

### Task 1. Complete the names of places with words from the box.

There are TWO extra words.

**Box:** court • pitch • pool • ring • room • track • wall • machine • centre

1. a swimming \_\_\_\_\_
2. a football \_\_\_\_\_
3. a boxing \_\_\_\_\_
4. a changing \_\_\_\_\_
5. an athletics \_\_\_\_\_
6. a climbing \_\_\_\_\_
7. a squash \_\_\_\_\_

### Task 2. Choose the correct option.

1. You need to get into good **shape** / **size** / **fit** before the competition.
2. My brother **pulled** / **twisted** / **broke** his ankle during training.
3. There is a free tennis **court** / **pitch** / **pool** at the sports centre.
4. If you are out of **training** / **exercise** / **shape**, you get tired easily.
5. She **sprained** / **dislocated** / **banged** her wrist when she fell.
6. A boxing **ring** / **court** / **wall** is in the middle of the gym.
7. You should warm up before you **lift** / **hit** / **climb** weights.

### Task 3. Complete the sentences with words from the box.

There are TWO extra words.

**Box:** muscle • programme • leisure • track • wall • pull • training • twist • break

1. Professional athletes need regular \_\_\_\_\_ sessions.
2. You can \_\_\_\_\_ a muscle if you don't warm up.
3. The athletics \_\_\_\_\_ is very slippery after rain.
4. Many people use the \_\_\_\_\_ centre in our town.
5. If you \_\_\_\_\_ your ankle, you should see a doctor.

6. He joined a gym and got a free training \_\_\_\_\_.
7. When players \_\_\_\_\_ a leg, recovery takes months.

#### **Task 4. Match the words to the definitions.**

1. a place where people lift weights
  2. an injury caused by stretching a muscle too far
  3. a place for swimming
  4. a plan of exercises
  5. a place for boxing matches
  6. an injury caused by a sudden movement
  7. a place where runners train
- a) programme  
b) pool  
c) ring  
d) track  
e) gym  
f) sprain  
g) muscle pull

#### **Task 5. Complete the sentences with ONE word.**

1. Our school has great sports \_\_\_\_\_.
2. He \_\_\_\_\_ his shoulder during training.
3. You should always warm \_\_\_\_\_ before exercise.
4. She was out of \_\_\_\_\_ after the holidays.
5. The football \_\_\_\_\_ was closed.
6. I lift \_\_\_\_\_ twice a week.
7. The climbing \_\_\_\_\_ was very high.

## **PART 2 – GRAMMAR**

**(8 tasks × 7 items)**

**Past Simple / Past Continuous / Past Perfect + used to / would**

### Task 6. Choose the correct option.

1. When I arrived, they **trained** / **were training** in the gym.
2. I realised I **forgot** / **had forgotten** my sports shoes.
3. While we **ran** / **were running**, it started to rain.
4. The match **finished** / **had finished** before we got there.
5. She **didn't listen** / **wasn't listening** when the coach explained it.
6. After he **hurt** / **had hurt** his leg, he stopped training.
7. Yesterday at 6 p.m. I **worked** / **was working** out.

### Task 7. Complete with Past Simple, Past Continuous or Past Perfect.

1. When I arrived, everyone \_\_\_\_\_ (exercise).
2. She \_\_\_\_\_ (already / leave) when I called her.
3. We \_\_\_\_\_ (train) when the lights went out.
4. I realised I \_\_\_\_\_ (not / bring) my towel.
5. After the lesson \_\_\_\_\_ (finish), we went home.
6. He \_\_\_\_\_ (injure) his knee last season.
7. While they \_\_\_\_\_ (play), it started snowing.

### Task 8. Choose the correct option.

1. Did you call me while / when I \_\_\_\_\_?
2. We waited until / after the doctor arrived.
3. I wasn't / hadn't finished my warm-up.
4. As soon as / while I arrived, the match started.
5. She didn't notice because she was / had been listening to music.
6. When I woke up, it rained / was raining.
7. After I watched the programme, I changed / had changed my diet.

### Task 9. Choose the correct option (used to / would / Past Simple).

1. When I was a child, I \_\_\_\_\_ play football every day.
2. My dad \_\_\_\_\_ take us swimming every summer.
3. I didn't \_\_\_\_\_ believe in diets before.
4. We \_\_\_\_\_ eat a lot of fast food back then.
5. She \_\_\_\_\_ her leg once, but it's OK now.
6. Where \_\_\_\_\_ you live before you moved here?
7. My parents \_\_\_\_\_ eat fresh vegetables every day.

