5. Now match each of the idioms (1–6) to one of the explanations (A–F).

Idioms	Explanations
1. do something on the run	A. go from one generation to the next
2. run wild	B. make yourself tired by working too much
3. people's feelings run high	C. do something without stopping what you're already doing
4. run yourself into the ground	D. behave in an uncontrolled way
5. run round in circles	E. be very active without succeeding in doing much
6. run in the family	F. people are very excited

6. PHRASAL VERBS - Choose the correct phrasal verb in these sentences.

1. If you criticise people, you *run them down / run over them*.
2. If you encounter a problem, you *run up against / run through* it.
3. When you meet someone unexpectedly in the street, you *run across / run over* them.
4. If you want someone to explain something to you, you ask them to *run out of / run through* the details with you.
5. When children are very naughty, their parents *run up against / run out of* patience.
6. If you're very busy, you're always *running around / running down*.

7. Complete these sentences so they are true for you.

1. I don't like running people down because...
2. If I run up against a problem, I...
3. If I run across a friend when I'm out shopping, ...
4. I ask someone to run through something again if I...
5. I run out of patience very quickly when I...
6. I find I'm always running around when...

8. Write the correct verb for each activity: *go*, *play* or *do*.

cycling	jogging	aerobics
badminton	skateboarding	hockey
table tennis	sailing	martial arts
yoga	walking	athletics
skiing	snorkelling	baseball
snowboarding	surfing	skating
squash	rugby	swimming
climbing	running	volleyball
judo	diving	football
gymnastics	hiking	ice hockey

LIVEWORKSHEETS

9. TRUE or FALSE? Correct the sentences if they are wrong.

1. Golf is played with clubs on a course.
2. You play squash on a court with a racket.
3. You play hockey on a pitch using a stick.
4. You go skating at a rink, and take your skates with you.
5. Tennis is played on a clay court or a grass court, but you always need a racket.
6. Good skateboarders use a ramp.
7. Baseball is played with a bat.
8. Footballers wear boots on their feet.

10. Listen to three people talking about different sports/activities. Which sports do they describe? 9a

Speaker 1 ..... Speaker 2 ..... Speaker 3 .....

11. Now write four sentences in your notebook about a sport you play. Say how you feel about it, what you do and what equipment you use.

12. COMMON EXPRESSIONS Complete these sentences with the correct form of *win* or *beat*.

1. They _____ the favourites in the second round, and went on to _____ the semi-final.
2. After years of training, Alison finally _____ her great rival in the final and _____ the trophy.
3. Peter _____ a gold medal in the 10,000 metres, _____ the world record by two seconds.
4. Fitzpatrick went on to _____ the race, _____ his rival by a tenth of a second.
5. There is no one to _____ them now — they're bound to _____ the cup.

Vocabulary note

We use **win** for **winning competitions and prizes: win a race, win a semi-final, win a cup, win a medal, win a trophy.**
We use **beat** for **defeating people or breaking records**: beat another team, beat an opponent, beat a rival, beat a record, beat a time. You can also **beat** someone at a game or sport: My brother always beats me at chess.

LIVEWORKSHEETS

13. IDIOMS Match the beginnings of these sentences (1-5) with the endings (A—E).

1. We left very early in the morning	A. but it turned out **to be a winner.**
2. I was going to buy Mum a watch for her birthday,	B. but I think **we can win her round.**
3. Constanza doesn't want to take a long-haul flight	C. but **if you can't beat them, join them.**
4. At first, I didn't want to go clubbing with the others	D. but my sister **Helena beat me to it.**
5. Everyone laughed at his idea of selling kites	E. but **we still didn't manage to beat the rush.**

EXAM PRACTICE

USE OF ENGLISH Part 4

For these questions, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given.

0. The burglar quietly entered the house through the back window. **CREPT**
The burglar __crept into the house__ through the back window.

1. It took John's boss a long time, but he explained all the details of the contract to him. **RUN**
It took John's boss a long time _____ all the details of the contract with him.

2. I tried to be the first in the bathroom this morning, but my sister got there first. **BEAT**
I tried to be the first in the bathroom this morning, but my sister _____.

3. The builders faced many problems when they started laying the foundations of the house. **RUN**
The builders _____ of problems when they started laying the foundations of the house.

4. I think Susie inherited her musical ability from her mother and grandmother. **RUNS**
I think being musical _____ family.

SPEAKING Part 2

Look at the two photographs. Think about vocabulary to describe them. When you are ready, take a minute to describe the two photographs.

