

Practice exam · English B1 · Unit 4 Sport and exercise

Name: _____ Date: _____ Total: 30 points

Part A · Multiple choice (12 points)

Choose the correct option (A, B, C or D). 1 point each.

1. Ana couldn't run as fast as the others, so she tried hard to _____ them.
A) keep up with B) give up C) drop out D) warm up
2. Tom _____ karate last year, and now he trains every week.
A) gave up B) took up C) dropped out D) caught up
3. Before the game, the players _____ for fifteen minutes.
A) sign up B) drop out C) warm up D) join in
4. I felt sick in the middle of the race, so I had to _____.
A) take up B) catch up C) sign up D) drop out
5. _____ of my classmates likes basketball. They all prefer football.
A) None B) Most C) Several D) Both
6. There is _____ time before the match, so we can't warm up properly.
A) a little B) little C) a few D) few
7. _____ student in the class has a different favourite sport.
A) All B) Most C) Each D) Many
8. I have two brothers. _____ of them play tennis.
A) Every B) Each C) All D) Both
9. The _____ blew his whistle and stopped the match.
A) referee B) spectator C) opponent D) coach
10. Swimmers race in a pool, but runners race on a _____.
A) court B) track C) net D) pitch
11. After a lot of practice, she _____ win the final yesterday.
A) could B) can C) was able to D) will be able to
12. I'm sorry, I _____ come to training tomorrow. I have an exam.
A) couldn't B) didn't manage to C) wasn't able to D) won't be able to

Part B · Matching (6 points)

Match each expression (13–18) with its meaning (A–F). Choose the letter. 1 point each.

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| 13. | <input type="text"/> | "Hang in there!" | A) I understand your point. |
| 14. | <input type="text"/> | "It isn't the end of the world." | B) I love it and I want more. |
| 15. | <input type="text"/> | "Put yourself in her shoes." | C) Don't give up. Things will get better. |
| 16. | <input type="text"/> | "You know what?" | D) This problem is not as serious as you think. |
| 17. | <input type="text"/> | "I can't get enough of it." | E) Imagine how the other person feels. |
| 18. | <input type="text"/> | "I know what you're saying." | F) I'm going to tell you something interesting. |

Part C · Complete the sentences (6 points)

Write one word from the box in each space. 1 point each.

score course suffer spectators obsessed opponents

19. Thousands of watched the final from the stands.
20. My sister is with her fitness tracker. She checks it every hour.
21. Many teenagers from stress because of exams.
22. In Blo-ball, you blow the ball across the table to points.
23. Our were stronger, but we still won the match.
24. The Tough Mudder has mud, fire and water.

Part D · Short answers (6 points)

Answer in complete sentences in English. 2 points each.

25. Write two reasons why many teenagers give up organised sport. Use ideas from the reading "Why we sometimes give up".

26. Your friend has just lost an important match. Write two sentences to show empathy and support. Use phrases from the unit.

27. Compare running outside and playing volleyball in a sports hall. Write two sentences: one with "Both ..." and one with "Unlike ...".