

VOCABULARY AND GRAMMAR

- 1 Complete the sentences with the words from the box. Change the form if necessary. There are two extra words.

fan goal lose pick phase
power teammate win

The team's fans ran onto the basketball court to celebrate with the players at the end of the game.

- I think we've _____ this game. I haven't got any good cards to play. And you?
- I hurt my arm when my _____ dropped me on the court while we were celebrating. How embarrassing, eh?
- Badminton isn't too hard to play if you play tennis and I'm sure you'll _____ it up quickly.
- Congratulations on a good result, but this is only the first _____ of the competition. There's still a long way to go!
- Ryan scored the fastest _____ ever by a player in our team – 12 seconds after the match started!

/5

- 2 Complete the sentences. The first and last letters are given.

My brother's a referee for the local football league and he loves giving players yellow cards.

- My athletics t _____ r says I'm good enough to be a professional one day.
- My great granddad is 78 but he still k _____ s in shape by going Nordic walking.
- Celia is s _____ s and always wears the same socks when she's competing in a race.
- Sebastian isn't a very a _____ e person. In fact, I don't think I've ever seen him do any sports or other physical exercise.
- To get a body like Arnold Schwarzenegger you have to do lots of r _____ e lifting of heavy weights. It must be quite boring really.

/5

- 3  Translate the Polish parts of the sentences.

I didn't know your little brother played chess. When did he get into (*wciągnął się w*) that?

- What a terrible game! Our team _____ (*przegrała mecz*) and I injured my foot.
- We are all hoping that the Polish ski jumper _____ (*nie podda się*) because of his bad performance at the Winter Olympics.
- LeBron James _____ (*zdobył 34 punkty*) for Miami in that night's big game against Los Angeles.
- Of course, the most important thing is taking part, but I'd really like to _____ (*pokonać przeciwnika*) as well.
- We _____ (*zdecydowaliśmy się zerwać z naszą rutyną*) of waking up early to go jogging. Instead we slept late and had a lazy breakfast in a local café.

/5

- 4 Choose the correct words.

Unfortunately, we weren't watching when Bolt won / had won / was winning the 200 metres race.

- Chloe finally beat her personal best time because she trained / had trained / was training so hard.
- Dan tried snowboarding when he went / had gone / was going to the French Alps.
- The marathon finally ended / had ended / was ending when the last runner crossed the finishing line after almost 6 hours.
- Andrew was prepared for the freezing temperatures because he surf / had surfed / was surfing in winter before.
- Naomi wasn't actually skating when she hurt / had hurt / was hurting her foot. She was trying to take her skate off!

/5

- 5 Complete the sentences with the correct forms of the verbs in brackets.

If Poland manages to win (win) the European Championships, I will buy everyone dinner.

- I remind my players _____ (not/get angry) with the referee. Shouting and complaining doesn't help.
- Do you really enjoy _____ (jog) when the temperatures are so high?
- I think I might _____ (join) the gym again. I've put on so much weight recently.
- Our PE teacher made the boys _____ (do) aerobics after they said it was easy and only for girls. They were exhausted afterwards.
- Jenny misses _____ (play) badminton with her sister now that she's gone to university.

/5

- 6  Choose the correct answers A–C.

Adzo Kpossi from Togo, in Africa B the youngest athlete at the Olympic Games in 2012. When she ¹ _____ into the water in London to compete in the women's 50 metres freestyle event, she was just 13 years old. In the qualifying race, she ² _____ second to Nafissatou Moussa Adamou, a 14-year-old from Niger, but beat her own personal best time. Before she arrived in London to represent her country, she ³ _____ lots of training at a hotel in Sarawaka, which was the only place in her part of the country with a swimming pool. Although she failed ⁴ _____ any medals, Kpossi was later asked ⁵ _____ the flag for Togo at both the opening and closing ceremony of the 2016 summer Olympics and hopes to be present at the 2020 games in Tokyo.

