

Name: _____

Class: _____

Total: _____/30

Dictation

1 [Track 12] Listen and write the sentences you hear, including the punctuation.

_____/10

Listening

2 [Track 13] Listen to Helen and Jason talking about sport. For questions 1–5 choose the correct answer, A, B or C.

1 Helen isn't running at the moment because

- A** her parents won't let her go.
- B** of the weather.
- C** she doesn't have time before school.

2 When does Helen run at the weekend?

- A** After she finishes her homework
- B** After it gets dark
- C** After breakfast

3 What does Helen like to do at the weekend?

- A** Visit her aunt
- B** Go to work
- C** Go sightseeing in small villages

4 How do Helen's friends feel about running?

- A** They like talking about running.
- B** They want to do the fun run with Helen.
- C** They are not interested in running.

5 How does Jason know Gareth and Paul?

- A** He goes to the same athletics club as them.
- B** He met them at the fun run the year before.
- C** He has physics lessons with them.

_____/10

Reading

3 Read the text. Complete gaps 1–5 with up to three words.

LAZY BRITS

A new report says that British people are exercising less than in the past. It says that the problem is now worse for people's health than smoking. One in every six deaths in Britain is the result of people not getting enough exercise. In addition, treating people who become ill because of a lack of exercise costs the health service £17.6 billion every year.

So how much exercise should people get? Experts say that two and a half hours a week is the minimum. It doesn't sound much and even this doesn't have to be in a gym or organised sports. Walking is just as good exercise. Only about 37 per cent of British people get this much exercise every week. This is less than in any other European country. In France, 66 per cent of people get at least two and a half hours of exercise a week. In Holland, the percentage of people doing this amount of exercise is 82 per cent.

So why is the problem so bad in Britain? One reason is that people spend their free time at home. They don't play sports, they look at computer and television screens. Fewer people do physical work. They sit at desks with a computer in front of them. Even younger people are getting less exercise. In the past, children often walked or cycled to school. They played outside. Now their parents drive them to school and they can't go out

on their own. There are a number of ways that people could get more exercise. They could cycle to work or the shops. They could spend more time doing the gardening. They could spend their weekends in the park.

The present older generation in Britain live longer than any generation in the past. What about the next generation? They may not live as long.

- 1 Nowadays people from the UK _____ than before.
- 2 It is very expensive for _____ to treat people who become ill as a result of not getting enough exercise.
- 3 _____ isn't worse than going to the gym or taking part in organised sports.
- 4 _____ has the highest number of people doing exercise two and a half hours a week.
- 5 In the past kids _____ but now they can't go out on their own.

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