

## Unit 6 Test | A

### Listening

- 1  Track 7 Listen to a woman talking about kite surfing and complete the notes.

#### KITESURFING

Very good for your <sup>1</sup> \_\_\_\_\_ and health.

It is necessary to know how to deal with strong <sup>2</sup> \_\_\_\_\_.

Sarah began kite-surfing <sup>3</sup> \_\_\_\_\_ years ago.

Sarah got a job as a kite-surfing instructor after she <sup>4</sup> \_\_\_\_\_ in Brazil.

Thanks to kite-surfing, Sarah's muscles are <sup>5</sup> \_\_\_\_\_.

\_\_\_\_\_/10

### Vocabulary

- 2 Choose the correct option.

- 0 You use a thermometer / sticking plaster to take your temperature.
- 1 A bike and safety equipment are essential items for *free running* / *BMXing*.
- 2 When you have an accident, it is very important to *stay calm* / *avoid certain foods*.
- 3 *Parachuting* / *Sandboarding* is an extreme sport when you jump out of an aeroplane.
- 4 If you exercise frequently, you generally *have more energy* / *fall ill*.
- 5 It's a good idea to use an app when you want to *take control of* / *show your health and fitness*.
- 6 Some fevers can cause *blind* / *blindness*.
- 7 Mustafa felt *dizzy* / *deaf* so he opened the window and sat down until he felt better.
- 8 We went *hang-gliding* / *kitesurfing* on holiday. We were high in the sky and we could see everything.
- 9 You need a fast river to go *paddleboarding* / *whitewater rafting*.
- 10 Many people use their smart watch to *make a big difference* / *count their steps* when they go for a walk.

\_\_\_\_\_/10

- 3 Complete the words in the dialogue.

**Ewa:** Hello, Jane. What's the matter? You look very <sup>0</sup> *ill*.

**Jane:** I am. I need to make an <sup>1</sup> *a* \_\_\_\_\_ with my doctor soon.

**Ewa:** Really? What's wrong?

**Jane:** It started during my PE lesson when I <sup>2</sup> *i* \_\_\_\_\_ my arm. It hurt when I tried to move it. They gave me some medicine to stop the <sup>3</sup> *p* \_\_\_\_\_.

It worked at the beginning but then I had an <sup>4</sup> *a* \_\_\_\_\_ reaction to it,

so I had to stop taking it. The doctor now says that I may need to have a small <sup>5</sup> *o* \_\_\_\_\_ because my

arm isn't getting any better.

\_\_\_\_\_/5

### Grammar

- 4 Choose the correct option.

I went to see the doctor yesterday and I <sup>0</sup> told / *asked* her about my health problem. I explained that I <sup>1</sup> *have had* / *had had* a rash on my arm since the previous week. She <sup>2</sup> *asked* / *told* me if it <sup>3</sup> *was* / *is* painful. She then said that she <sup>4</sup> *wants* / *wanted* to see it. I showed it to her, and she told me <sup>5</sup> *go* / *to go* to hospital immediately!

\_\_\_\_\_/5

- 5 Complete the second sentence using reported speech.

0 'We didn't go to the hospital yesterday.'  
They said they *hadn't gone to the hospital the day* before.

1 'Can you describe your symptoms, please?'  
The nurse asked me if \_\_\_\_\_.

2 'We are going BMXing tomorrow.'  
Juan and Antonio said they \_\_\_\_\_ day.

3 'Did you get the medicine this morning?'  
He asked me \_\_\_\_\_ morning.

4 'I will put a sticking plaster on the cut.'  
Tomas told me \_\_\_\_\_ on the cut.

5 'Use this spray on the infection.'  
The doctor told her \_\_\_\_\_ the infection.

\_\_\_\_\_/5

## Unit 6 Test | A

### Reading

**6 Read the article about a health app and complete the sentences. Use no more than three words in each gap.**

#### The art of health and fitness

Strava is one of the most used health apps in the world. It launched with a few thousand users in 2009, but more than 95 million people have now downloaded it and use the app regularly. At first, only cyclists used it. Today, however, it is possible to use Strava for 31 different sports, including running, walking, swimming, skiing, mountain climbing, kitesurfing and even paddleboarding.

People use the app to record their route while they are exercising. It does other things, too, such as recording your heart rate, counting your steps, showing how many calories you burn, and calculating your average speed while running and cycling. People can join Strava clubs with athletes they know. They can also compete with other athletes around the world to win virtual trophies and medals.

But did you know that some people use the app to create art? These people record a carefully-planned route so that it looks like a picture when they finish. They spend days and months planning these activities. They use traditional maps and computers to help them. One of the most famous pieces of Strava art is an image of a dragon. Two runners called Martyn Driscoll and Alan Stone created this in 2017 by running almost 45 kilometres in nine hours in the mountains of Wales.

Anthony Hoyte uses the health and fitness app to record his bike rides... and to create Strava art. He started in 2016 with his first one – a simple image of a dog in the city of Cheltenham in the south of England. He continued and his Strava art got more detailed and more ambitious. In 2017, he cycled 141 kilometres to create a picture of a snowman in London. Then, in 2021, he cycled 121 kilometres in the same city to create a picture of man. He raised a lot of money for charity when he did this. Now, Anthony has made so many pictures using Strava that he is sometimes called 'Picasso'.

If you use a health and fitness app like Strava, why not consider being an artist as well as an athlete?

- 0 More people use Strava today than in the past.
  - 1 At first, you could only use the app with \_\_\_\_\_ sport.
  - 2 The app lets runners and cyclists know how \_\_\_\_\_ they are going.
  - 3 People sometimes plan \_\_\_\_\_ because they want to create art.
  - 4 Two runners took nine hours in the Welsh \_\_\_\_\_ to create a picture of a dragon.
  - 5 Anthony Hoyte's first piece of Strava art was a picture of \_\_\_\_\_.
- \_\_\_\_/10

### Language Functions

**7 Complete the dialogues with the words below. There is one extra word.**

ideas let's ~~should~~ try were wish would

**A:** I feel quite ill. What do you think I <sup>0</sup> should do?

**B:** If I <sup>1</sup> \_\_\_\_\_ you, I'd see a doctor.

**A:** I've never used this app before. Have you got any <sup>2</sup> \_\_\_\_\_ what to do?

**B:** I <sup>3</sup> \_\_\_\_\_ I could help, but I've never used it either!

**A:** I feel dizzy. If you were me, what <sup>4</sup> \_\_\_\_\_ you do?

**B:** <sup>5</sup> \_\_\_\_\_ sitting down. That usually works for me.

\_\_\_\_/5

**Total: \_\_\_\_\_/50**