Name:

Date:

1. Match the descriptions with the phrases.

improve	take up	get to know
do a course in	have a goal	set up

a. _____ To study something in a class.

b. _____ To get better at something.

c. _____ To start a new club or class.

d. _____ To start doing something, for example, a sport.

e. _____ To become familiar with.

f. _____ To set a target to achieve something.

2. Match two boxes at time to make phrases. Then complete the sentences.

sign up	keep	doing	look	join	exercise
a club	around you	up	for	fit	brush

a. It's satisfying to _____ _____ on a skill you've lost.

b. Regular exercise helps people to _____ _____.

c. _____ _____three times a week is good for your health.

d. Emily wants to get fit with other people then _____ _____. You'll meet new people that way, too.

e. You only have to _____ _____ and you will see that this town has lots of places to go and people to meet.

3. Write the nouns for the verbs and adjectives.

complicate	inform	kind
lazy	lonely	reduce

-ion	-ness
complication	

4. Complete the sentences with the words in exercise 3.

a. No one expected any kind of _____.

b. _____ can make life seem very boring because you never do anything!

c. Students, we need a _____ in noise levels and an increase in concentration, please!

d. Sadly, _____ affects a lot of old people.

e. You need correct _____ to make good decisions.

f. _____ is thinking about other people and their needs.

5. Find two words in each box.

rewelaakxanetisons

a. _____ _____

sicllloncenintratession

b. _____ _____

kisendlnefishnssess

c. _____ _____

lonadelinmissioessn

d. _____ _____

hacorrpectpinesions

e. _____ _____

6. Complete the sentences with the (long form) future continuous form of the verbs in brackets.

   a. We _will be travelling_ (travel) to Venezuela this time next year.
   b. When our exams start, we _____ (not/go) out very much.
   c. While mum's playing tennis dad _____ (make) dinner.
   d. Tony _____ (not/wait) for you at the train station when you arrive: I will!
   e. _____ (you/start) the yoga class when you get back from holiday?
   f. Carrie _____ (come) to the party on Saturday.

7. Choose the correct answer.

   a. _____ you work hard, you'll pass your exams.
   b. _____ I get home, I'll call Ellie.
   c. You won't get fit _____ you do regular exercise.
   d. _____ Dad goes on holiday, he will start to relax.
   e. I won't be happy _____ I know you're home safely.
   f. You'll be late for dinner _____ you don't catch the five o'clock bus.

8. Put the words in order to make sentences.

a. sports centre / to the / might take / If Mum / later / has time, / she / me

b. if / must / to succeed, / you / have a goal / you / want

c. buy a bike, / the money first / to / must / if nick / earn / he / wants to

d. times a week / if you / you could / go for a walk / a couple of / fit, / want to get

e. we / isn't / could / if it / have / in the park / raining / a picnic

f. go / if it / too expensive / I / to the music festival / isn't / might