

Name: _____ Result: ___/100

Vocabulary

1 Choose the best words to complete the sentences.

1 I've sprained my _____ running up the stairs! Now it hurts when I walk.

A waist B chest C ankle

2 If you have _____ pains, go to the doctor's.

A eyebrow B chest C nail

3 I'm so tired. I can't keep my _____ open!

A eyelids B eyebrows C eyelashes

4 It's good for your _____ to inhale fresh air.

A lungs B heels C hips

5 The majority of people have 12 pairs of _____.

A kidneys B muscles C ribs

6 My _____ has expanded a lot in ten years!

A forehead B waist C liver

Score ___/6

2 Match the sentence halves.

1 If you feel dizzy, a took ages to heal.

2 Take this prescription b after my run yesterday.

3 Don't sneeze into your hand, c for a good night's sleep.

4 I feel really stiff d you'd better sit down.

5 The tiredness e to the chemist's.

6 I have no remedy f you have no energy.

7 Her leg injury g hit me after the flight.

8 If you have the flu, h use a tissue.

Score ___/8

3 Complete the sentences with the words in the box.

feet legs picture shape weather world

1 It's a good idea to keep in _____ for mental and physical health.

2 Dan hasn't been the _____ of health since his accident.

3 I'm feeling under the _____. Maybe I've caught something.

4 She'll be back on her _____ in no time if I know her.

5 We feel on top of the _____ since our holiday.

6 I thought he was on his last _____, but he's made an amazing recovery.

Score ___/6

Grammar

4 Find and correct the mistakes in four of the sentences.

Tick (✓) the correct sentences.

1 If you don't hurry up, we'll miss the train.

2 If I had time, I will come with you.

3 If students won't study hard today, they'll have more homework tonight.

4 Everyone feels exhausted if they don't sleep.

5 If we moved to Spain, we'd have brilliant weather.

6 Would you give up university if you'd win the lottery?

7 I'm upset if you don't accept the gift.

Score ___/7

5 Complete the email with the best words (A, B, or C).

From: Sophie

Subject: While we're away

Hi Fred,

Just a quick note about what to do while we're away.

The house plants need to be watered every two days.

1 _____ it rains, the garden plants should be fine. There's a watering can in the garden 2 _____ you need it.

The cat comes and goes, so 3 _____ you leave food, she'll be fine. She doesn't come home 4 _____ she's hungry!

Then there are the bins. They go out on Tuesdays.

The neighbours have a key 5 _____ you forget yours.

So, 6 _____ you hear from us beforehand, we'll see you on the 28th.

Thanks and have fun!

Sophie

1 A Providing that	B Unless	C In case
2 A in case	B unless	C provided that
3 A in case	B as long as	C unless
4 A as long as	B unless	C providing that
5 A unless	B in case	C as long as
6 A as long as	B provided that	C unless

Score ___/6

6 Complete the sentences with the correct third conditional form of the verbs given.

1 If Neil _____ (train) harder, he _____ (win) the race.

2 If I _____ (have) the energy, I _____ (jog) with you.

3 He _____ (not go out) so late if he _____ (have to) work the next day.

4 If Sally _____ (be) nicer at school, she _____ (make) more friends.

5 Would you _____ (live) abroad if you _____ (have) the chance?

6 If they _____ (leave) earlier, they _____ (not miss) their flight.

Score ___/6

8 Put the words in the correct order to make sentences.

1 holiday / only / I / could / to / go / If / afford / on / .

2 cook / I / mum / my / wouldn't / me / make / dinner / wish / .

3 known / only / she / If / how / I / felt / had / .

4 were / at / wish / I / moment / somewhere / else / the / I / .

5 I / wish / studied / had / university / at / I / .

6 only / friends / If / my / visit / could / .

Score ___/6

Use of English

8 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Use between two and five words.

1 I think Michael has caught a cold.

COME

I think Michael has _____ a cold.

2 If the rain doesn't stop soon, we won't play tennis.

UNLESS

We won't play tennis _____ soon.

3 If I had taken the key, I would have unlocked the door.

WISH

I _____ the key to unlock the door.

4 I couldn't believe the energy of the child.

BEANS

The child was _____. I couldn't believe it!

Score ___/8

Listening

9  Listen to five people talking about sport. Are the sentences True (T) or False (F)?

1 Speaker 1 hasn't had many injuries. T / F

2 Speaker 2 thinks most good runners are quite stiff.

T / F

3 Speaker 2 thinks people should stretch more after running. T / F

4 Speaker 3 has experienced some minor sports injuries. T / F

5 Speaker 4 doesn't enjoy all types of sport. T / F

6 Speaker 5 doesn't think jogging is good for you. T / F

7 Speaker 5 thinks his lessons leave you energised. T / F

Score ___/7

10 Listen again. Choose the correct answers (A, B or C).

1 Speaker 1 finds it hard to ...

A prepare well before going for a run.

B follow her physiotherapist's advice after injury.

C do the amount of training she needs to do.

2 Speaker 2 wasn't prepared for a race so ...

A he didn't complete it.

B he decided not to do it.

C he finished it in a slow time.

