

Listening

1 Label the pictures with these words.

barbed wire burning logs ditch mud net wall



1



2



3



4



5



6

2 Always use the time that you have before hearing the recording to read the questions and think about what they, and the answer options, mean. Read questions 1-4 in 3 and underline the most important words. Compare with your partner whether you underlined the same words. If there are any words that you don't understand, discuss them with your partner and try to guess the meanings from the context.

3  In this task, you will hear a short radio report and some questions. Before the report, you will have time to read the questions. Listen to the radio sports report and choose the best answer from the answer choices (A, B, C or D).

- 1 What is a Spartan race?
A a race like a marathon but across fields
B a race for disabled people
C a race for ex-soldiers
D a race with obstacles
- 2 What happened to James Simpson in 2009?
A He joined the army.
B He was sent to Afghanistan for the first time.
C He was injured in an explosion.
D He started running.
- 3 Why is James leaving the army?
A to continue his education
B to spend more time raising money for charity
C to get a different job
D to spend more time training for races
- 4 What does the speaker mean when she says "*there could be no stopping him*"?
A James probably wants to stop running races now.
B It will be difficult to beat James in future races.
C James is likely to try even harder races from now on.
D James's future career won't allow him to continue racing.

DOWNLOAD 

Don't panic if you read or hear some words that you don't understand. You can probably have a guess at what they mean from the context, and even if you can't, you still might be able to answer the question correctly by eliminating the other three options.





Grammar 2

Past simple, present perfect simple

1 Read about past simple vs present perfect simple.

In general, we use the past simple to talk about a completed action that happened at a specific time in the past. We use the present perfect simple to talk about something that happened at an unspecified time in the past or that happened in the past, but that is still relevant to the present.

*I **went** to Spain to see Barcelona play **in 2011**.*

(specific time in the past)

*I've **been** to Spain to see Barcelona play.*

(unspecified time in the past)

The important point to remember is that the present perfect simple always has a connection with now, whereas the past simple only tells us about the past.

We also use the present perfect simple to give new information, but when we continue talking about it, we usually use the past simple.

*A: 'I've **seen** Barcelona play.'*

*B: 'When **did** you **see** them?'*

*A: 'I **saw** them **in 2011**.'*

2 Complete the sentences with the past simple or the present perfect simple.

1 We use _____ with time expressions such as *ago*, *in 1990* and *the other day*.

2 We use _____ with time expressions such as *just*, *already*, *recently* and *so far*.

Read 3.4 of the Grammar Reference before you do the tasks.

3 Circle the correct words.

- 1 I **just put on** / **have just put on** my football kit.
- 2 Maria **has already scored** / **already scored** five points!
- 3 **Did they spend** / **Have they spent** their holiday hiking in Greece last summer?
- 4 Theo **has taken** / **took** tennis lessons in 2005.
- 5 My friend **has been** / **was** at a rugby match two days ago.
- 6 I **didn't watch** / **haven't watched** an ice hockey game so far.
- 7 Last week Helen and Iris **went** / **have gone** to the new sports arena.
- 8 He can't play squash because he still **didn't buy** / **hasn't bought** a racket.
- 9 **Did you ever see** / **Have you ever seen** a rugby game?
- 10 We **have waited** / **waited** at the golf course for two hours ... where were you?



