

POWER UP 5 – READING AND WRITING

1. Read and circle the correct words.

Jogging FAQs

What do I need?

The great thing about jogging is you don't need to buy lots of expensive gear – just a tracksuit and training shoes. It's (1) **cheaper** / **more cheap** than joining a gym – just open the door, step outside and go – it's (2) **as** / **so** easy as that!

Am I fit enough to run?

Perhaps you don't feel fit enough to run now, but you never will be if you don't start. So start and then keep working at it. Remember – prizes are (3) **won** / **winning** by hard work.

Isn't it a bit lonely?

You needn't go alone if you don't want to. Check online – there (4) **can** / **might** be a jogging group near you. Jogging in a group is more fun than running on your own. It's also safer – if you get into trouble, there are people to help you.

Can I make a fitness plan?

If you download a jogging app onto your mobile phone, it (5) **helps** / **will help** you design and keep track of your fitness plan. If you switch on the app at the start of your run, it (6) **is telling** / **tells** you the distance you run and draws your route on a map.

2. Complete the sentences with one word from the list.

will | will | are | does | than | might

1. **A:** Don't forget it's the football on TV tonight.
B: What time does it start?
A: It starts at 7:30, I think.
2. **A:** Which is more expensive – cotton or silk?
B: Silk is more expensive than cotton.
3. **A:** What are rugby balls made of?
B: I think they are made of leather.
4. **A:** What do you think 'ice golf' is?
B: I don't know. I guess it will be golf played on the ice.
5. **A:** Is it OK if I upload a photo for my friend to see?
B: Be careful – if you upload a photo, everybody can see it.
6. **A:** What happens if you forget to charge your phone?

B: If you don't charge your phone, it _____ turn itself off.

3. Read and circle the correct words.

School Trip Instructions

Let's get ready for a wonderful day out! The bus (1) **leaves** / **leaving** from outside the front of the school at 9:30 on Saturday morning. Please arrive a few minutes early so that we can leave (2) **soon as** / **as soon as** possible. It will be hot and you should have clothes to protect yourself from the sun – long sleeves are much (3) **better than** / **more good than** short sleeves, and bring a hat. You will need some money for lunch. We'll stop at a restaurant with hot food or sandwiches – the sandwiches are not (4) **as expensive** / **so expensive** as the hot meals. In the afternoon, we are stopping at a beach. If you would like to go swimming, don't forget to bring your swimming costume, but be careful – the sea is (5) **more cold than** / **colder than** it looks. Finally, your parents will want to know what time to expect you home!

Tell

4. Read and circle the correct words.

The Real Heroes of the Tennis Open

People don't notice them but ballboys and ballgirls are the heroes of the open tennis championship. You (1) **can** / **may** have seen them running onto the tennis courts to collect the balls. They are all teenagers from local schools – their names are sent by the head teacher to the organisers of the event. Each year, there are 700 names sent in but only 250 are (2) **chosen** / **chose**, so the competition is hard.

The winners are paid about £200 for two weeks' work, and they (3) **be** / **are** allowed to keep the uniform. 'We also get to see the top tennis players close up,' says 14-year-old Milena, 'that could be the best thing about the job.' 'Did you speak to any?' I ask. 'No, Rule Number 1 says You (4) **won't** / **mustn't** speak to the players!', she replies.

It's hard work. The boys and girls are (5) **told** / **telling** to look smart at all times. That can be very difficult when you're running around all day in the summer heat, and some days you (6) **might** / **must** have to work 12 hours. I ask Milena if she will do it again next year. 'Oh, yes!', she immediately replies.