



**1. You hear a teacher talking to her class.**

**What is she doing?**

**A explaining the results of a competition**

**B thanking them for taking part in an event**

**C encouraging them to complete a challenge**

**2. You hear two friends talking about learning to ski. What do they agree about?**

**A how much fun the classes are**

**B how difficult it is to learn the techniques**

**C how physically tiring the activities can be**

**3. You hear a sports instructor talking to an athletics class. What does he say about the current long jump record?**

**A It hasn't been broken for a long time.**

**B It will be difficult to break.**

**C It's something he has tried to break himself.**

**4. You hear a girl telling a friend about lessons on eating and exercising that she has done at school. How does she feel about what she has learned?**

**A doubtful that some of the advice will benefit her**

**B surprised by some of the information**

**C keen to try out a suggestion**

**5. You hear a student talking to his sports teacher about getting fit. What would the boy like to do?**

**A take part in a competitive sport**

**B use some gym equipment**

**C find a training partner**

**6. You hear two friends talking about a TV programme they have watched.**

**What does the woman think about it?**

**A It contained some useful tips.**

**B It raised surprising arguments.**

**C It discussed interesting new research.**

**7. You hear an expert talking about what being healthy really means. She believes that many people have a mistaken idea about**

**A how important social contact is.**

**B how much exercise they need.**

**C how important it is to have a good diet.**

**8. You hear a fitness expert talking about warming up before exercise. He says that people don't always warm up because they**

**A have not been educated about its importance.**

**B want their exercise sessions to be quick.**

**C don't enjoy preparation exercises.**

