English File
Upper-intermediate

NAME CLASS

End-of-course Test
Grammar, Vocabulary, and Pronunciation A

GRAMMAR

1 Complete the sentences. Use the correct form of the verb in brackets.

Example: We *'ve lived* (live) next door to the Parkers for 20 years.

1 I wanted to meet Anja, but she _____ (already leave) when I got to the barbecue.
2 I _____ (write) my report for an hour when my computer crashed and lost it all.
3 I immediately regretted _____ (send) the text.
4 You _____ (not sit) here now if Jay hadn't managed to get us the invitation.
5 They _____ (practise) the dance for months, so the performance should go well tonight.
6 I wish we _____ (not buy) that car. It's been nothing but trouble!
7 I'll bring something to eat in case we _____ (get) hungry.
8 You shouldn't _____ (spend) so long in the sun yesterday – you've got sunburn.
9 I think I'd have got the job if I _____ (not ask) that stupid question.
10 We couldn't go inside the town hall because it _____ (redecorate).
11 I think I _____ (learn) enough Japanese by the time I go to Japan.
12 One of the greatest paintings of the 19th century _____ (report) to have been stolen.
13 Call an ambulance! Mrs Patel's foot _____ (run over) by a taxi!
14 I can't meet you until 8.00 because I'm on a late shift – I_____ (still work) at 7.30.
15 I'll let you know your exam results as soon as I _____ (discuss) them with your tutor.

2 Complete the sentences with one word.

Example: **A** I loved the play. **B** So *did* I.

1 Oh dear, it sounds as _____ the neighbours are arguing again.
2 Don't _____ me for forgetting to feed the cat – it's your responsibility!
3 We _____ have been crazy to buy this house! There's so much wrong with it.
4 I don't speak German very well, but my sister _____.
5 I can't _____ used to this smartphone – it's so different from my old one!
6 Neither Rob _____ Bea are interested in joining the reading group.
7 There's _____ milk in the fridge. Can you go and get some from the corner shop?
8 Chloe sang that song really well, _____ she?
9 I wish you _____ keep leaving the door open when you go outside! It's freezing!
10 It was _____ a big shock that we all had to sit down.
11 I don't really feel _____ going out tonight – let's stay in and watch a film.

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12 Marc didn't _____ to do much sport, but now he's really into volleyball.
13 We're _____ the roof fixed next week – the rain is starting to come through it.
14 Do you have any idea _____ Catriona is coming to football practice this week?
15 I offered Lily and Freya a snack but _____ of them was hungry.

3 Complete the sentences with the correct word(s).

Example: *Who painted* this picture? I love it!
Who painted Who did paint Who paint

1 _____ are becoming an increasingly large proportion of many societies.
Elderly The elderly The elderly people

2 I really like my neighbour's cat, but generally I prefer _____ dogs.
some the (–)

3 I just love _____ in this holiday house!
the furnitures the furniture a furniture

4 _____ the very steep climb up the last hill, we all really enjoyed the walk.
Although In spite Despite

5 Does anyone know where _____?
lives Sofia Sofia lives does Sofia live

6 That's a _____ chair – where did you get it?
little lovely wooden lovely little wooden lovely wooden little

7 I _____ when I'm cleaning my flat.
play music often play often music often play music

8 _____ of our team played well today – that's why we lost.
Neither None Some

9 We played the music quietly _____ wake the children.
to not not to so as not to

10 Our eldest daughter is at _____ university. She's studying Genetics.
the a (–)

LIVEWORKSHEETS

English File Upper-intermediate

NAME CLASS

End-of-course Test
Grammar, Vocabulary, and Pronunciation A

VOCABULARY

4 Write the words after the definitions.

Example: the thing which planes take off from and land on = *runway*

1 feeling like you have little hope and are ready to do anything to get out of the situation = _____

2 not allowing water to go through it = _____

3 a group of people who sing together = _____

4 you use these to breathe = _____

5 extremely confused = _____

6 a snow storm with very strong winds = _____

7 someone who tries to avoid spending money = tight-_____

8 being unable to sleep for many nights = _____

9 the person who controls how an orchestra plays = _____

10 unsure how to react to something because your emotions are so strong = _____

11 a person who sees a crime happening = _____

12 a person who is currently looking for work = _____

13 you put your head on this when you sleep = _____

14 the person in charge of a newspaper who decides what will go in it = _____

15 the opposite of tight (trousers) = _____

5 Complete the sentences with the correct word.

Example: Oh no, it's *drizzling* today. How am I going to get my washing dry?
warm chilly drizzling

1 The man was charged _____ both fraud and bribery.
of with for

2 I'm _____ and tired of listening to you complaining about your job – why don't you just quit?
fed up bored sick

3 I find it _____ when apps keep updating themselves all the time.
confusion confused confusing

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LIVEWORKSHEETS

NAME CLASS

End-of-course Test
Grammar, Vocabulary, and Pronunciation A

4 The audience made so much noise at the end of the concert that the band came back twice to give _____.
encores choruses performances

