

Expressions with *get*, *go*, *make* and *take*

1 Match 1-6 with a-f.



- | | |
|--------------------------|------------------------------|
| 1 Film stars make | a married next year. |
| 2 James made a lot of | b a lot of money. |
| 3 Sarah's going to get | c ready for school! |
| 4 The best athletes take | d abroad for our holiday. |
| 5 Next year we'll go | e part in the Olympic Games. |
| 6 Hurry up and get | f friends at his new school. |

2 Choose the correct answers.



Let's *get* / go rock climbing this weekend.

- Luke's going to *take* / *get* his driving test next week.
- I'd like to *make* / *get* better at photography.
- Chloe *got* / *made* a good suggestion in class this morning.
- Are you going to *take* / *make* part in the carnival?
- Megan *got* / *took* good marks in her Maths test yesterday.
- In the winter we sometimes *get* / *go* skiing.
- Have you *made* / *taken* plans for the summer holidays?
- My uncle *made* / *got* a good job in London last year.

Feelings

3 Complete the adjectives for feelings.



n e r v o u s



1 s _ _ p _ _ _ d



2 c _ _ _ r _ _ l



3 a _ _ r _



4 e _ _ _ t _ _



5 e _ b _ _ r _ _ s _ _



6 s _ _ _ _ d



7 c _ _ _

4 Choose the correct answers.

She was really *disappointed* / nervous before her exams, but she got good marks.

- I'm really *bored* / *worried* about my cat. He didn't eat anything yesterday.
- I've studied a lot, so I'm feeling *confident* / *embarrassed* about the exam tomorrow.
- Adam was very *upset* / *cheerful* when his pet rabbit died.
- Philip was very *excited* / *disappointed* when his football team lost 4-0.
- Mrs Harris was very *pleased* / *angry* when she won the lottery.

FAST FINISHER

5 Choose the correct sentence.

- Amy thinks she'll get good marks in her exams.
 - Amy thinks she'll make good marks in her exams.
- I'm going to go my driving test tomorrow.
 - I'm going to take my driving test tomorrow.
- He's very good at maths so he's feeling confident about the exam.
 - He's very good at maths so he's feeling nervous about the exam.
- I've got nothing to do. I'm scared.
 - I've got nothing to do. I'm bored.
- They're going to take part in a bungee jumping competition.
 - They're going to take place in a bungee jumping competition.

Present perfect affirmative and negative

1 Choose the correct answers.

Maria hasn't *did* / *done* her Maths homework.

- 1 My aunt has *met* / *meet* lots of famous people.
- 2 Tom and Ben haven't *eaten* / *ate* Mexican food before.
- 3 She hasn't *took* / *taken* many photos of the children.
- 4 I haven't *swum* / *swam* in a river before.
- 5 Martin has *flew* / *flown* in a helicopter over New York.

2 Complete the sentences with the present perfect affirmative or negative of the verbs in brackets.



He *'s eaten* fish and chips. (eat)



She _____ Paris. (not visit)



My parents _____ Mount Everest. (climb)



He _____ in a tent. (not sleep)



We _____ elephants in Africa. (see)



He _____ a camel in the desert. (not ride)

Present perfect questions; ever and never

3 Complete the present perfect questions and answers.

Has Sally ever *jumped* out of a plane? (jump)

Yes, she *has*.

1 _____ they _____ the Colosseum? (visit)

Yes, they _____.

2 _____ you ever _____ your arm? (break)

No, I _____.

3 _____ he _____ a crocodile in a zoo? (see)

Yes, he _____.

4 _____ they ever _____ a pizza? (make)

No, they _____.

5 _____ he ever _____ with dolphins? (swim)

Yes, he _____.

4 Put the words in order to make sentences.

never / snails. / eaten / has / James

James has never eaten snails.

1 you / a / have / horse? / ridden / ever

2 never / has / Japanese / Chloe / food. / eaten

3 been / jumping? / has / ever / Luke / bungy

4 never / has / a / seen / Stephen / whale.

5 played / ever / cricket? / you / have

6 have / parents / been / my / abroad. / never

FAST FINISHER

5 Choose the correct sentence.

- 1 a She's taken part in the Rio Carnival twice.
b She's took part in the Rio Carnival twice.
- 2 a I haven't eaten Japanese food, but I'd like to try it.
b I didn't eat Japanese food, but I'd like to try it.
- 3 a Have ever you jumped out of a plane?
b Have you ever jumped out of a plane?
- 4 a 'Has he finished?' 'No, he's not.'
b 'Has he finished?' 'No, he hasn't.'
- 5 a They've never been to Thailand.
b They never have been to Thailand.

Extreme sports

1 Read the introduction to the text. Which sentence about extreme sports is not true?

- a People have always done them.
- b Lots of people have always watched them.
- c Technology has made them more popular.

TECHNOLOGY AND NEW SPORTS

People have always enjoyed doing extreme sports, but they haven't always known about them. But recently, new sports have become very popular thanks to TV and video websites like YouTube. Only a few people do these sports, but they have made videos, and millions of people have watched them online.

FREERUNNING

Sebastien Foucan invented freerunning in 2003. People have made TV programmes about him, and the TV programmes have made the sport popular around the world.

People usually do Freerunning in a city centre. They move around the city by running, climbing and jumping on walls and buildings, as well as the ground.

