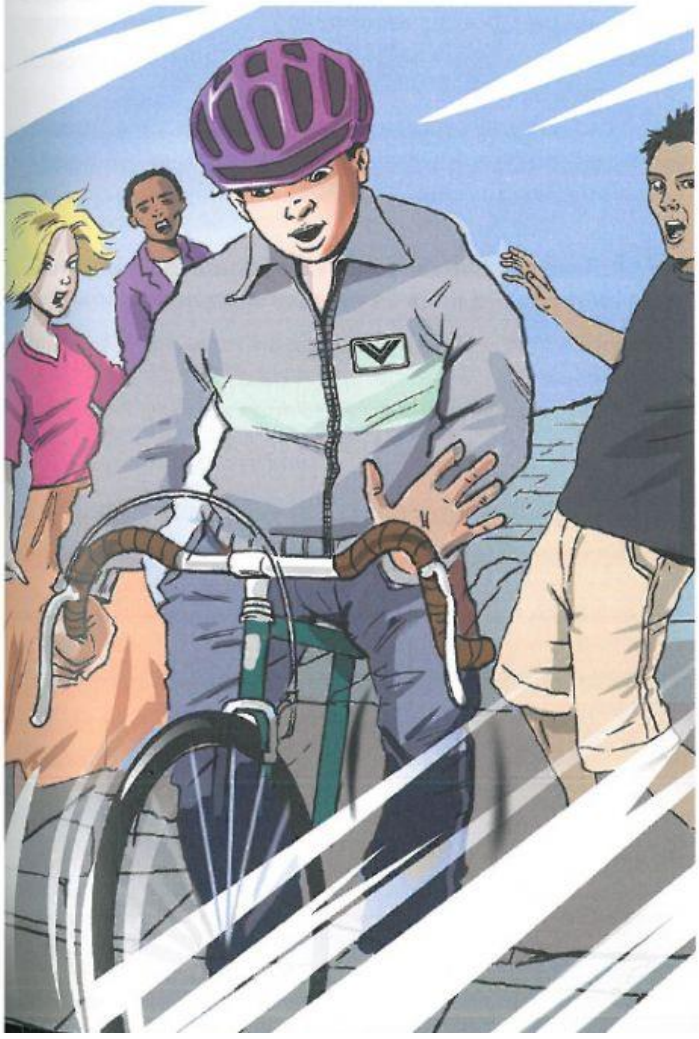
2 She won the match without difficulty.
EASY
She found ..... the match.
A it easy to win
B that it was easy to win
C she could easily win
D it simple to win

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.

Unit 7

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.