- | | | | |
|---|-------------|--------------|-------------|
| | A had been | <u>B</u> was | C was being |
| 1 | A dived | B was diving | C had dived |
| 2 | A got | B came | C lost |
| 3 | A was doing | B has done | C had done |
| 4 | A to win | B win | C winning |
| 5 | A to carry | B carry | C carrying |

/5

Total /30

USE OF ENGLISH

7 Complete each pair of sentences with the same answer A-C.

Would you — if I closed the window? It's pretty cold

in here.

Regular yoga and meditation can give you real peace

of —.

When you reach the — of no return, you can never

go back!

We need one more — to win the match. Come on

The Blues!

How did you — Gosh into going jogging with you at

6 a.m.?

Mr Brown wants to — to me about missing too many

training sessions.

A speak B talk C chat

My grandfather was a great athlete and I really — up

to him and his achievements in sport.

Oh, — I isn't that Boris Becker, the ex-Wimbledon

champion?

Barry has always wanted to — out bowling, so he's

A see B watch C look

Where can I — on this tracksuit to see if it fits me?

A try B go C put

Henrikson has had to — out of the race after pulling

a muscle in his leg.

Please, be careful with that expensive trophy.

Don't — it!

A fall B break C drop

8 Complete the sentences with the correct form of the words in brackets.

Footballers Lionel Messi and Cristiano Ronaldo

share the same **superstition** (SUPER) — they must both

be the last players onto the pitch.

Boxers need a lot of — (RESILIENT), because

they have to pick themselves up every time they get

knocked down.

I find the best way to — (ACTION) myself

in the mornings is to do fifteen minutes of yoga.

My manager has been very — (SUPPORT) of

my decision to quit the national team.

Five times World's Strongest Man, Mariusz

Pudzianowski is probably the most —

(POWER) man in Poland.

At the last minute, I noticed that my passport was

out-of-date. That was a — (DECIDE) moment.

/5

9 Complete the sentences using the prompts in brackets. Change the forms or add new words where necessary. Use up to six words in each gap.

The manager **forced us to train** (force/we/train)

despite the bad weather.

Karol — (not/stand/lose) and

gets very upset whenever he doesn't win.

Janice, could you — (teach/

swim)? I really trust you and you're always patient

with me.

When I was a kid, my parents —

(not/allow/do) karate, but I've always wanted

to try it.

Mum — (warn/not/climb) the

tree in our garden — but then, of course, I did and I

fell out and broke my arm.

While the coach — (tell/the team/

believe) that they really could get to the final, one of

the footballers started to laugh.

10 Complete the text with one word in each gap.



It's one of

the **most** unusual

competitions in the

UK, but every spring

thousands of spectators

gather at Cooper's Hill in

Gloucester to cheer ¹ — participants

in the annual cheese rolling race. It's a dangerous

way to burn calories ² — because the

event basically involves throwing a large circle of

cheese down a hill, and then throwing yourself

down after it. The first person to the bottom of

the hill wins the ³ — — a large circle of

Gloucester cheese!

Chris Anderson, 29, from nearby Brockworth is

the current champion and has now equalled the

record of 20 wins held by one person. Chris first

⁴ — in for the competition at the age of

16 and won his first race one year later. Next year

he hopes to break the record and become the first

person to win 21 races.

If you fancy ⁵ — Chris on at cheese rolling,

you'd better be quick — he is thinking of retiring

soon. Plus, you should also know that Cooper's Hill

has an angle of 70 degrees and the cheeses travel

downhill at over 110 kilometres per hour!

