

Name: _____

Date: _____

Mark: _____ / 80 marks

Reading

1 Read the texts about different activities.

A new you?

A Bandy

Do you fancy playing bandy? It's a mix between ice hockey, field hockey and football. It's popular in Russia and Scandinavia. You play outdoors on ice and there are eleven players in each team. You try to hit a small round ball into a small goal with a stick. If you like football, you'll love bandy because the rules are exactly the same.

B Lacrosse

If you want to play lacrosse, you'll need a field, some special sticks with nets, gloves, a helmet and a few good friends. Lacrosse is a great team sport and there are different types. In some, you can have contact with another player but, in others, only the sticks can be in contact with each other. You can play either of these indoors or outdoors depending on the weather.

C White water canoeing

This is a great sport for a person who loves to be alone with nature and is looking for some real adventure. Most people know white water rafting, but that's for groups. Here it's just you, your strength, your skill and some really fast water. You'll need a swimming costume, life jacket and a really good helmet.

D Climbing

Climbing is a good way to really escape from everything ... and everyone. Climbing is a special skill and if you practise on an indoor rock face you'll soon be ready to try something more difficult. When you're up by yourself at 3,000 m with blue skies all around it's the best feeling in the world!

E Sepak Takraw

There's a big net and two teams, one on each side. If you've played volleyball, this might sound familiar. Well, in this sport you don't score points with your hands and arms but just your feet, so you need good football skills. There are five players on each side and it's the perfect winter sport for anyone who likes doing indoor activities and meeting new people.

F Cross-training

Want to try a bit of everything? Cross-training is perfect for anybody who gets bored just doing one sport all the time. In cross-training you can choose a fitness programme that's perfect for you. For example, do fifteen minutes on the track then a fast bike ride. The important thing is that you do lots of different activities in a thirty-minute or one-hour workout.

G Walking basketball

If the gym isn't for you or you can't run fast, try walking basketball. You just walk with the ball and pass it to someone in the team or try to score a basket in the usual way. It's great for older people who want to keep active and meet others.

H Tai Chi

This is a bit like karate, but it teaches you how to defend yourself rather than attack. It's good for people who have a lot of stress in their lives as our instructors will show you how to really relax. We meet in the gym on Saturdays and Sundays and you'll have the chance to practise with a small group of friendly people.

2 Now complete the Exam Task.

Exam TASK

For each question, choose the correct answer.

The five people below want to try a new sport.

On the previous page there are descriptions of eight sports.

Decide which sport would be the most suitable for the people below.

- 1  Rebecca is 17 and quite shy. She has never learned to swim. She loves the countryside, especially the mountains, and would like to try an outdoor activity which she can do alone or with just one friend. _____
- 2  Luke is 20. He's not very sociable or very patient! He wants to do an activity to get fit quickly and he's mainly looking for something that will keep him interested! _____
- 3  Jane is 30 and she loves team sports. For Jane, sports are about being sociable and she doesn't like hard workouts. She wants to find a sport she can do with her mother, who's 62. _____
- 4  Debra is 45 and has a very busy job. She'd like to take up an activity that will help her feel calm after a busy day at the office. She's afraid of heights and deep water. _____
- 5  Joseph is 24 and has just moved house. He used to play football with his friends in his old city, but now he wants to try something new. He wants to meet people and get some fresh air. _____

(____ / 5 marks)

Vocabulary

1 Circle the odd one out.

- | | | | |
|---------------|------------|-----------|------------|
| 1 pitch | net | field | court |
| 2 point | stick | racket | bat |
| 3 athletics | gymnastics | yoga | judo |
| 4 rider | trainers | athlete | player |
| 5 gloves | helmet | goal post | tracksuit |
| 6 competition | strengthen | depth | profession |
| 7 team sports | basketball | swimming | tennis |
| 8 tournament | match | workout | game |

(____ / 8 marks)

2 Complete the sentences with the correct form of the verbs *play*, *go* or *do*.

- How often do you _____ tennis?
- I have been _____ judo for years.
- He _____ running every morning.
- My brother _____ yoga at our local gym.
- She _____ basketball for her school team.
- We often _____ cycling when we are on holiday
- Sometimes, we used to _____ gymnastics in the garden.
- She's _____ volleyball but will be back soon.
- In summer, we usually _____ athletics on the school sports field.

