



Name: _____ Class: _____ Date: ____/____/____

UNIT 1 (TEST A)

1.  ² Listen to a specialist talking about multitasking and circle the correct option. (4 x 0.1 = 0.4)



- Teens feel **bored** / **relaxed** very easily.
 - Working adults multitask because they really **want** / **need** to.
 - Most of the adults consider that multitasking is **exciting** / **exhausting**.
 - Researchers **are** / **aren't** certain about the future problems that teens who multitask can have.
2. Fill in the blanks using *too... or not... enough* and the adjectives in brackets. (4 x 0.4 = 1.6)

- Most teens think that they are _____ (productive) and want to feel more active.
- Adults are _____ (relaxed) to do one thing at a time.
- Adults are _____ (tired) to do activities at the end of the day.
- Many researchers think that if you multitask, you are _____ (focused) to do all your activities.



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3. Read about exergames and match the games 1 and / or 2 with the sentences below. (5 x 0.2 = 1)

WEEKLY RECOMMENDATIONS

Are you not motivated enough to do exercise? Do you want to train and have fun at the same time? Do you want to feel you're in a game and not just playing it? Then you must try these exergames!

1. Active Arcade is one of the best fitness games, and the best part about it is that you don't need to have a video game controller. This game is on mobile phones so all you have to do is to make sure the screen and the camera are pointing towards you, and then you must follow the instructions.

This exergame includes a collection of different mini games that will make you move your body. Sometimes, you have to jump or try to move your arms to hit specific parts. It's a really fun way to add a little bit of excitement and novelty into your training, and fitness fanatics as well as newbies will love it.

2. Ring Fit Adventure is marketed more as a game than as exercise. But you'll certainly work out while you play.

In the story mode of the game, you must fight and kill a dragon. And to succeed, you must run, climb and move your legs very fast. There are also lots of mini games in which you have to exercise specific parts of your body.

In order to play *Ring Fit Adventure*, you must have the *Ring Fit* device (like a pilates ring), which comes packaged with the game.

Adapted from: <https://www.techradar.com/news/best-fitness-games>

1. You can play short video games. _____
2. You must use a controller. _____
3. You can choose a mode to train certain parts of your body. _____
4. Fans of exercise and complete beginners find this game attractive. _____
5. You can play this game with your phone. _____

4. Read the information again and correct the sentences. (5 x 0.2 = 1)

1. In *Active Arcade*, you don't have to use a camera.

2. In *Ring Fit Adventure*, you mustn't kill a creature.



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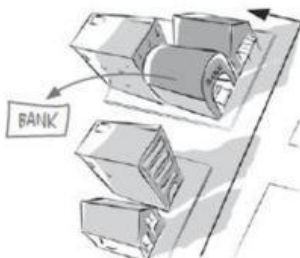
3. You must buy the *Ring Fit* separately from the game.

4. You have to move slowly to defeat the dragon in *Ring Fit Adventure*.

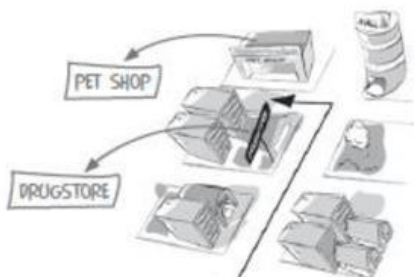
5. You must play *Active Arcade* on a video game console.

5. Look at the screenshots of a video game and complete the sentences using the words in the box. (5 x 0.1 = 0.5)

go along left go past right left



1. If you want to get to the next level fast, take the secret path. [1] _____ the bank and turn [2] _____. You'll see a big portal.



2. To rescue the sacred hamster, find the pet shop. [3] _____ this street towards the drugstore and turn [4] _____. The pet shop is on the [5] _____.

6. Complete the adjectives with -ed or -ing. (5 x 0.1 = 0.5)

1. When my grandfather used the VR headset, he said it was a bit disturb_____.
2. My parents weren't pleas_____ when they learnt that I played video games for four hours.
3. This is a really interest_____ game. I like that I have to solve riddles and that makes it more entertain_____.
4. The story of this game is so bor_____ that we skip the intro.