/5

Total /20

/5

3.1

VOCABULARY

Means of transport • noun phrases
• collocations • synonyms for trip

SHOW WHAT YOU KNOW

1 Label the forms of transport. The first letters are given.



tram

1 h _____ -a
b _____

2 f _____



3 h _____

4 d _____ -d
b _____

5 h _____

FOCUS ON WORDS | Noun phrases

2 Match the halves of the compound nouns in boxes A and B and complete the sentences.

A cable dirt public rush short
suspension traffic winding

B bridge car cut hour
jams path track transport

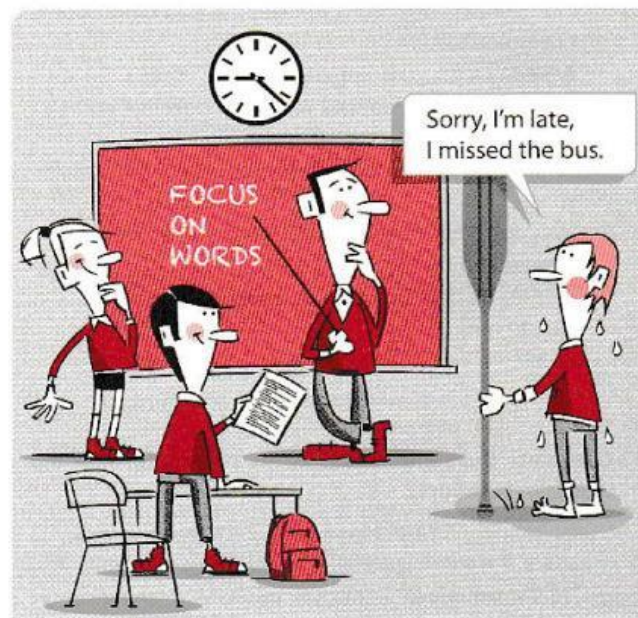
We can save ten minutes on our walk to the centre if we take the shortcut across the field.

- There's no road to get to my aunt's house but we can use the _____ if you drive slowly and don't mind getting the car muddy.
- The Tibetan saint Thangtong Gyalpo built a _____ with iron chains as early as 1433 in Bhutan. However, earlier designs using rope and wood were also used to cross rivers and valleys.
- The longest journey made by a _____ is 7,455 metres. It's in China and goes from Zhangjiajie city centre to the top of Heaven's Gate Mountain.
- If more people used _____ like buses and trams, there'd be less traffic on the roads and less pollution in the air.
- Sorry we're late. It's a _____ and there are always awful _____ at this time of day.
- There's a wonderful _____ through the forest. It turns left and right and then left and right again – all the way to the lake at the end.

FOCUS ON WORDS | Collocations

3 Choose the correct verbs.

Last night I had a very strange dream. I decided to ¹miss/catch the bus to school because I was feeling too lazy to cycle ²uphill/downhill like I usually did for my regular morning exercise. But because it was raining really heavily, a boat came along instead. I got on the boat, in fact, I was the only passenger, and it began to ³cross/swim the river. But the journey was very rough and the captain ordered me to sit down and ⁴close/fasten my seatbelt. Then suddenly there were lots of other boats and we were ⁵stuck/caught in traffic. It felt like ages for the boat to make any progress, and all the time it was raining. When I finally arrived at school, I noticed I was ⁶walking/going barefoot. And I was completely wet and shaking from the cold. The teacher looked confused and asked me why I was late. I simply told him I'd ⁷missed/lost the bus. Very strange.



4 Complete the sentences with the verbs catch, cross, get or miss in the correct form. Sometimes more than one answer is possible.

I caught the train from Waterloo and got here as soon as I could.

- Marco Polo was the first westerner to _____ the continent of Asia. In total, he travelled through the area for 24 years.
- We _____ stuck in traffic and that's why we're a little late.
- My school bag was so heavy this morning that I _____ a lift in the car from my mum.
- Janet _____ the train and there isn't another one until tomorrow morning. She'll have to stay the night in a hotel.
- Before bridges existed, the only way to _____ a valley was to climb down one side and then climb up the other.

FOCUS ON WORDS | Synonyms for trip

5 Read the definitions and choose the correct word.

- 1 a trip on a plane = a drive / a flight / a ride
- 2 a trip by sea or in space = a ride / a drive / a voyage
- 3 a long trip overland = a flight / a cruise / a journey
- 4 a trip by boat from one piece of land to another = a tour / a crossing / a ride

6 Complete the sentences with the correct words. The first letter is given.

The first time my mum went on a plane was to Australia! The flight took over twenty-two hours with a stopover in Hong Kong.

