

**1 Rewrite the sentences in direct speech as reported speech.**

1 'I'll do it for you.'

Linda said \_\_\_\_\_.

1 'I arrived a minute ago.'

Jim said \_\_\_\_\_.

2 'Are you going to stay this evening?'

Ted asked Millie \_\_\_\_\_.

3 'Be kind to him.'

Emma told me \_\_\_\_\_.

4 'Can you do me a favour?'

Mum asked \_\_\_\_\_.

5 'Mum's had a hard day today.'

Dad told us \_\_\_\_\_.

6 'I'm sure he'll finish the project next week.'

Meg said \_\_\_\_\_.

7 'We must study for the test.'

John and Pete agreed \_\_\_\_\_.

8 'I can do it for you tomorrow.'

He told us that \_\_\_\_\_.

9 'I'd already done my homework.'

Martin said \_\_\_\_\_.

**Reading****2 Read the three texts about sports and for questions 1–6 circle the correct answer A–C.**

**A** *Running*, as most of you already know, is a sport that attracts all sorts of people: professionals, amateurs, women, men and so on. Running a marathon is something that long-distance runners often have as a final goal. The secret of getting yourself into the best shape is not to make yourself work too hard or run too fast. In this way, you can avoid injuries. So the idea is to increase your training distance slowly, step by step. Be careful how you warm up and cool down because these are the times when injuries could happen. Always take the last kilometre slowly, too. If you stop suddenly after a hard run, you might have a heart attack.

**B Pilates – the exercise method for you**

If you find an aerobics class too fast and walking too slow, consider Pilates. Follow Madonna, Sharon Stone and other celebrities who have been keeping fit for many years.

*Stretch and strengthen*

The Pilates method is based on breathing and concentration and uses five pieces of equipment that work all the muscles to stretch and make them stronger.

### *Come and join us*

For those who want to try Pilates, our Pilates Centre is offering a free session every Monday evening for the next six weeks.

A word to those with backache and other injuries: Pilates can help you with your problems but it cannot replace medical help.

### **C Tennis – a future ambition**

I've been playing tennis since I was young. At first, I found it very difficult, but gradually it became easier and my dad kept saying things like: 'You'll be a champion one day if you keep on like this.' Well, I kept on playing but I'm not a champion yet. I've been playing tennis all over the world and twice I beat top players. I get to travel a lot, but it's not as exciting as people think. I spent most of last year in hotel rooms. Recently, I've been thinking that I'd like to try something different. I've been travelling non-stop for five years and now it's time for a change. But if I didn't play tennis what would I do? You see, I didn't study much when I was at school because I only thought about tennis. I wish I could go back to school but it's too late now.

#### **1Text A is about ...**

- A professional running.
- B disadvantages of running.
- C preparing for a long-distance event.

#### **2Text A says that if you cool down ...**

- A you may injure yourself.
- B you may have a heart attack.
- C you might not achieve the best results

#### **3Pilates ...**

- A is popular with celebrities.
- B includes walking and aerobic activities.
- C concentrates on five pieces of equipment.

#### **4The purpose of the text B is to ...**

- A inform the readers about Pilates.
- B encourage the readers to try Pilates.
- C explain how Pilates solves health problems.

#### **5The tennis player ...**

- A enjoys his exciting lifestyle.
- B has won two matches against top players.
- C has been a world champion for five years.

#### **6In text C, the writer says that ...**

- A he isn't a successful player.
- B he enjoys going on journeys.
- C he regrets not studying harder