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

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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.'

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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.

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