

A. Read the text and answer the questions below. (10)**The power of walking**

Do you have a lot of great ideas when you're walking? If you do, you aren't the only one. Scientists from Stanford University did an experiment about this phenomenon. They asked 176 students to do some creative tasks. During the experiment, some students were walking while others were sitting. Those who

were walking were 60% more creative than those who were sitting.

In the USA, some schools began to use a special programme of walking classrooms. During the class, students walk outside, wear headphones and listen to an audio lesson. Tests show that students in walking classrooms remember more information. Similar ideas are used by teachers in Canada, Mexico and Spain.

Not only schools benefit from walking. Steve Jobs, the creator of Apple, often organized walking meetings. He looked for creative solutions with his employees while they were walking. Today, many managers in Silicon Valley and around the world organize walking meetings. They say that some of their employees are more creative when they move.

The idea of going for a walk to think isn't new. The German composer Beethoven walked around Vienna and took notes for his compositions. He used them later while he was working on his music. Charles Dickens, a British writer, walked for many kilometres while he was planning his books. British scientist Charles Darwin built a path around his house. He called it his 'thinking path' and often walked there when he needed a solution to a problem.

1. How many people participated in the experiment at Stanford University?

2. What do students in walking classrooms in the USA do?

3. Why do managers in Silicon Valley organize walking meetings?

4. What could Beethoven do while he was walking?

5. Where did Charles Dickens build his 'thinking path'?

B. Complete the dialogues with sentences from the box. There are FIVE EXTRA options. (10)

A.	How often do you train?	F.	What's the matter?
B.	You won't regret it.	G.	What is your next competition?
C.	When are you competing again?	H.	I'm sorry, I didn't mean to.
D.	How long have you competed professionally?	I.	Have you ever participated in a professional competition?
E.	It doesn't matter.	J.	When did you train?

DIALOGUE 1: Interviewing a professional athlete.

Interviewer: Hello, Brian. (1) _____

Brian: Yes, many times. I have competed for five years.

Interviewer: That's impressive! (2) _____

Brian: Six days a week. The only day I don't train is Sunday.

Interviewer: That's a lot of effort! (3) _____

Brian: Next month. I'm getting ready for the national championship.

Interviewer: Good luck!

DIALOGUE 2: Apologizing for being late.

Coach: Tom, you're late for class again.

Tom: (4) _____ I missed the bus.

Coach: (5) _____ Please, be on time next class!

Tom: I promise I will.

C. Complete the text with the words from the box. There are TWO EXTRA words. (10)

BECAUSE	BUT	HAVE	MANY	MUCH	MUSTN'T
SO	WHICH	WHILE	WHO	WON'T	YET

My experience doing martial arts By Tom Watson



I ¹ _____ done martial arts for five years. I love them because I always learn important things. People think that martial arts are just about fighting,² _____ they are also about discipline and respect. I have also met amazing people ³ _____ are my friends now.

One of the things I love about martial arts is that they teach you self-control. We ⁴ _____ use the techniques to hurt other people. I learnt this important rule ⁵ _____ I was taking my first kung-fu classes. I have also learnt some techniques ⁶ _____ are important to stay safe in the street.

I have participated in ⁷ _____ competitions around the country. I haven't become a black belt ⁸ _____, but I'm working hard to do it. I am starting a new course next week. I am sure that I ⁹ _____ be the best in my class, but that's okay. I really love this sport and it makes me feel great ¹⁰ _____ I'll continue doing different martial arts all my life!

D. TENSES: Circle the correct option to complete the text. (10)

Sarah's inspiring life



Meet Sarah, an inspiring swimmer who is very successful. She started at an early age. She ¹(**WATCHED – WAS WATCHING**) an Olympic swimming competition when she decided to take swimming lessons. She quickly ²(**FALLS – FELL**) in love with the sport. During primary school she ³(**USED TO PRACTISE – SHOULD PRACTISE**) for hours every day. She was extremely happy when she won her first regional competition at the age of 12. Since that day, she ⁴(**WON – HAS WON**) many medals in national and international competitions. Her parents ⁵(**HAVE SUPPORTED – HAS SUPPORTED**) her since the very beginning.

At the moment, Sarah ⁶(**TRAINS – IS TRAINING**) for a very important international competition. She ⁷(**MUST – HAS**) do her best if she wants to win. There are many good swimmers, but she is sure she ⁸(**WILL BE – WAS**) in the top three because she has good chances of winning.

Sarah also has big plans to inspire young swimmers in her local community. In fact, she ⁹(WILL START – IS GOING TO START) a swimming club for beginners next month. She is very excited about it! Tomorrow at 5 p.m. she ¹⁰(WILL SPEAK – IS SPEAKING) on a famous TV show to talk about her project.

E. Listen to the passage and circle (T) or (F). (10)

Tom's personal challenge.



1. Tom loves trying new things. T - F
2. Tom visited Tower Bridge with his family. T - F
3. Tom could cross the glass floor. T - F
4. The climbing wall was easy to climb. T - F
5. Tom never goes climbing now. T - F

F. Writing. (20)

Choose ONE of the topics below and **write about 70 - 80 words.**

1. **A BLOG ENTRY:** Write a **blog entry** about a person who inspires you. You may include the following information:

- How long have you known him/her?
- Where was he/she born?
- What is he/she good at?
- What is he/she like in character?
- Why does he/she inspire you?

2. **AN EMAIL:** Write an **email** to a friend telling him/her about a sport you practise. You may include the following information:

- Which sport do you do?
- Why did you choose this sport?
- How long have you done it?
- Who do you play this sport with?
- Have you ever participated in a competition? When?