In freerunning, it's important to look good, so freerunners try to find creative and challenging ways of moving. It's almost like dancing!

Freerunners need to be confident. You can't be nervous when you're running up a wall, and someone is making a video of you!



BASE JUMPING

In 1978, a filmmaker called Carl Boenish made a video of a friend jumping from the top of a mountain in Yosemite National Park in the USA. This was the first recorded BASE jump.



Today, BASE jumping is very popular, and BASE jumpers have jumped from bridges, cliffs, mountains, waterfalls, and even very tall buildings like the Petronas Towers in Malaysia. They use a parachute to land safely. BASE jumpers have made thousands of videos of their jumps. It's an extremely dangerous sport, but most BASE jumpers have jumped many times. When they jump, they feel scared, but very excited, so they want to do it again.

2 Read the texts again. Are the sentences true (T) or false (F)?

- TV and YouTube have made new sports popular. T
- 1 Millions of people have done these sports. —
- 2 Sebastien Foucan has been on TV. —
- 3 In freerunning, it's important to move as fast as possible. —
- 4 Freerunners are often nervous. —
- 5 BASE jumping started in 1978. —
- 6 BASE jumpers always jump from mountains. —
- 7 There are a lot of BASE jumping videos. —
- 8 Most BASE jumpers only jump once. —

3 Read the texts again. Which sport do the statements refer to? Write F (Freerunning) or B (BASE jumping).

- You usually do it in a city centre. F
- 1 It started in the USA. —
- 2 It is related to dancing. —
- 3 You need special equipment to do it. —
- 4 It's a very dangerous sport. —
- 5 You try to find new ways to move. —
- 6 It's important to be confident. —

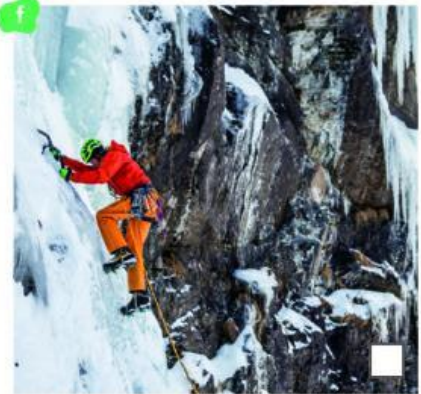
4 Find and underline examples of the present perfect in the texts.

5 **COMPARE CULTURES** Which extreme sports are popular in your country? Have you ever done them?

An amazing woman

1 Look at these activities. Write the words under the pictures.

BASE jumping helping people modelling mountain climbing snowboarding yoga



2 7.1 Listen to the information about an amazing woman. Number the photos in the order they are mentioned.

3 7.1 Listen again and write T (True) or F (False).

Anniken has always lived in Norway. F

- 1 She has worked as a fashion model.
- 2 She works as a model now.
- 3 She has never been to university.
- 4 She doesn't like extreme sports.
- 5 Her favourite adventure was in South America.
- 6 She has had two children.
- 7 She has stopped having adventures.
- 8 She has climbed Makalu in China.

4 7.1 Complete the sentences. Listen again and check.

She has never lived in once place for a long time.

- 1 She skydiving, mountain climbing and snowboarding.
- 2 Now, she BASE jumping because she married and two children.
- 3 But she having adventures. She the highest mountain in Europe, Mount Elbrus.
- 4 She to be a yoga teacher, and a photographer. And she plans for new adventures in the future.

5 THINK CRITICALLY Discuss the questions.

- Why do people do extreme sports?
- Would you like to take part in an extreme sport? If so, which one?

A blog post

1 Read the blog post. Complete it with the words in the box.

bored confident disappointed embarrassed excited nervous

TOM'S BLOG

Today, we arrived at the Mountain View Activity Centre. It's my first time here, and I'm really ¹_____!

It took us three hours by bus to get here. They didn't show any films on the bus and we were all really ²_____. Then, when we arrived and saw our bedrooms, we were a bit ³_____. It's quite old and the rooms aren't very nice. But the activities will be good.

Tomorrow, we're going to ride quad bikes, and go bungy jumping. And on Sunday we're going to go horse riding on the beach.

I've ridden a quad bike before, and I'm good at it, so I'm feeling ⁴_____ about that. But I haven't been bungy jumping before. I don't like being high up, so I'm feeling very ⁵_____ about that! And I've never ridden a horse, either. My brother rode one last year, and he fell off!! He was so ⁶_____! I hope that doesn't happen to me!



next
thread

previous
thread

2 Read the blog post again. Answer the questions.

- Has Tom been to the South Wales Activity Centre before?

- Which activities are they going to do there?

- How long was the bus journey to the activity centre?

- What did Tom think of the centre when they arrived?

- Which activity has Tom done before?

- Why is Tom nervous about bungy jumping?

- Was Tom's brother good at horse riding?

3 Read the blog post again. Number these things in the order they are mentioned.

- The journey to the centre _____
- What activities they are going to do _____
- Tom's first opinions of the centre _____
- How Tom feels about the activities _____
- What activities Tom has done before _____

4 **GET CREATIVE** Imagine you are visiting an activity centre for the weekend. Write a blog post about it. Talk about these things:

- How did you feel when you arrived?
- What activities are you are going to do? How do you feel about them?
- Which activities have you done before?