

# Test 9

\_\_\_\_\_ / 18

Name \_\_\_\_\_

Date \_\_\_\_\_

## 1 Look and complete the sports.

\_\_\_\_\_ / 3



ice-skating



karate



gymnastics



football



cycling



track



scuba diving



baseball



gymnastics



horseriding

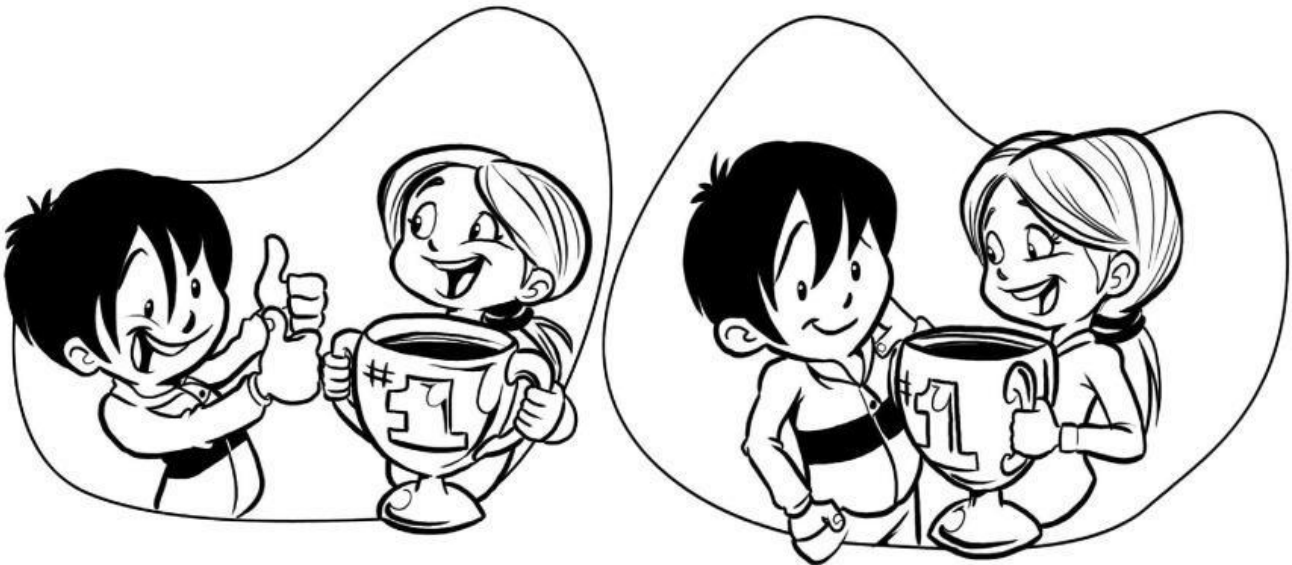
## 2 Listen and write T for true or F for false sentences. 65

\_\_\_\_\_ / 3

1. Billy exercises at school. T
2. Billy drinks more than one glass of water every day. \_\_\_\_\_
3. Billy likes soda and milk shakes. \_\_\_\_\_
4. He sleeps seven hours. \_\_\_\_\_
5. His favorite TV program finishes at 7 p.m. \_\_\_\_\_
6. In the morning, he eats a donut and drinks milk. \_\_\_\_\_
7. He eats two apples at dinner. \_\_\_\_\_

3 Complete the dialogue.

\_\_\_\_\_ / 1



- Congratulations! \_\_\_\_\_

4 Complete the chart.

\_\_\_\_\_ / 2

1. <u>first</u>	1st	6. _____	11th
2. second	_____	7. fourteenth	_____
3. _____	3rd	8. _____	17th
4. fourth	_____	9. twentieth	<u>20th</u>
5. _____	5th	10. _____	26th

5 Complete the advice using *should* or *shouldn't*.

\_\_\_\_\_ / 2

dive alone    follow the coach's advice  
go to the deep end    walk    wear a helmet

- When you go scuba diving, you shouldn't dive alone.
- When you do track, \_\_\_\_\_.
- When you play baseball, \_\_\_\_\_.
- When you ice-skate, \_\_\_\_\_.
- When you swim, \_\_\_\_\_.

<p>Tom Sands                  Exercise: 1 hour / week at school                  Likes: Cycling                  Drink: 2 glasses of water / every day                  Food: Donuts and soda (breakfast); fruit (dinner)                  Sleep: 7 hours (Mon-Thu); 5-6 hours (Fri-Sun)</p>	
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✓	✗
<p>You should exercise at home.</p> <hr/> <hr/> <hr/>	<p>You shouldn't exercise at school only.</p> <hr/> <hr/> <hr/>

### Accident Prevention

Playing sports is a lot of fun. Getting hurt is not. Remember the 1-2-3 Rules to prevent accidents:

**1. Wear Protective Gear**

Protective gear is the equipment you wear to protect yourself. For example, when you cycle or play football, hockey, or baseball, you should *shouldn't* wear a helmet. You *should* / *shouldn't* wear the right helmet for your sport. You *should* / *shouldn't* wear a baseball helmet when you cycle! Your coach can give you advice on the protection you need. Don't forget to ask!

**2. Warm Up**

You *should* / *shouldn't* warm up before you play. You *should* / *shouldn't* begin by moving slowly, like walking. Follow with something more active, like running or jumping. You *should* / *shouldn't*

warm up for about thirty minutes, so that your body is ready to play.

**3. Know the Rules of the Game**

There aren't many accidents when players know the rules of the game. If you play football, for example, you know that your objective is the ball, not the other players. You *should* / *shouldn't* crash into a player's leg to steal the ball. That is very dangerous! Communicate with your teammates; you *should* / *shouldn't* be quiet. If you say "I got it" when you play baseball, you avoid a collision with another player.

Sports are great, but we can have an accident if we aren't careful. You *should* / *shouldn't* talk to your coach and ask all the questions you have. Information is the key to safety!