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# Stay fit and healthy

## Listening Part 2

• Don't worry if you don't understand everything. It's not necessary to understand every word you hear. You only need to understand the parts of the recording that answer the questions.

• The words you hear will not always be the same as in the question. Think about different words that can mean the same.

Exam  
advice

1 For each question, choose the correct answer.

10) 1 You will hear a boy telling his friend about basketball training.

Why did he miss the training last week?

- A He had flu.
- B He was worried about a test.
- C His mum couldn't take him.

2 You will hear two friends talking about a table tennis competition.

What does the boy say about it?

- A It's an opportunity to meet new people.
- B It's a change from their routine.
- C It's important that they win.

3 You will hear a girl telling her friend about a football match she went to.

She was disappointed because

- A someone's behaviour bothered her.
- B the weather was terrible.
- C her team played badly.

4 You will hear two friends talking about a trip to a science museum.

What do they agree about?

- A how much they learnt from it
- B how interesting the staff were
- C how well objects were displayed

5 You will hear a boy talking to his mother.

Why was the boy unable to call her?

- A He didn't have time to do it.
- B His phone didn't work.
- C He didn't have his phone with him.

6 You will hear two friends talking about going skiing. The girl tells the boy

- A to be careful of other skiers.
- B to buy good equipment.
- C to expect to fall.



## Vocabulary

## Sports

- 1 Choose the correct option in *italics* and write the name of the sport. Use the photos to help you.



- The Wolves *beat / won* the Tigers two goals to one in the match yesterday.  
.....
- Both athletes got the gold medal because they *drew / scored* in the final.  
.....
- He used a *bat / helmet* to hit the ball.  
.....
- You wear thick *trainers / gloves* and heavy boots.  
.....
- He broke his *bat / racket* when he fell on the wet court.  
.....
- The *track / score* was 24-25 to the other team when I hit the ball into the net, so we lost.  
.....

- 2 Complete the text with the words in the box.

bike breath exercise exhausted mountain biking rollerblading skateboard surfers



The invention of the wheel didn't only improve transport, but also produced many sporting activities. The two wheels on a (1) ..... can take you much faster and further than your two feet. The inventor of (2) ..... decided to put a line of wheels on his shoes.

Some people say the (3) ..... was invented by (4) ..... who wanted the same experience on land as on the sea, so they put wheels on small boards. Although wheels can help us move more easily, these forms of (5) ..... still require a lot of energy. (6) ..... up and down tracks in the countryside certainly keeps you fit, and skateboarding will leave you out of (7) ..... as much as jogging. I tried rollerblading for the first time the other day, and after an hour, I was (8) .....!

## Illnesses and accidents

- 3 Match the beginnings and endings of these sentences.

- If you have earache,
- When you have flu,
- If you sprain your ankle,
- When you cut yourself,
- Doctors will take an X-ray
- When you injure yourself,
- Doctors sometimes recommend a blood test
- You should keep your neck warm

- sometimes you get a bruise.
- take a pill, like an aspirin.
- you'll need to put a bandage on it.
- you usually have a high temperature.
- if you have a fever.
- if you have a cough.
- put a plaster on.
- if they think you have fractured a bone.

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