(____ / 9 marks)

3 Complete the sentences with the correct form of the words.

- You need a lot of _____ in your arms to climb well. **STRONG**
- She's a very good player; one day, she could become a _____. **PROFESSION**
- She wanted to improve her _____ so she joined a gym. **FIT**
- The _____ of an Olympic swimming pool is fifty metres. **LONG**
- Skiing can be _____ if the weather conditions are bad. **DANGER**
- Team sports are all highly _____. **COMPETE**
- He's a _____ instructor; he teaches people how to dive safely. **DIVE**
- Climbing gives you a great feeling of _____. **FREE**

(____ / 8 marks)

Grammar

1 Match the beginnings of the sentences (1–8) with the endings (a or b).

- | | | |
|-------------------------------|--------------------------|------------------------------|
| 1 When it's sunny, | ☐ | a I go for a run. |
| 2 If it's sunny later, | ☐ | b I'll go for a run. |
| 3 If we lose the match, | ☐ | a I wouldn't be very happy. |
| 4 If we lost the match | ☐ | b I won't be very happy. |
| 5 Unless I wear a wetsuit, | ☐ | a I might get cold. |
| 6 If I didn't wear a wetsuit, | ☐ | b I get cold. |
| 7 We won't win today | ☐ | a if he doesn't play well. |
| 8 We don't win | ☐ | b when he doesn't play well. |

(____ / 8 marks)

2 Look at the first sentence in each pair. Complete the second sentence so that it has the same meaning. Use as many words as you need.

- We'll be in the finals if we win this match.
If we _____.
- Put on a jumper or you will feel cold.
Unless you _____.
- When you run, your body needs more water.
Your body _____.
- Unless he starts playing better, he will lose.
He will _____.
- They will be hungry later if they don't eat something now.
Unless they _____.
- If we hurry, we can catch the early bus.
We can _____.
- If we practise every day, we might reach the finals.
We might _____.
- We can watch the match if we get tickets.
If we don't _____.

(____ / 8 marks)

3 Complete the sentences with the correct form of the verbs.

- If they _____ (move) to Australia, they could go surfing every day.
- She would play tennis if she _____ (know) the rules.
- How will you celebrate if you _____ (win) the match?
- I would train harder if I _____ (be) you.
- If you _____ (leave) now, you can catch the train.
- He would try diving if he _____ (live) close to the sea.
- If you _____ (take) up a sport, you would get fitter.
- He won't play in the match unless he _____ (be) fit.

(____ / 8 marks)

Listening

1 6.1 ▶ Listen and complete the Exam Task.

Exam TASK

For each question, write the correct answer in the gap. Write **one** or **two words** or a **number** or a **date** or a **time**.

You will hear a presenter talking about a race in Patagonia.

THE PATAGONIAN EXPEDITION RACE

Stjepan Pavicic designed a race across wild countryside in the (1) _____ of Patagonia.

His dream was for the teams who took part in the race to have (2) _____.

In the first race, teams from (3) _____ different countries took part.

The race happens every February and takes up to (4) _____ days.

The teams don't know the route until (5) _____ before the race.

The teams don't do any (6) _____ to the wild places they race through.

(____ / 6 marks)

Writing

Complete the Exam Task.

Exam TASK

'Sports like gymnastics and football are dangerous and schools should not make children take part in these sports.'

- Write an essay on whether you agree or disagree with the statement above.
- Give examples to support your opinion.

Write your **essay** in about **100 words**.

(____ / 20 marks)

This image shows a single sheet of white paper with horizontal blue or grey ruling lines, typical of notebook paper. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.