3 Speaker 3 started running when ...

A he had more time to spare.

B his marriage came to an end.

C he gave up a number of team sports.

4 Speaker 4 can't run now because ...

A she had an accident.

B she does gymnastics all the time.

C she prefers swimming to keep fit.

5 Speaker 5 doesn't have people in his class who ...

A can't attend regularly.

B could pass on a cough or cold.

C don't have a basic level of fitness.

Score ___/5

Reading

From: Tom

Subject: My trip

Hi Sandy,

Good to hear from you. I'm sorry you've been a bit under the weather recently. It must have been tough, but it sounds like you're getting back on your feet. As long as you follow the doctor's advice, you'll be fine.

It's such a shame you couldn't come on the trip – I wouldn't have booked it unless you were going, but it couldn't be helped. You'll be pleased to know that I've come back the picture of health. Well, not exactly, but I'm fitter than when I went. And I'll try to keep in shape.

You asked about it, so here goes. On the first day, we were all given our timetable for the week. I looked at it and immediately thought, 'If only we'd gone for a beach holiday instead'. I would have probably turned around straight away and come home if my roommates hadn't got the same level of fear on their faces!

The first day, we did a five-mile jog followed by a ten-mile hike. To my surprise and relief, I discovered that instead of being the slowest, I was pretty close to the front of the group. It was actually a good way to meet people as well. The next day, we all thought we might get a bit of time in bed. It couldn't have been further from the truth. Despite our stiffness and exhaustion, we all managed to do the team sports. Starting with rugby! I think the breakfast helped a lot. You know how full of beans I can be after a good coffee! One of our team members dislocated her shoulder though. If she hadn't gone to the hospital, I think she'd have been in a lot of pain.

That evening was fun. We had a quiz. I wish you had been there to give us a hand. I was tempted to call you!

After that, we had a day of skiing. It was probably the highlight for me. There was a point where I fell and banged my head. 'If you go slowly, you'll be fine' was what my instructor said. Unfortunately, I couldn't remember how to stop! Afterwards, I felt dizzy and sick so my time on the slope ended, but I still loved it and can't wait to go again.

On the last day, two of my roommates came down with a cold. I kept away from them in case I got it, too. Fortunately, I didn't take home any of their germs ...

The weather was terrible so luckily we were at the climbing wall. By this point, my muscles ached and I had very little energy. Climbing is not something I was that keen on to be honest, but that could have just been due to the tiredness. I couldn't wait to get into my own bed that evening and sleep. You'd have loved the trip for sure. And I checked – there are a few other trips coming up. If I were fitter, I'd say let's go for the one next month. It's probably a better idea to wait a bit though. A couple of months should be enough. What do you reckon?

Anyway, I've got to go.

Speak soon,

Tom

11 Read the email. Are the sentences True (T) or False (F)?

- 1 Tom only decided to go on the trip because of Sandy. **T / F**
- 2 Tom felt slightly afraid of his roommates at first. **T / F**
- 3 On day two, the participants were allowed to have a longer sleep. **T / F**
- 4 Tom disliked skiing as a result of his fall. **T / F**
- 5 Tom avoided becoming ill towards the end of his trip. **T / F**
- 6 Tom wants to invite Sandy on the next scheduled trip. **T / F**

Score ____/6

12 Read the email again and complete the sentences. Write one or two words in each gap.

- 1 Following the trip, Tom wants to stay _____.
- 2 In the run and hike, Tom was surprised because he wasn't _____.
- 3 A girl needed hospital treatment for a _____.
- 4 Tom had a skiing accident because he couldn't _____.
- 5 Climbing was something Tom wasn't _____ on.
- 6 When he got home, Tom was happy to _____.

Score ____/6

13 Think about the activities that Tom does during the trip. In your opinion, which three activities are the best to do if you want to get fit? Explain your answers.

Score ____/3

Writing

14 Read the essay title. Write a for-and-against essay in 140–190 words.

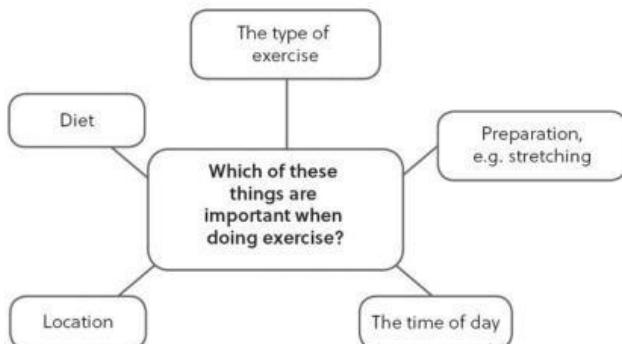
‘Eating well and doing exercise is more important than anything else in life.’

Score ___/10

Speaking

15 Work in pairs. Do the task.

'I'd like you to imagine that a teacher is planning a class discussion about what things are important when doing exercise. Now, talk to each other about which of these things are important.'



'Now you have about a minute to decide which of these things you think is the most important.'

Score /10

Vocabulary /20

Grammar /25

Use of English /8

Listening /12

Reading /15

Writing /10

Speaking /10

TOTAL /100