1 My sister and her husband are going on a c in the Mediterranean. Their ship leaves from Liverpool and the first stop is Monaco!

2 The d from London to Paris by car is six and a half hours. The high speed train takes just over two hours!

3 The ferry c from Gdańsk in Poland to Nynashamn in Sweden takes 19 hours.

4 Ola is going on a 15-day cycling trip this summer. Her j will take her from Berlin all the way to Malaga in the south of Spain. She must be mad!

5 I went on a camel r when I was in Egypt but I wouldn't recommend it. I don't think the animals are treated very kindly.

6 Our guided t around Kraków took us to Wawel Castle and the famous Wieliczka salt mine.

7 When Columbus discovered America, he was actually on a v to find a new route to Asia.

REMEMBER THIS

travel (v) I'd love to travel to the United States.
travels (n, pl) My travels took me through Europe and Asia.
My travel across Guatemala was awesome!
My journey across Guatemala was awesome!

7 Read REMEMBER THIS. Complete each sentence with the correct form of the word travel. Then label each word with V (verb) or N (noun).

- 1 This picture shows the mind of the planets.
- 2 The book *Uncommon Traveller* describes Mary Kingsley's solo through Africa in the 1890s.
- 3 Some food doesn't well.
- 4 Before the train was invented, between cities used to take days.
- 5 Sound through water.
- 6 Joseph to experience different cultures.
- 7 Tell us all about your in Central and South America.
- 8 We 200 kilometres on the second day – it was exhausting!

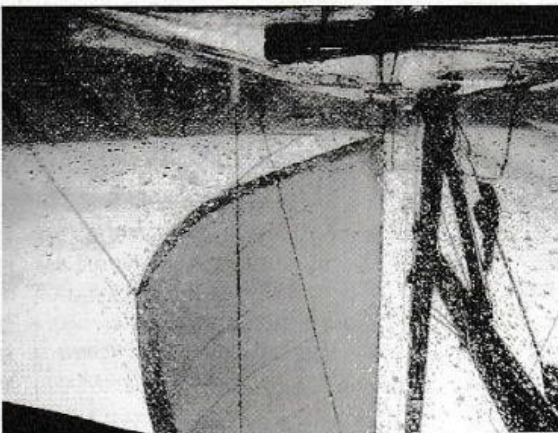
SHOW WHAT YOU'VE LEARNT

8 Choose the correct answers A–C.

My 'Dream' Holiday

After studying hard and passing my exams I decided to 1 a holiday. I had been really stressed, so I wanted the kind of holiday where you lie in the sun and do nothing for a week. This, I was sure, would help me relax. So, I opted for a short 2 on the ship 'The Ocean Dream'. This would be perfect, I thought. But unfortunately, my holiday wasn't the 'dream' I had hoped for. To begin with, I 3 the train to Southampton. That meant I had to get a lift from my dad at the last minute, which was quite stressful for both of us. And, of course, we also got 4 in traffic, so I was really stressed the whole way thinking that I wouldn't be able to get on the ship before it left.

Well, I made it just in time. But as soon as we left land, the weather turned bad and it stayed wet and cloudy the whole 5. For four whole days the ship was bouncing up and down on the large waves. I got seasick and began to worry that the ship might sink and go under water like the Titanic. When the ship finally made it back to Southampton, I was more stressed and nervous than when I had left. What a nightmare! I now wish I had just booked a cheap 6 to Egypt instead and spent a week lying on the beach doing nothing!



9 Find and correct the mistakes.

- | | | |
|-------------|------------|------------|
| 1 A make | B take | C do |
| 2 A voyage | B journey | C cruise |
| 3 A lost | B missed | C crossed |
| 4 A held | B stuck | C fastened |
| 5 A journey | B tour | C ride |
| 6 A drive | B crossing | C flight |

- 1 I know a shorter-cut through the park. shortcut
- 2 Traffic is always bad during the hurry hour.
- 3 Let's take the dirty track – it'll be quicker.
- 4 Always fast your seatbelt when in a moving car.