5 You have to take Natalia's age into _____ when you judge her work.
place care account

6 I wore my new trainers on my run today, and now I've got _____ on my feet!
burns blisters rashes

7 It's difficult to get the truth from newspapers in this country – they're all _____.
objective accurate censored

8 We were _____ when we heard that Will's ankle wasn't broken, only sprained.
disappointed relieved upset

9 Zoologists working in South America have _____ an important discovery.
carried out done made

10 Have you _____ finished that magazine? I really want to read it!
yet nearly still

11 I think Elliott was very tired – he's _____ asleep on the sofa.
full fast deep

12 Please keep reminding Nadia bout the meeting – she's quite _____-minded.
narrow open absent

13 I was trying hard not to _____ my voice, but I was getting angrier and angrier.
put up raise rise

14 That jacket really _____ you. It goes really well with your eye colour.
matches fits suits

15 This restaurant is part of a _____ – I went to one in Birmingham last year.
chain branch company

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LIVEWORKSHEETS

NAME CLASS

End-of-course Test
Grammar, Vocabulary, and Pronunciation A

6 Complete the sentences with one word made from the word in brackets.

Example: We *misunderstood* the instructions so we couldn't set up the new TV properly. (understand)

1 This phone is_____, even if you drop it on a hard surface! (break)

2 We have a lot of _____ people in the capital because housing costs are so high. (home)

3 The weather here is so _____, it could be very different later. (change)

4 _____ is a big problem in this area. (vandal)

5 I felt very _____ when I couldn't remember her name. (embarrass)

6 I don't suffer from _____ – I really enjoy spending time on my own. (lonely)

7 I like a good drama series as long as there's no strong _____. (violent)

8 Jordan likes green vegetables, _____ spinach. (special)

9 I'm _____ to peanuts, but I can eat all other kinds of nuts. (allergy)

10 My home town is quite _____at the moment but there are plans to transform it next year. (develop)

PRONUNCIATION

7 Circle the different sound.

1 /b**ir**d/ m**er**ge f**ir**m j**our**nalist h**ear**t
2 /h**or**se/ l**au**nch dr**ou**ght st**a**lk y**aw**n
3 /**sh**ower/ pres**s**ure infec**t**ion **ch**oke ra**sh**
4 /ju**dge** / **g**enerate bu**dg**et smu**gg**ler a**g**enda
5 /b**i**ke/ l**i**nen h**ei**ght b**i**ased m**i**ld
6 /tr**ee**/ ill**e**gal reli**e**ved colle**a**gue l**ea**ther
7 /**u**p/ m**u**lticultural fl**oo**d h**oo**ded l**u**ggage
8 /b**oo**t/ l**oo**se bl**oo**d l**o**se ch**ew**
9 /bu**zz**/ rai**s**e ca**s**e cour**s**e phy**s**ics
10 /tr**ai**n/ bagg**a**ge f**ai**nt l**ay** **a**che

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LIVEWORKSHEETS

NAME CLASS

End-of-course Test
Grammar, Vocabulary, and Pronunciation **A**

8 Underline the stressed syllable.

Example: lea | ther

1 co | mmen | ta | tor
2 ob | jec | tive
3 mul | ti | na | tio | nal
4 eye | brow
5 old | -fash | ioned
6 ex | port (verb)
7 un | con | scious
8 neigh | bour | hood
9 gob | smacked
10 tur | bu | lence

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LIVEWORKSHEETS

NAME CLASS

End-of-course Test
Reading and Writing A

READING

Read the article. For questions 1–5, choose the correct answer (A, B, C, or D).

Going to extremes

We tend to think that people who do extreme sports are just addicted to the adrenaline rush you get along with the thrill of danger. However, recent research shows that the many are motivated by the emotional experience of being in nature, and the psychological benefits it can bring.

A recent study based on interviews with people who practise a range of high-risk extreme sports, suggests that exposure to natural environments in early childhood can provide significant psychological and health benefits. It can also help people to form a strong, life-long emotional connection to nature.

The majority of the participants reported that nature provided powerful emotional experiences, which had drawn them to engage in outdoor activities such as climbing, kayaking, and surfing. They mentioned the importance of their early childhood experiences in the outdoors and how these had influenced their adult lives as extreme sportspeople.

Richard, a skyrunner – who runs on high paths in the mountains – said, 'My best childhood memories are of being out in nature. Camping by the beach, swimming in the sea, climbing on the rocks, lighting fires in the woods, hiking up mountains … the natural environment in Scotland where I grew up is incredible. I just wanted to be out in it. I still do.'

