Words connected with *outdoor activities*

1 The activities in bold are jumbled. Write the correct activities in the spaces.

1 I've never been **shore-grindi** before. _____

2 The problem with **iec-tasking** is it hurts when you fall over. _____

3 It's a great feeling when you're **giskin** really fast! _____

4 You should try **nikigh** at night – the stars will blow your mind! _____

5 Be careful when you go **cork-blincmig** – don't fall! _____

6 Is **brodosnawing** like skateboarding? _____

7 I would never go **ysk-gnivid**. No way! _____

8 If you don't like the sea and you can't swim, you shouldn't go **lanisig**. _____

Phrasal verbs

2 Choose the correct answers.

1 Sometimes we go **out** / **off** on Fridays because we can sleep **out** / **in** the next day.

2 I think I'd like to take **up** / **out** a new sport.

3 I try to go to the gym and work **out** / **up** every day.

4 If you like eating **off** / **out**, maybe we can get **together** / **out** at the weekend.

5 We don't often stay **up** / **off** later than midnight.

6 If there's a lot of snow, they usually call **in** / **off** the match.

3 Choose the correct response, *a* or *b*.

1 Do you feel tired after you work out?
a) No, I like work.
b) Yes, sometimes.

2 Do you usually sleep in on Saturdays?
a) No, I sleep out.
b) No, I get up early.

3 Are you going to stay up late tonight?
a) No, I'm going to bed soon.
b) No, I have to meet my friends.

4 Why did they call off the party?
a) I think someone is ill.
b) It's for Helen's birthday.

5 How often do you eat out?
a) Only when I have money.
b) You have to eat every day!

6 Have you ever thought about taking up running?
a) No, I didn't take it.
b) No, but I'm sure it's a good idea.

Collocations connected with *free time*

4 Complete the sentences using the words in the box.

had	have (× 2)	make	spend	take

1 Sometimes you need to _____ a break from your work.

2 We always _____ a good time on our camping holidays.

3 I'm not lucky! Yesterday we _____ the day off school and I wasn't well.

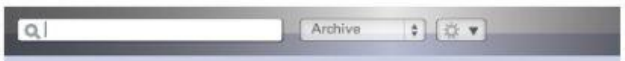
4 Can I _____ a go on your snowboard?

5 It's nice to _____ time with your family.

6 It's a good idea to _____ time for a little exercise every day.

Unit round-up

5 Choose the best answer (A, B or C) to fill each gap.



Hi Jordan,

I've just come back from a long holiday where we tried different activities.

In the first week, there was a lot of snow so we went skiing and snowboarding. Then in the second week we went (**1**) ____ in the mountains. It was cool, but we walked a long way. In the third week we went (**2**) ____. I was a bit scared at first (you know what I'm like with animals) but I really enjoyed (**3**) ____ and I didn't fall off! In the last week I (**4**) ____ a go at different sports that I'd never tried before.

We (**5**) ____ up late at the weekends, but not on the other days because we couldn't sleep in. I wanted to try sky-diving but the weather was bad and they (**6**) ____ it off. I'm definitely going to do it next time!

I'll tell you more when we (**7**) ____ together next month. Right now I want to take (**8**) ____ a new activity – sleeping!

Ed

1	**A** sailing	**B** swimming	**C** hiking
2	**A** ice-skating	**B** horse-riding	**C** rock-climbing
3	**A** me	**B** myself	**C** I
4	**A** did	**B** gave	**C** had
5	**A** stayed	**B** went	**C** slept
6	**A** worked	**B** took	**C** called
7	**A** be	**B** get	**C** make
8	**A** in	**B** out	**C** up

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