Steps

ADULTS IV
EXAM 1

Name:

READING

1. Read the article about the three people and tick the correct option: A, B or C.

Fang Su

I used to be very competitive when I was younger. I hated losing! Now I'm older, I'm getting used to slowing down. My husband and children were very excited about a Colour Run in Shenzhen, our city. The race sounded a bit silly to me, but we entered as a family. We usually jog around the park together on a Sunday morning, so 5k was a reasonable challenge for us. I have to admit, it was great fun. The aim of the race is to get as messy as possible. At the start, everyone was wearing white clothes. And after every kilometre, machines sprayed us with different coloured paint powder. There was no winner, and no-one was told their time at the finishing line. At the end, I really wanted a shower! But my kids didn't want to leave because there was a party. So we listened to music and all got covered in even more paint!

Shuo

I don't play anymore but when I was at school I was in a local football team. Most weeks we lost but I remember how much fun it was to compete with all my mates. Well, I went to university and then moved to Shenzhen. Of course, we all lost touch. Then a few months ago, I started working out at a gym near my office. One day, I recognized Dishi from my old football team! We couldn't believe it! We started a Facebook group to find the old team and last week, five of us completed the Colour Run. I've just posted a photo of us covered in paint. Maybe we'll find the rest of the team now.

Hao

Last year, I entered a 10k running race. I wanted to do more exercise because I'd put on a bit of weight. I lost two kilos, which was great. But I trained too hard and got injured so I couldn't take part in the 10k. It took me two months to recover and that's when I heard about the Colour Run. It was a 5k race so it was a simpler challenge, and the only aim was to have fun rather than getting a fast time. I entered with Chan from my work. There are only three of us in the office so I already knew we got on well. We normally jog once or twice a week after work and then we go to a café for a drink and a chat. We can't talk while we jog ... it's too tiring!

1 Fang Su jogs with her husband and children once a week.
A True ☐ B False ☐ C Doesn't say ☐

2 The winner of the Colour Run gets a special, white T shirt.
A True ☐ B False ☐ C Doesn't say ☐

3 Fang Su and her family stayed for the party after the race.
A True ☐ B False ☐ C Doesn't say ☐

4 Shuo used to live in Shenzhen when he was at school.
A True ☐ B False ☐ C Doesn't say ☐

5 Shuo and Dishi trained for the Colour Run at their gym.
A True ☐ B False ☐ C Doesn't say ☐

6 Shuo and Dishi didn't manage to find all the members of their old team.
A True ☐ B False ☐ C Doesn't say ☐

7 Hao decided to enter the Colour Run after he recovered from an injury.
A True ☐ B False ☐ C Doesn't say ☐

8 Hao and Chan are training partners, not colleagues.
A True ☐ B False ☐ C Doesn't say ☐

9 Hao and Chan normally talk to each other after their training sessions.
A True ☐ B False ☐ C Doesn't say ☐

10 Hao plans to enter his first 10k race next year.
A True ☐ B False ☐ C Doesn't say ☐

LIVEWORKSHEETS

2 Write *F* for Fang Su, *S* for Shuo or *H* for Hao.

1 I used to love winning. _____
2 I share an office with my training partner. _____
3 I didn't use to win many football matches. _____
4 I didn't expect to enjoy the Colour Run. _____
5 I completed the Colour Run with my old friends. _____

LISTENING

1 Listen to Evie talking about a difficult race she did. Complete the sentences with one or two words only.

1 Evie chose this triathlon because it started _____.
2 Evie thinks she should have done more _____ preparation for the race.
3 The race marshals mainly stopped people from getting _____.
4 Evie's swim time was _____ than she expected.
5 Teams of _____ competitors were allowed to enter.

2 Listen to five conversations. Tick (✓) A, B or C.

1 How did Mark lose touch with Rosie?
A Rosie got a new boyfriend. ☐ B Rosie moved out of the flat. ☐
C Rosie got a new job. ☐
2 Why did Jessica join the running group?
A She wanted to meet new people. ☐ B She wanted to improve her health. ☐
C She wanted to compete in a race next month. ☐
3 What is the relationship between Hayley and Roman?
A They don't know each other well. ☐ B They've been going out together for 3 years. ☐
C They're colleagues and a couple. ☐
4 What is Lewis' relationship with his brother like?
A They're less close than they used to be. ☐ B They're closer than they used to be. ☐
C It has been the same since they were children. ☐
5 Why aren't Tomas and Albert watching the football match on TV?
A It is bad luck for their team. ☐ B Their team isn't playing. ☐
C It is bad for their friendship. ☐

VOCABULARY

1. Write the people or places for these definitions.

1 The place where a big football match is played. _____
2 The person who makes the players follow the rules. _____
3 The place where you ski on a mountain. _____
4 The people who support a team or player. _____
5 The person who helps the players train. _____
6 The thing on which racing cars go round. _____

LIVEWORKSHEETS

(2) Read the stories and complete them with the correct form of the verbs from the lists. Remember to use the past simple.

My best friend at school

be become feel get in touch get on leave lose touch (meet)

I first [1]___ Ruth on my first day at primary school. We both [2]_____ very lost and afraid, but we soon [3]_____ best friends. We [4]_____ very well from the start because we liked playing the same games together. We [5]_____ best friends for over 15 years at both primary and secondary school, but unfortunately, we [6]_____ when we [7]_____ school to go to university. Recently, I found her on Facebook and I sent her a message. She [8]_____, and we're going to meet up again after all these years!

GRAMMAR

1. Complete the situations with the verbs in brackets in past tenses (Simple, Continuous, or Perfect).

1 Jim and I _____ (study) at Humboldt University when we _____ (meet).
2 You're lucky I'm still at home. I _____ (get) ready to go out when you phoned.
3 Usain Bolt _____ (win) the 100m in record time.
4 I _____ (already / finish) cooking when Gill offered to help.
5 As soon as I arrived, we _____ (order) our food.
6 Chelsea _____ (win) 2–0 at half time, but they lost the match.
7 They were tired when they arrived. They _____ (not sleep) for 24 hours.
8 He _____ (just / score) before the referee blew the final whistle.
9 I _____ (think) about her at 9.00 and then she _____ (ring) me!
10 Last week my boss _____ (say) he would give me a pay rise.

2. Complete the situations with the correct form of "used to" and "would", or the Present Simple + "usually".

1 You never _____ (watch) sport. Why do you do it now?
2 I _____ (be) an architect, but then I trained to be a graphic designer.
3 She _____ (go) shopping on Wednesdays because it's market day.
4 _____ (you / work) in the Milan office before you came here?
5 When we were young, we often _____ (play) football in the park.
6 I _____ (not / like) Jane much, but now we get on really well.
7 Tommaso _____ (eat) here on Fridays, so we might see him.
8 She _____ (not / be) so quiet. She must be tired today.

LIVEWORKSHEETS

WRITING

Write a text about how people lived before these inventions (past habits) and how they live now (present habits). Use past verbs, "used to" and "would", time clauses, Present Simple + frequency expressions. You can write about any of these inventions.

- the Internet
- social networking sites
- MP3 players
- Internet dating
- text messages
- air travel

LIVEWORKSHEETS