- **What is the sport?**
- **What is happening in the picture?**
- **What are the people wearing?**
- **What equipment are they using?**
- **How are they feeling?**
- **What are the differences between the two sports?**

LIVEWORKSHEETS

Transport, travel, holidays

Unit 3

1. **The vocabulary in the box is from the text below. Is the text about a journey by train, car, plane, bus or underground?**

seat • check-in • headset • conveyor • pass • gate • crew • belt • departure • refreshments • control • security • ~~passport~~ • board

Read the text below and complete it with the correct words from the box.

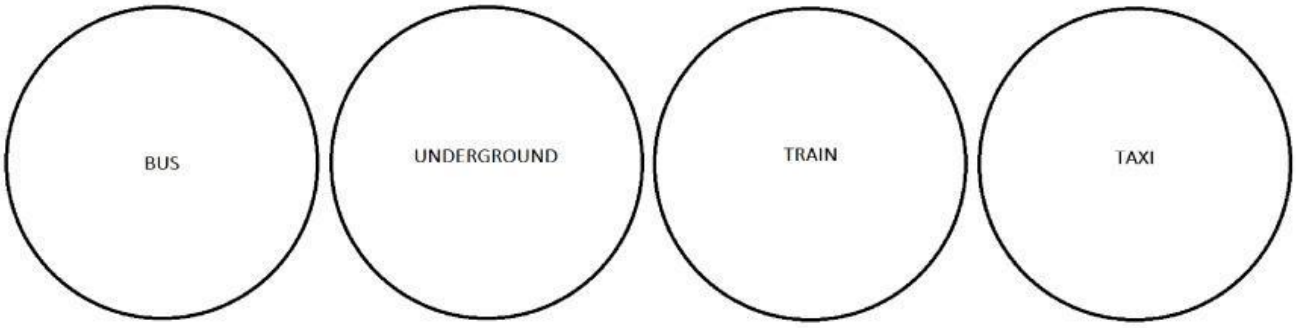
First of all, don't forget to pack your ticket and your (1) __passport__ in your hand luggage. When you arrive at the (2) _____ desk, your bags will be weighed and put on a (3) _____ belt. You will be given a boarding (4) _____, allocated a seat and told to go to the (5) _____ lounge.
To get there, you will pass through passport (6) _____ and a (7) _____ check. Look at the departure (8) _____ in the lounge so you know which (9) _____ number you must go to when it's time to board.
The cabin (10) _____ will direct you to your (11) _____ when you board, and you have to fasten your seat (12) _____ before take-off. You will be served (13) _____ and most companies provide an entertainment system with a (14) _____.

Choose the best word to complete the title for the text.
Making your first **journey/crossing/flight/ trip**

2. **Listen and check you have filled in the gaps correctly. 11a**
3. **Listen to a short description of four other journeys. What type of travel is each person describing? 11b**

1 ..... 2 ..... 3 ..... 4 .....

4. **Read the recording script for 11b and underline all the words related to each kind of travel. Then put them in the correct circle below. Highlight any words which appear in more than one circle.**



LIVEWORKSHEETS

5. Use the words below to complete the sentences.

hotel – travel – luggage – suitcase – equipment – money – storm – camera – guidebook – accommodation – weather – information – car – journey – transport – coin

1. There's no need to take a lot of __luggage___ when you travel — you should be able to pack all your clothes into one _____.
2. We searched for _____ on the internet and eventually found a really nice hotel in the city centre.
3. The _____ was very changeable while we were on holiday, and at the end of the week we had a big _____.
4. You don't have to take much _____ on a walking holiday apart from waterproof boots and clothing, but it's a good idea to take a digital _____ if you want to take pictures.
5. You don't need to have a lot of _____ with you when you travel, but make sure you've got a _____ for the trolley at the airport.
6. I'd always enjoyed all kinds of _____, but by the time I'd finished a long motorway _____ to Scotland in thick snow and icy winds, I'd changed my mind!
7. I wanted some _____ about the city, so I went into a bookshop and bought a _____.
8. Public _____ in Barcelona was excellent, so I never used my _____ to get around.