**Task 10. Choose all correct answers.**

1. I didn't \_\_\_\_ like sport when I was younger.  
a) used to  
b) use to
2. \_\_\_\_ you play basketball as a child?  
a) Did you  
b) Did you use to
3. My mum \_\_\_\_ have a bike.  
a) used to  
b) would
4. I \_\_\_\_ my ankle once.  
a) injured  
b) used to injure
5. We \_\_\_\_ go jogging every morning.  
a) would  
b) used to
6. Where \_\_\_\_ you live?  
a) did  
b) would
7. They \_\_\_\_ eat very healthily.  
a) used to  
b) ate

**Task 11. Replace the underlined verbs with *used to* if possible. If not, write –**

1. We **ate** together every day. \_\_\_\_\_
2. I **loved** PE lessons. \_\_\_\_\_
3. She **broke** her arm once. \_\_\_\_\_

4. They **played** tennis after school. \_\_\_\_\_
5. My dad **worked** late on Fridays. \_\_\_\_\_
6. I **fell** during training yesterday. \_\_\_\_\_
7. We **walked** to school every day. \_\_\_\_\_

### Task 12. Correct the mistakes.

1. I didn't used to like sport.
2. When I was young, I would lived in the country.
3. Did you use play football?
4. I used injure my knee once.
5. We would always ate together.
6. Where would you live before?
7. I didn't use believe him.

### Task 13. Complete the sentences.

1. When I was younger, I \_\_\_\_\_ go swimming every weekend.
2. I didn't \_\_\_\_\_ like gyms before.
3. She \_\_\_\_\_ her ankle last year.
4. We \_\_\_\_\_ eating when the coach arrived.
5. After he \_\_\_\_\_ finished training, he went home.
6. They \_\_\_\_\_ live near the sports centre.
7. I \_\_\_\_\_ exercising when you called.

## PART 3 – LEXIS + READING

(5 tasks × 5 items)

### Task 14. Match the words to their meanings.

1. sprain



2. pitch
3. programme
4. leisure centre
5. track

- a) a plan of exercises
- b) a sports field
- c) a place for sport and relaxation
- d) a running surface
- e) an injury to a joint

**Task 15. Complete the text with ONE word in each gap.**

Tom goes to a sports \_\_\_\_\_ every week.  
 He trains on the athletics \_\_\_\_\_ and sometimes lifts \_\_\_\_\_.  
 Last year he \_\_\_\_\_ his ankle, so now he warms up carefully.  
 His coach prepared a special training \_\_\_\_\_ for him.

**Task 16. Read the text and choose A, B or C.**

**A healthy change**

Last year, I wasn't very active. I didn't use to exercise and I often felt tired.  
 Then I joined a gym near my house. At first, it was difficult, but now I train three times a week.  
 I feel healthier and stronger, and I've made new friends.

1. The writer used to  
 A exercise a lot  
 B be inactive  
 C train every day
2. He joined  
 A a sports club  
 B a gym  
 C a football team
3. Now he trains  
 A once a week  
 B twice a week  
 C three times a week
4. He feels  
 A tired  
 B stressed  
 C healthier
5. The text is about  
 A an injury

- B a lifestyle change
- C a competition

**Task 17. Decide if the sentences are True (T) or False (F).**

1. The writer used to exercise regularly.
2. The gym is far from his house.
3. Training was easy at the beginning.
4. He trains three times a week now.
5. He hasn't made new friends.

**Task 18. Choose the correct option.**

1. The text shows a change in
  - A diet
  - B lifestyle
  - C job
2. The writer joined the gym because he
  - A was injured
  - B wanted to be healthier
  - C moved house
3. At first, training was
  - A easy
  - B boring
  - C difficult
4. Now he feels
  - A weaker
  - B healthier
  - C older
5. He trains
  - A regularly
  - B rarely
  - C never

**Task 19. Complete the sentences with information from the text.**

1. The writer didn't use to \_\_\_\_\_.
2. He joined a \_\_\_\_\_.
3. He trains \_\_\_\_\_ times a week.

4. He feels \_\_\_\_\_ now.
5. He has made new \_\_\_\_\_.