2.10 SELF-CHECK

VOCABULARY AND GRAMMAR

1 Complete the sentences with the words from the box. Change the form if necessary. There are two extra words.

fan goal lose pick phase power teammate win

The team's *fans* ran onto the basketball court to celebrate with the players at the end of the game.

1 I think we've _____ this game. I haven't got any good cards to play. And you?
2 I hurt my arm when my _____ dropped me on the court while we were celebrating. How embarrassing, eh?
3 Badminton isn't too hard to play if you play tennis and I'm sure you'll _____ it up quickly.
4 Congratulations on a good result, but this is only the first _____ of the competition. There's still a long way to go!
5 Ryan scored the fastest _____ ever by a player in our team – 12 seconds after the match started!

/5

2 Complete the sentences. The first and last letters are given.

My brother's a *referee* for the local football league and he loves giving players yellow cards.

1 My athletics **t**_____**r** says I'm good enough to be a professional one day.
2 My great granddad is 78 but he still **k**_____**s** in shape by going Nordic walking.
3 Celia is **s**_____**s** and always wears the same socks when she's competing in a race.
4 Sebastian isn't a very **a**_____**e** person. In fact, I don't think I've ever seen him do any sports or other physical exercise.
5 To get a body like Arnold Schwarzenegger you have to do lots of **r**_____**e** lifting of heavy weights. It must be quite boring really.

/5

3 Translate the Polish parts of the sentences.

I didn't know your little brother played chess. When *did he get into* *(wciągnął się w)* that?

1 What a terrible game! Our team _____ *(przegrała mecz)* and I injured my foot.
2 We are all hoping that the Polish ski jumper _____ *(nie podda się)* because of his bad performance at the Winter Olympics.
3 LeBron James _____ *(zdobył 34 punkty)* for Miami in that night's big game against Los Angeles.
4 Of course, the most important thing is taking part, but I'd really like to _____ *(pokonać przeciwnika)* as well.
5 We _____ *(zdecydowaliśmy się zerwać z naszą rutyną)* of waking up early to go jogging. Instead we slept late and had a lazy breakfast in a local café.

/5

4 Choose the correct words.

Unfortunately, we weren't watching when Bolt *won* / *had won* / *was winning* the 200 metres race.

1 Chloe finally beat her personal best time because she *trained* / *had trained* / *was training* so hard.
2 Dan tried snowboarding when he *went* / *had gone* / *was going* to the French Alps.
3 The marathon finally *ended* / *had ended* / *was ending* when the last runner crossed the finishing line after almost 6 hours.
4 Andrew was prepared for the freezing temperatures because he *surfed* / *had surfed* / *was surfing* in winter before.
5 Naomi wasn't actually skating when she *hurt* / *had hurt* / *was hurting* her foot. She was trying to take her skate off!

/5

5 Complete the sentences with the correct forms of the verbs in brackets.

If Poland manages *to win* (win) the European Championships, I will buy everyone dinner.

1 I remind my players _____ (not/get angry) with the referee. Shouting and complaining doesn't help.
2 Do you really enjoy _____ (jog) when the temperatures are so high?
3 I think I might _____ (join) the gym again. I've put on so much weight recently.
4 Our PE teacher made the boys _____ (do) aerobics after they said it was easy and only for girls. They were exhausted afterwards.
5 Jenny misses _____ (play) badminton with her sister now that she's gone to university.

/5

6 Choose the correct answers A–C.

Adzo Kpossi from Togo, in Africa *B* the youngest athlete at the Olympic Games in 2012. When she [1]____ into the water in London to compete in the women's 50 metres freestyle event, she was just 13 years old. In the qualifying race, she [2]____ second to Nafissatou Moussa Adamou, a 14-year-old from Niger, but beat her own personal best time. Before she arrived in London to represent her country, she [3]____ lots of training at a hotel in Sarawaka, which was the only place in her part of the country with a swimming pool. Although she failed [4]____ any medals, Kpossi was later asked [5]____ the flag for Togo at both the opening and closing ceremony of the 2016 summer Olympics and hopes to be present at the 2020 games in Tokyo.

	A	B	C
	had been	(B) was	was being
1	dived	was diving	had dived
2	got	came	lost
3	was doing	has done	had done
4	to win	win	winning
5	to carry	carry	carrying

/5

Total /30

LIVEWORKSHEETS

USE OF ENGLISH

7 Complete each pair of sentences with the same answer A–C.

Would you __ if I closed the window? It's pretty cold in here.
Regular yoga and meditation can give you real peace of __ .
(A) mind B like C think

1 When you reach the __ of no return, you can never go back!
We need one more __ to win the match. Come on The Blues!
A score B point C goal

2 How did you __ Gosia into going jogging with you at 6 a.m.?
Mr Brown wants to __ to me about missing too many training sessions.
A speak B talk C chat

3 My grandfather was a great athlete and I really __ up to him and his achievements in sport.
Oh, __ ! Isn't that Boris Becker, the ex-Wimbledon champion?
A see B watch C look

4 Barry has always wanted to __ out bowling, so he's looking forward to tonight's game.
Where can I __ on this tracksuit to see if it fits me?
A try B go C put

5 Henrikson has had to __ out of the race after pulling a muscle in his leg.
Please, be careful with that expensive trophy. Don't __ it!
A fall B break C drop

/5

8 Complete the sentences with the correct form of the words in brackets.

Footballers Lionel Messi and Christiano Ronaldo share the same *superstition* (SUPER) – they must both be the last players onto the pitch.

