

Unit 3 Standard Test A ★★

Listening

1 [1.04] Read the sentences. Then listen to the interview and choose the correct answers. (10 marks)

- 1 The current world record is less than **95 / 105 / 155** days.
- 2 Katie cycled over **1,400 km / 1,900 km / 2,000 km** on her first long-distance cycle ride.
- 3 She **has achieved / hasn't achieved / achieve** her training goal of 215 km a day.
- 4 Katie spent **19 / 21 / 29** days cycling across France.
- 5 She started her Tour de Force cycle on **19 / 21 / 29** June.
- 6 In the Tour de Force challenge, Katie cycled **through / up / down** valleys.
- 7 She had to eat 6,000 calories a **day / week / month**.
- 8 She has **often / sometimes / never** considered giving up.
- 9 Katie's training has been **difficult / exhausting / terrifying** so far.
- 10 Katie is having a **great / horrible / boring** adventure.

Vocabulary

2 Match the definitions with the correct words in the box. (5 marks)

beach cliff rainforest volcano waves

- 1 A high area of rock: _____
- 2 A thick tropical forest: _____
- 3 A mountain with a large opening at the top: _____
- 4 Area of sand beside the sea: _____
- 5 Lines of water that move across the surface of the sea or ocean: _____

3 Complete the sentences with the correct words. (10 marks)

- 1 My brother and I kayaked o _____ the falls. It was terrifying!

- 2 He sailed a _____ the world at the age of sixteen.
- 3 We h _____ across the USA from Los Angeles to New York.
- 4 We cycled d _____ the mountain on our bikes.
- 5 I can't believe you p _____ down from that plane!
- 6 She dived o _____ the cliff into the lake.
- 7 They c _____ up the mountain to the top.
- 8 We swam u _____ the water to see the cave.
- 9 We're going to ski d _____ the mountain.
- 10 Are you going to jump o _____ of the plane?

Language focus

4 Order the words to make sentences. (10 marks)

- 1 finished / have / just / a / Britain / we / sailing / trip / around

- 2 just / I / have / done / my / parachute / jump / first

- 3 had / he / has / accident / just / an

- 4 have / just / arrived / airport / the / at / they

- 5 has / she / just / the / broken / world / record

5 Complete the sentences with *still*, *already* or *yet*. (5 marks)

- 1 My friend and I haven't decided where we're going on our adventure _____.
- 2 We've _____ bought our surfboards, so we're ready to go.
- 3 They _____ haven't been swimming this year.
- 4 I've _____ organized the transport for the trip.
- 5 I haven't been on a safari trip _____.

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6 Complete the sentences and questions using the present perfect continuous form of the verbs in brackets. (10 marks)

- 1 He _____ (listen) to music.
- 2 They _____ (study) for the exam.
- 3 _____ you _____ (wait) long?
- 4 I _____ (bake) cakes today.
- 5 _____ he _____ (sit) in the sun?

Reading

Looking for adventure

Patrick Jones was twenty-seven when he set off from New York to sail around the world alone. Here are some of the entries from the diary he wrote during his journey.

12th May

I left for Bermuda as planned. I've been missing home since I left. I won't see my friends and family again for many months. (And to be honest, I'm really frightened of travelling by myself.)

26th May

It's been two weeks since I started and I've just arrived in Bermuda. I got lost a couple of times on the way here, which was really worrying.

28th February

The storms and powerful seas nearly destroyed my boat this morning. For the last two months, I've also been using equipment that isn't working properly.

25th September

An enormous oil tanker almost crashed into my boat this morning. It has been one of the most terrifying days of my life.

7 Read the diary entries. Then complete the sentences with words from the entries. Write two words per sentence. (10 marks)

- 1 Patrick Jones _____ from New York to sail around the world.
- 2 Patrick felt _____ of travelling alone.
- 3 Patrick _____ a couple of times on the way to Bermuda.
- 4 The storms and _____ nearly destroyed his boat on 28 February.
- 5 Patrick said 25 September was one of the _____ days of his life.

Communication

8 Complete the dialogue with the words in the box. (5 marks)

seen luck what good doing

A: Hi, Emma!

B: Oh, hi Richard. I haven't¹ _____ you in ages.

A: No, I've been travelling.

B: Really?² _____ have you been up to?

A: I just got back from a holiday in Costa Rica.

B: Wow! How was it?

A: It was amazing! What about you? Have you been³ _____ anything special?

B: I've been preparing to take my driving test.

A: Wow! Good⁴ _____ with that.

B: Thanks!⁵ _____ to see you again.

Writing

9 Write an article about an adventure holiday. Use the plan and phrases in the box to help you. Write 80–100 words. (10 marks)

Paragraph 1

Where is it? What type of holiday is it?
It's ... which has become very popular.

cycling hiking kayaking sailing surfing

Paragraph 2

How do visitors get there?

Where do they stay?

What can they do there?

It's easy / difficult to learn.

It involves

Paragraph 3

How to find out more information.

Check out

Total marks:

Listening ____ / 10 Vocabulary ____ / 15

Language focus ____ / 25 Reading ____ / 10

Communication ____ / 5 Writing ____ / 10

TOTAL ____ / 75