Similarly, for surfer Mika, the natural world was an inspiration: 'I lived by the sea, and from an early age I was drawn to the water. I can't remember not being able to swim. It just came naturally to me – I can't really separate myself from the sea. It's such a huge part of who I am.'

Mika also emphasized how being in close contact with nature, away from the urban environment, has led to a commitment to the environment and nature conservation: 'My deep connection to the sea led me to become a marine biologist. It's so important to me that the marine environment is protected.' Her views on conservation were shared by many of the other participants.

Obviously, extreme sports present a high level of risk to survival. The participants acknowledged this but almost all felt that the connection to nature was as important, if not more so, as the excitement of risk-taking. Nick, an ice climber and professional mountain guide said, 'When you're climbing in winter, you're in extreme conditions all the time. It's a constant battle between fear and attraction, but the psychological benefits for me are huge. I'd never give it up.'

Extreme mountain biker Louise has a similar attitude: 'I could do my sport on an indoor track and it would give me that adrenaline hit I

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LIVEWORKSHEETS

enjoy, but it wouldn't be the same. It's the experience of cycling in the natural environment that attracts me more than anything. You can't beat that feeling.'

Other positive factors were related to the senses. Sound was said to have a calming influence. Skyrunner Richard said, 'When I run, I notice the thud of my feet on the ground, the rhythm of my breath, I hear the sounds of my environment – birds, water flowing in the hill streams. My mind is empty of worry and stress.'

Jake, a free diver, appreciates the silence he experiences under water: 'I suffer from noise sensitivity and I find urban environments exhausting. When I dive, it's incredibly still and silent. It works like meditation for me.'

Touch and smell also featured highly in the participants' responses. Free climber Holly explained, 'I like the feel of the different types of rock under my hands, and also the smells. Where I climb, there are native herbs that grow on the rocks. The smell helps me stay relaxed and focused when I'm climbing.'

Overall, the results of the study showed that participants valued the greater connection with nature that extreme sports provided, and most felt that their attitude towards the environment was positive and more caring as a result. This led to them spending more time outdoors, not only while practising their extreme sports, but also when they were with family and friends, therefore reducing and preventing stress in others too.

The study's results are particularly significant because they provide evidence to support the development of waterways and natural spaces in urban areas in order to promote outdoor sports and leisure activities. It is hoped that this will in turn boost both the physical and mental health of whole communities.

1 A popular view of people who practise extreme sports is that they do it because they …

A want to be closer to nature.
B lack emotional experience.
C are highly competitive.
D are addicted to risk-taking.

2 Which factor was a particularly strong motivation for most study participants?

A competition prize money
B psychological problems
C early childhood experiences
D improved fitness levels

3 What additional benefit from practising extreme sports did the participants report?

A better career prospects

LIVEWORKSHEETS

B a stronger commitment to environmental conservation
C better relationships with family and friends
D improved life skills

4 Most of the participants felt that extreme sports reduced stress by ...
A stimulating their senses.
B improving their quality of sleep.
C increasing their adrenaline levels.
D making them physically stronger.

5 The study provides evidence that ...
A most people don't engage enough with nature.
B outdoor activities are most popular in childhood.
C people could do extreme sports in urban areas.
D people of all ages would benefit from engaging with nature.

WRITING

Write a report on the following topic.

'Cities of the future.'

Include the following information:

- **say what you think the cities of the future will be like**
- **say why you think changes in cities will take place**
- **discuss how the changes will affect residents' lives.**

Write 140–180 words.

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LIVEWORKSHEETS

English File
Upper-intermediate

NAME CLASS

End-of-course Test
Listening and Speaking A

LISTENING

1 Listen to five students talk about their designs for a city of the future. Choose from the list (A–H) what each speaker says they have included as the main feature of their design. Use the letters only once. There are three extra letters you do not need to use.

A hi-tech monitoring systems
B creating a more natural environment
C energy solutions
D reducing rubbish
E a design centred around the residents of the city
F urban sprawl
G consumerism
H an environmentally friendly transport model

Speaker 1 [ ]

Speaker 2 [ ]

Speaker 3 [ ]

Speaker 4 [ ]

Speaker 5 [ ]

2 Listen to a talk about the mystery of the Loch Ness Monster by a man who lives beside Loch Ness in Scotland. Underline the correct answer.

1 Calum says that people believe the Loch Ness monster **used to / couldn't / might be able to** live undiscovered in Loch Ness.
2 Calum thinks that the Surgeon's Photograph **shows a dinosaur / isn't as good as his photographs of Nessie / looks real**.
3 Calum says that **there are no eyewitness sightings of Nessie / Nessie sightings are fake news / people often mistakenly think they've seen Nessie**.
4 Calum suggests that people who see a 'monster' are actually looking at **seals or otters / a model / a dinosaur**.
5 According to Calum, the recent DNA study **solves the mystery of the monster / detected the monster's DNA / does not spoil the mystery of the Loch Ness Monster**.

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