

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 _____.