

Optimise B1+

Student name _____

Group/Class _____

Date _____ Score _____

LISTENING

1 Listen to the interview and choose the best answer (A, B or C).

 Unit 10 Listening

- 1 Where does Olivia usually run?
 - A In stimulating places somewhere in the countryside.
 - B On nice, smooth roads and tracks which cross woods and fields.
 - C In an athletics stadium with proper running tracks.
- 2 How does Olivia feel about competing on running tracks?
 - A She would like to take part in more races held in stadiums.
 - B She enjoyed being able to compete with other runners.
 - C She doesn't think it's as boring as some people say.
- 3 What does Olivia say about a dirt race that took place last spring?
 - A The weather was so bad that the event was cancelled.
 - B The weather was bad but the participants appreciated it.
 - C The conditions weren't too bad despite the rain.
- 4 What problems do beginner runners face?
 - A They're not allowed to walk during parts of the race.
 - B The uphill climbs are too difficult for most of them.
 - C They run the risk of injuring themselves.
- 5 Why is Olivia so busy at the moment?
 - A She's trying to raise the money to enter the next race.
 - B She's got a job to help her pay for the next race.
 - C She's trying to raise money to help young people.

Score: /5

GRAMMAR

2 Choose the correct words (A, B or C) to complete the reported speech.

- 1 'You must finish your projects by next Monday.'

Our teacher said we _____ finish our projects by the following Monday.

A have to B had to C must

- 2 'I'm not going to bed now!'

She refused _____ to bed.

A going B to go C go

3 'Have you tried eating sushi?'

Lisa asked me if _____ eating sushi.

A I try B I tried C I'd tried

4 'We're going home tomorrow.'

They said they were going home the _____ day.

A after B previous C next

5 'I won't tell anyone your secret.'

He _____ not to tell anyone my secret.

A promised B denied C refused

Score: /5

3 Choose the correct answers to complete the sentences.

- 1 There are *so much/so many/such many* people here. I don't think we'll ever find our friends.
- 2 The television is *such/too/enough* quiet. Could you turn it up a bit?
- 3 We haven't invited *such/too/enough* people to the show. There are lots of empty seats.
- 4 Don't tell her *too much/too many/enough* about the film. She hasn't seen it yet.
- 5 He's got *such a lot of/such many/such a* books that he doesn't have enough space in his house anymore.

Score: /5

4 Complete the text with the words in the box. There are two words which you do not need to use.

had have might probably unless will wouldn't

I went in for my first marathon last year. My brother had been trying to convince me for months and I'd never have entered it (1) _____ he'd suggested it. However, I'm pleased he did because if he hadn't, I (2) _____ never have known how exhilarating it can be. You see, I'm not a sporty type so I couldn't have imagined myself doing something like that. In fact, if I (3) _____ decided to take up any sport, it would (4) _____ have been chess or other games that don't involve much exercise. On the other hand, if I'd taken them up, I'm sure I'd (5) _____ put on a lot more weight by now!

Score: /5

VOCABULARY

5 Complete the idioms with one word in each gap.

- 1 Don't get upset. There's no need to make a _____ and _____ about it!
- 2 Jason has really changed his _____. First, he didn't want to help and now he does.
- 3 I'm not sure who's coming this evening. We'll have to play it by _____.
- 4 I'm going to _____ the music and tell my parents that I lost my phone.
- 5 He's always _____ his own trumpet. He thinks he's better than everyone else!

Score: /4

6 Complete the sentences with the expressions in the box.

get off to a running start run a mile run before you can walk run off their feet run the risk

- 1 The waiters were _____ because there were so many guests.
- 2 I didn't _____ today – I overslept and missed the bus to school!
- 3 Don't worry if it takes you longer to do the job. You're learning at the moment so you shouldn't try to _____.
- 4 Jeremy will _____ if his mum asks him to tidy his room.
- 5 If you don't work harder, you _____ of failing the course.

Score: / 5