

Form 8 Unit 3-4

"MY WAY OF LIFE. CHAMPIONS."

3a PREPARE

Test

V-I

1. Listen to the text and put the sentences in order.

Listening.

_____ Her dream was to climb a mountain.

_____ It wasn't snowing, but the climb was hard.

_____ Geraldine grew up in the Swiss Alps.

_____ It was a perfect morning for a flight.

_____ At the age of ten she liked snowboarding.

_____ Then the women were flying.

Reading

2. Read the teenagers' problems and choose the correct advice on how to cope with them. Write Alice / Peter / Ben for each kind of solution.

Teenagers' Problems

1. Alice: I always feel tired, and I can't sleep at night. It's a problem for me because I have to go to school in the morning. It's difficult for me. What should I do to cope with this?

2. Peter: I broke my leg in a game last week. The doctors say I should stay at home and rest for four weeks. I'm really bored! What should I do?

3. Ben: My friends love playing soccer, but I'm really bad at it. They talk about soccer all the time, and I never know what to say because I don't follow any teams. What should I do?

Your solutions

A. Do you have a healthy diet? You shouldn't have chocolate or cheese after dinner. Caffeine is bad, too, so you shouldn't drink coffee. _____

B. Don't worry about them. Find people with interests like yours.

What do you like – music, games, movies, ... ?

C. Do you stay in shape? You should exercise twice a week and go to bed early.

D. Why not write fan fiction? It's when people write their own ending for their favourite movies or books. It's really popular right now.

E. As for me, I wasn't very good at volleyball, but now I go to a sports club. I'm not the best player, but I love playing! Perhaps you could choose a different kind of sport that interests you more?

F. You shouldn't just look at social media all day. Do something cool, like learn coding.

Writing

4. Complete the sentences with the verbs in Past Continuous or Past Simple.

1) What _____ you _____ (do) while I _____ (watch) the football match?

2) My cousin _____ (run) at the stadium when I _____ (see) him.

3) Bob _____ (go) to the sports club when he _____ (meet) his friend.

4) Jack _____ (not play) cricket at that time yesterday.

5) At five o'clock yesterday my classmates _____ (swim) in the swimming-pool.

6) My sister _____ (relax) in SPA when I _____ (need) her help.