UNIT 4: Skills Test

Listening

Task 1A: You are going to listen to an interview with tennis player Pete Murphy. For questions 1–6, choose the answer (A, B or C) which fits best according to what you hear.

1 What got him interested in sports?
- A He enjoyed his teacher's lessons.
- B His parents were interested in sports.
- C He wanted to compete with his best friend.

2 How good was Pete when he first started playing tennis?
- A better than the others in his school
- B quite good but not brilliant
- C really poor compared to his classmates

3 When did Pete start playing in national competitions?
- A after practising for a year
- B in his final school year
- C when he moved towns

4 How well did Pete do in his first national competition?
- A He came last.
- B He won two games.
- C He came third.

5 How has becoming professional changed him?
- A He spends more time with friends.
- B He is more relaxed.
- C He has more time for fitness.

6 What does he say about the competition in Miami?
- A He is very nervous.
- B He will play at the highest level.
- C He thinks he can win it.

Task 1B: You are going to listen to an interview with tennis player Pete Murphy. For questions 1–6, choose the answer (A, B or C) which fits best according to what you hear.

1 What type of sports did Pete like at school?
- A sports that he could play with others
- B sports that his best friend liked
- C sports he could do alone

2 What does Pete say about being good at sports?
- A You don't need any talent.
- B You need to train.
- C You don't need to work hard.

3 How did Pete feel in his first competition?
- A He was worried about it.
- B He didn't enjoy it.
- C He thought he did well.

4 When did he start playing professional tennis?
- A nineteen years ago
- B three years ago
- C two years ago

5 As well as training, what does he focus on every week?
- A the food that he eats
- B finding new work
- C socialising with friends

6 What is his aim for the international competition?
- A to reach the finals
- B to become more well-known
- C to gain more experience

LIVEWORKSHEETS

Reading

Task 1A: Five young people all want to do something fun in their free time. Read the article and decide which activity would be the most suitable for each person. Match the descriptions of activities (A–H) with the people (9–13). There are three descriptions of activities which you do not need to use.

New sports camp for all!

A new sports camp is open in the summer holidays for all children and teenagers in the area.

A
Have you ever wanted to try climbing? This is your chance! There is a wall over twenty metres tall that you can try in our sports hall. You need to be over twelve years old, but there are teachers to keep you safe!

B
Do you want to be by the sea? Well, come to our huge swimming pool. It has waves, so you can feel like you're at the beach. Yes, there is sand too! You can play or join the swimming classes.

C
Do you like dancing? There are classes every day with different styles of music. Some of our most popular classes are hip hop, pop and heavy metal. You can dance with your friends and get fit in a different way!

D
We have three horses and you can have lessons to ride them. The lessons are for beginners and they are every day from 3 p.m.

E
Are you interested in learning how to defend yourself and get fit? The ancient sport of karate may be for you! Have classes every Friday evening!

F
We don't only do sports! Why not come to the reading club? This is every evening from 7 p.m. Just bring a book and you can choose to sit on your own or tell others about it.

G
If you like spending time alone outdoors, come to the cycling club. We meet on Saturdays and go to a different area in the town and explore it! Come with your friends or make friends at the club.

H
We have boats that you can take out to the lake. Be careful! You need to be strong! Rowing is hard work. There are also sail boats, and there are classes every Tuesday and Thursday mornings

9 Aaron wants to learn something new and go to a class once a week. He enjoys activities where he can get fit and wants to learn how to protect himself.

10 Petra has never been to exercise classes. Only the ones in school! She doesn't really like sports, and hates being outdoors, but she wants to spend time with her friends.

11 Gary likes activities which are sometimes dangerous. He wants to have an instructor and doesn't want to be outside.

12 Sarah likes the water, but doesn't like water sports much. She prefers just spending time relaxing.

13 Carmen has spent lots of holidays with her parents by the sea and enjoys being on the water. She would like to do an activity early in the day.

Task 2A: Read the article again. Decide which activity (A–H) mentions the following.

14 an age you have to be. .....
15 a very old sport. .....
16 a sport with an animal. .....
17 an activity for people who don't like sports, and don't want to move. .....
18 something that feels like somewhere else. .....

LIVEWORKSHEETS

Reading

Task 1B: Five young people all want to do something fun in their free time. Read the article and decide which activity would be the most suitable for each person. Match the descriptions of activities (A–H) with the people (9–13). There are three descriptions of activities which you do not need to use.

Great new summer activities!

Shoreford has a new sports camp open in the summer holidays for all children and teenagers in the area.

A
There is a great pool at Shoreford sports camp. Why is it so great? Well, it's huge and also it has waves, and a beach! You can spend your time swimming or just playing with friends.

B
Every day at 7 p.m., the beach has beach volleyball. Join one of the four teams and have fun! There are teams for the under-twelve's and a team for the older children.

C
Do you want to come and spend time with your friends? From 2.30 p.m. to 5.30 p.m., there is table tennis in the hall. We can give you the equipment– just bring your friends and play together.

D
Have you ever wanted to try climbing? There are classes every Monday and Wednesday morning for beginners on the small wall, and an advanced group Wednesday afternoons on the forty-metre wall!

E
Do you like water? Try canoeing! These are small boats that you row along the rivers. You need to be strong and fit because it's hard work!

F
Squash is one of the fastest ball games you can play! Come along in the evenings from 7 p.m. on Tuesdays and Thursdays to learn squash with one of our instructors. You can have individual lessons to help improve your game!

G
It's not all about sports. There are also walking trails. These are group events every Wednesday and Thursday. Go with the guide and learn about nature and how to make a fire!

H
Don't enjoy physical activities? We also have board game days where the whole family can come. These are suitable for anyone over the age of six years old. Sit and play with your family or against other families!

9 Fiona loves moving quickly. She wants to do an activity after 5pm and wants to learn something new.

10 Simon isn't very interested in doing sports. He enjoys being in the water and would like to spend time with his friends and relax.

11 Dan wants to do something in the afternoons because this is when he and his friends have spare time. He loves ball games.

12 Anna loves doing team sports and likes being outside. She wants to do a sport she can take her ten-year-old sister to.

13 Charlotte doesn't really like sports, but she loves adventure. She has been camping with her family five times and loves being outdoors.

Task 2B: Read the article again. Decide which activity (A–H) mentions the following.

14 an activity with boats? .....
15 classes for different levels? .....
16 learning how to keep warm outside? .....
17 needing to use your strength? .....
18 something you could do with your parents? .....

LIVEWORKSHEETS