

**A. Choose the correct option to complete the collocations.**

1. You can't get to the top if you don't take \_\_\_\_\_.  
a. attempts  
b. risks  
c. tasks
2. Nothing beats achieving your \_\_\_\_\_.  
a. fears  
b. obstacles  
c. dreams
3. We have to \_\_\_\_\_ our problems and not run away from them.  
a. face  
b. achieve  
c. reach
4. I don't think I \_\_\_\_\_ my potential as a free diver.  
a. Encountered  
b. Fulfilled  
c. overcame
5. Why didn't you \_\_\_\_\_ the offer of a free skydiving course?  
a. risk  
b. reach  
c. take up
6. Just imagine a teenager \_\_\_\_\_ to circumnavigate the world alone!  
a. attempting  
b. taking  
c. reaching
7. Of course you'll \_\_\_\_\_ difficulties on this trip.  
a. achieve  
b. encounter  
c. fulfil
8. Jordan was on top of the world when he \_\_\_\_\_ the summit.  
a. overcame  
b. took up  
c. reached

**B. Match the sentence halves to form phrases.**

1. I feel as free as  
2. I do it for the adrenaline  
3. When I reached the summit, I felt like  
4. It's out of  
5. Push
- a. this world.  
b. a God.  
c. a bird.  
d. the limits.  
e. rush.

**C. Replace the underlined part of the sentence with a suitable idiom.**

1. I can't put up with my little brother. He's so annoying.  
*I can't put up with my little brother. He is .....*
2. I don't like jazz – I prefer classical music.  
*Jazz is not ..... – I prefer classical music.*
3. Snowboarding is difficult at first, but you will learn.  
*Snowboarding is difficult at first, but you will.....*
4. I love both, the green and the pink dress. I can't decide which one to buy.  
*I am..... between the green and the pink dress.*

**D. Complete the extreme sports. Write one word in each gap.**

1. \_\_\_\_\_ jumping is when you jump from a height while attached to an elastic cord.
2. People who go free \_\_\_\_\_ learn to hold their breath under water for a long time.
3. How many stairs could you run up if you went \_\_\_\_\_ running?
4. In \_\_\_\_\_, you use your body to ride the waves, not a board.
5. It's always been my ambition to go \_\_\_\_\_ down snowy mountains.
6. \_\_\_\_\_ climbing involves climbing frozen waterfalls, cliffs and rocks covered in ice.
7. People jump from buildings and cliffs when they go base \_\_\_\_\_.
8. \_\_\_\_\_ involves riding a special board on wheels.

**E. Choose the correct present tense.**

1. I'm enjoying / I enjoy this match so much that I don't want it to end!
2. I'm not believing / I don't believe all of the things that Julian tells me.
3. I understand / I'm understanding the question but I don't know how to answer.
4. Why don't you just tell me what you're wanting / you want?
5. Every weekend, I do / I'm doing some kind of sport.
6. I'm not really liking / I don't really like playing basketball but I love watching it.
7. Each member of the team gives / is given a lot of encouragement by the coach.
8. Hey! What are you doing / do you do? That's my bag. Put it down now!
9. Janice doesn't understand / isn't understanding the question.
10. Only the best players are chosen / choosing to play in the team, so you have to train hard.

**F. Choose the correct past tense.**

1. They invited me to see the new film but I was already seeing / I was already seen / I'd already seen it so I stayed at home.
2. While I cycled / was cycling / had cycled, the person in front of me fell off his bike and I crashed into him.
3. You fixed my tablet! What did you do / you were doing / had you done to it?
4. What had been done / had you done / were you doing last night? You didn't answer your mobile.
5. We were a kilometre from the beach when we were noticing / had noticed / noticed water in the bottom of the boat.
6. 'How far were you getting / had you got / did you get when you had the accident?' 'Only about half-way.'

7. Where were you living / had you lived / you lived this time last year?
8. What happened when you had written / were writing / were written your test? Why did you leave before the end?
9. How long did it take / was it taking / was it taken you to find your car?
10. Julia was going / had been / went to the beach many times before so she decided not to come that day.