6. Answer the questions in the questionnaire below.

Reader survey It's holiday time ...		
1 How do you usually travel when you go on holiday? A by car B by train C by plane	**3 What kind of holiday do you usually take?** A an activity holiday B a beach holiday C a sightseeing holiday	**5 Where do you stay on holiday?** A in a hotel or guesthouse B at a relative or friend's home C on a campsite
2 Where do you usually go for a holiday? A to visit friends and family B to a city or resort in your own country C to a city or resort abroad	**4 What do you like doing on holiday?** A visiting galleries, museums and archaeological sites B getting fit and doing some exercise C just relaxing and taking it easy	**6 What is the best thing about having a holiday?** A getting away from routine B getting to know new places C getting together with friends

LIVEWORKSHEETS

7. Listen to a man and a woman talking about the kind of holidays they like. Write the answers they would give to the questionnaire on p 51 below. 11c

Man	**1 …….**	**2 …….**	**3 …….**	**4 …….**	**5 …….**	**6 …….**
Woman	**1 …….**	**2 …….**	**3 …….**	**4 …….**	**5 …….**	**6 …….**

Vocabulary note

Travel can be a verb or a noun. When it is a noun, it is uncountable and describes the activity of travelling:
Air travel is becoming increasingly popular.
We use **journey** to describe going from one place to another. It is a countable noun.
The journey from home to work takes two hours.
We use **trip** to describe a short journey somewhere when you go for a short time and then come home. It is a countable noun.
My friend and I went on a weekend trip to Amsterdam.

8. What do you think? Complete the answers to the questions.

1. Is it better to book a holiday at the last minute or well in advance?
   I think it's better to _____ because _____
2. Would you prefer to go on a package tour or travel independently?
   I'd always prefer to _____ because _____
3. Would you rather stay in a small guesthouse or a luxurious five-star hotel?
   I'd rather _____ because _____

9. Complete the sentences using travel, journey or trip.

1. In August I'm going on a __trip__ to Mexico City with my wife.
2. They set off on the difficult _____ before dawn and they didn't arrive until after dark.
3. Drive carefully and have a safe _____ home!
4. He's away on a business _____ all next week, but I'll give him the message when he returns.
5. I know rail _____ takes longer than going by plane, but I really enjoy it.
6. I'm really looking forward to my _____ to New Zealand. I'll have lots to talk about when I get back.
7. My parents have always said that _____ makes you more independent.
8. How long is your _____ to college each morning?

LIVEWORKSHEETS

10. PHRASAL VERBS

Some phrasal verbs have more than one meaning. Look at how *set out* is used in these sentences. Match each sentence 1–4 with one of the meanings below.

1. He **set out** to find the cave he'd seen marked on an old map. ___
2. He **set** the main points of his report **out** clearly, so we could all understand it. ___
3. Alison **set** the chairs **out** so that everyone could see the speaker. ___
4. We **set out** for the airport before it got light. ___

A. arrange something neatly
B. do something with a clear aim or intention
C. give well organised written information
D. begin a journey

11. Look at these other phrasal verbs with *set*. Match each sentence 1–4 with one of the meanings A–D below.

1. The stormy weather **set in** on Monday, and it was still raining four days later. ___
2. When we opened the boot, it **set off** the car alarm. ___
3. He **set up** a helpgroup called NightWatch for people who had problems sleeping. ___
4. I took my bike to the shop because I've got no idea how to **set about** repairing a puncture. ___

A. an action caused something to happen
B. something unpleasant started which continued for a long time
C. something was established
D. to start to do something

EXAM PRACTICE

SPEAKING Parts 3 and 4

Look at the drawings below.

Answer the questions. Write some notes and then use them to help you speak about the pictures.

- What are the advantages and disadvantages of each holiday?
- Try to think of something to say about each picture.
- Which holiday would you prefer to go on and why?
- Where did you spend your last holiday? What did you do?

Listen a model answer. 11d

LIVEWORKSHEETS

USE OF ENGLISH Part 4
Complete the second sentence so that it has a similar meaning to the first sentence, using the word given.
Do not change the word given. You must use between two and five words, including the word given.

0 There are a few details in the report that need explaining. **INFORMATION**
There is a little _____ in the report that needs explaining.

1 We travelled from Edinburgh to London by car. **JOURNEY**
We went on a _____ from Edinburgh to London by car.

2 My friend and I took a short break in Copenhagen last week. **TRIP**
My friend and I went _____ in Copenhagen last week.

3 I'd like to fix the washing machine, I don't know where to. **SET**
I've got no idea how _____ the washing machine.

4 Have you succeeded in booking a room in London yet? ACCOMODATION
Have you managed _____ in London yet?

WRITING Part 2: article

You see the following announcement in an international magazine.

THE LONGEST JOURNEY	
What is the longest journey you have ever done? Write an article describing your journey, explaining how you felt about it and why you were doing it. The best articles will be published next month.	Try to make your article as lively and interesting as you can. Use idioms and expressions, say something amusing or ask a question.

Write 120 – 180 words

LIVEWORKSHEETS