

Name: _____
Class: _____

VOCABULARY

1 Complete each sentence with a word from the box. There is one extra word.

confused	determined	excited	
miserable	punctual	relaxed	reliable

- After their long holiday they felt very relaxed and ready to start work again.
- Jenni is a very _____ person and is never late.
- I don't understand the computer instructions. I'm very _____. Can you explain them to me?
- Henry is very _____. You can trust him.
- The children were very _____ when they saw the big present waiting for them.
- He was _____ to get into the football team. Nothing would stop him.

/5

2 Choose the correct options to complete the sentences.

- He doesn't express / challenge / tell himself very well. His ideas are confusing.
- He challenged / surprised / made himself when he won the race. He didn't think he was fast enough.
- Do you ever tell / know / express yourself that you are wonderful?
- I expressed / made / challenged myself to do a 20-kilometre swim in the sea. It was very hard, but I'm glad I did it.
- Jenni was so tired that she couldn't stop shivering / screaming / yawning.
- Every year I challenge / make / congratulate myself do something that scares me.

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3 Complete the paragraph with one word in each gap. The first letter is given.

Mary isn't very brave and is never prepared to ⁰ give something new a go. She doesn't like to ¹ c_____ her routine because she is a ² f_____ person who worries about every unimportant thing. A routine helps her to avoid unexpected events. She always listens to advice from others and will only take on ³ b_____ ideas that don't upset her routine. She doesn't want to ⁴ h_____ adventures. Her friends think that she lacks confidence and they are always trying to think of ways to ⁵ b_____ it.

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GRAMMAR

4 Complete the dialogue using the correct form of the verbs in brackets.

A: Hi Bea, ⁰ are you studying at the moment or are you free to come to town with me?

B: Hi Agnes. I ¹ _____ (not/do) anything at the moment. I'd love to come. ² _____ (you/want) to come here or meet in town?

A: Well I ³ _____ (finish) my homework at the moment, but I can meet you in town in an hour.

B: Okay. By the way. ⁴ _____ (you/like) the essay topic for English homework this week? I ⁵ _____ (think) it's very difficult. I ⁶ _____ (not/know) what to write.

A: It ⁷ _____ (seem) difficult, but it's not really. I can give you some help when we meet if you like

B: Oh, Mum ⁸ _____ (call) me. I've got to go. See you in an hour. Bye.

A: Bye.

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5 Complete the text using the correct form of the verbs in brackets.

⁰ Have you ever done (ever/do) a challenge which you thought you would never do? Well last week I ¹ _____ (go) in the water with white sharks. Can you believe that? I'm not scared of water and I ² _____ (be) able to swim since I was two years old. Also I ³ _____ (want) to get close to these large fish since I was a child. So when my friend ⁴ _____ (suggest) it, she's always doing exciting things, I ⁵ _____ (agree) immediately. While I ⁶ _____ (wait) for the shark to appear, I felt really sick and scared. In fact, I don't think I ⁷ _____ (ever/feel) so afraid.

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ENGLISH FOR SPEAKING

6 Complete the dialogue. Use one word in each gap.

Marisa:⁰ Excuse me. Would you mind
¹ _____ me, please?

Andy: No, of course not. ² _____ can I do for you?

Marisa: It's my first day here and I need to find classroom B6.

Andy: Oh, you must be Marisa. I'm Andy.

Marisa: Hi, Andy.

Andy: Your classroom's at the end of this corridor. I'll show you.

Marisa: That ³ _____ be great, thanks.

Andy: Can I give you a ⁴ _____ with your bag?

Marisa: ⁵ _____ really nice of you, thanks.

Andy: Ah here's your classroom. ⁶ _____ you need anything ⁷ _____, Marisa?

Marisa: No, this is fine. ⁸ _____ for your help.

Andy: No problem.

Mario: Hey, Andy! Can you help me? I've got a problem here.

Andy: Hey, Mario, I'll be ⁹ _____ you in a minute. I won't be long. I'm just going to introduce Marisa to the class.

Mario: ¹⁰ _____! No problem.

/10

ENGLISH FOR WRITING

7 Complete the text using the words and phrases in the box. Use capital letters where necessary.

afraid of flying at the beginning
first realised this gradually felt in the end
now I regularly screamed soon after that
that day, I wanted to
when I saw how small the plane was

My Personal Challenge

I've always ⁰ wanted to jump out of a plane and float down to Earth like a bird. In my dreams this was possible, but in reality I'm

¹ _____.
I ² _____ last year when the plane journey I was on had such a bad landing that I didn't want to get on a plane ever again.

³ _____ a friend suggested this charity challenge to raise money for homeless children in Africa.

⁴ _____
I ⁵ _____ loudly and started shaking violently.

⁶ _____ of the day I thought it was impossible to do, but lots of people had promised to give money to the charity if I jumped so I had to do it. The instructor tried to calm me down and I ⁷ _____ less anxious. I'm pleased to say that, ⁸ _____, I got on the plane even though I was still shaking. The instructor was talking to me all the time and before I knew it we were in the air. And then we jumped. It was really amazing.

⁹ _____ lost my fear of flying and I am now much more confident.

¹⁰ _____ jump out of planes and am training to be a pilot so that I can fly my own plane.

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