1 Boxers need a lot of _____ (RESILIENT), because they have to pick themselves up every time they get knocked down.
2 I find the best way to _____ (ACTION) myself in the mornings is to do fifteen minutes of yoga.
3 My manager has been very _____ (SUPPORT) of my decision to quit the national team.
4 Five times World's Strongest Man, Mariusz Pudzianowski is probably the most _____ (POWER) man in Poland.
5 At the last minute, I noticed that my passport was out-of-date. That was a _____ (DECIDE) moment.

/5

9 Complete the sentences using the prompts in brackets. Change the forms or add new words where necessary. Use up to six words in each gap.

The manager *forced us to train* (force/we/train) despite the bad weather.

1 Karol _____ (not/stand/lose) and gets very upset whenever he doesn't win.
2 Janice, could you _____ (teach/swim)? I really trust you and you're always patient with me.
3 When I was a kid, my parents _____ (not/allow/do) karate, but I've always wanted to try it.
4 Mum _____ (warn/not/climb) the tree in our garden – but then, of course, I did and I fell out and broke my arm.
5 While the coach _____ (tell/the team/believe) that they really could get to the final, one of the footballers started to laugh.

/5

10 Complete the text with one word in each gap.



It's one of the most unusual competitions in the UK, but every spring thousands of spectators gather at Cooper's Hill in Gloucester to cheer [1]_____ participants in the annual cheese rolling race. It's a dangerous way to burn calories [2]_____ because the event basically involves throwing a large circle of cheese down a hill, and then throwing yourself down after it. The first person to the bottom of the hill wins the [3]_____ – a large circle of Gloucester cheese!

Chris Anderson, 29, from nearby Brockworth is the current champion and has now equalled the record of 20 wins held by one person. Chris first [4]_____ in for the competition at the age of 16 and won his first race one year later. Next year he hopes to break the record and become the first person to win 21 races.

If you fancy [5]_____ Chris on at cheese rolling, you'd better be quick – he is thinking of retiring soon. Plus, you should also know that Cooper's Hill has an angle of 70 degrees and the cheeses travel downhill at over 110 kilometres per hour!

/5

Total /20

3 On the go

3.1 VOCABULARY

Means of transport • noun phrases • collocations • synonyms for *trip*

SHOW WHAT YOU KNOW

1 Label the forms of transport. The first letters are given.



tram



1 h_____-a_____ b_____



2 f_____



3 h_____



4 d_____-d_____ b_____



5 h_____

FOCUS ON WORDS | Noun phrases

2 Match the halves of the compound nouns in boxes A and B and complete the sentences.

A: cable dirt public rush short suspension traffic winding

B: bridge car cut hour jams path track transport

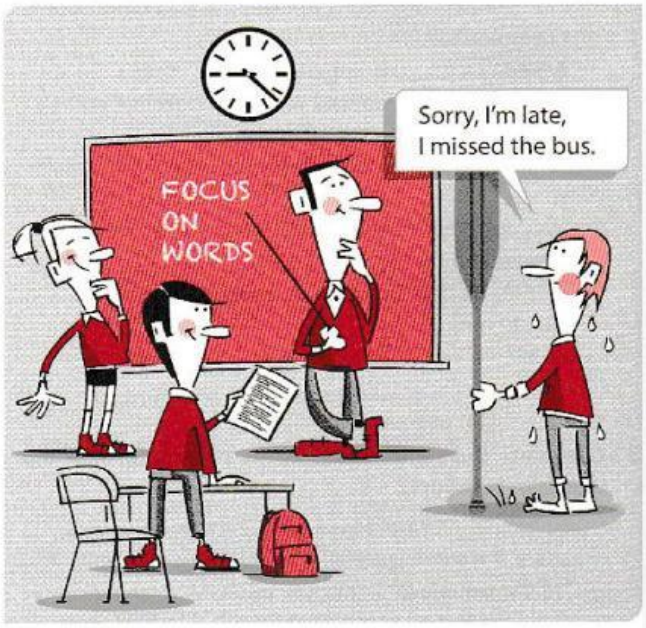
We can save ten minutes on our walk to the centre if we take the shortcut across the field.

1 There's no road to get to my aunt's house but we can use the _____ if you drive slowly and don't mind getting the car muddy.
2 The Tibetan saint Thangtong Gyalpo built a _____ with iron chains as early as 1433 in Bhutan. However, earlier designs using rope and wood were also used to cross rivers and valleys.
3 The longest journey made by a _____ is 7,455 metres. It's in China and goes from Zhangjiajie city centre to the top of Heaven's Gate Mountain.
4 If more people used _____ like buses and trams, there'd be less traffic on the roads and less pollution in the air.
5 Sorry we're late. It's [a] _____ and there are always awful [b] _____ at this time of day.
6 There's a wonderful _____ through the forest. It turns left and right and then left and right again – all the way to the lake at the end.

FOCUS ON WORDS | Collocations

3 Choose the correct verbs.

Last night I had a very strange dream. I decided to [1] *miss / catch* the bus to school because I was feeling too lazy to cycle [2] *uphill / downhill* like I usually did for my regular morning exercise. But because it was raining really heavily, a boat came along instead. I got on the boat, in fact, I was the only passenger, and it began to [3] *cross / swim* the river. But the journey was very rough and the captain ordered me to sit down and [4] *close / fasten* my seatbelt. Then suddenly there were lots of other boats and we were [5] *stuck / caught* in traffic. It felt like ages for the boat to make any progress, and all the time it was raining. When I finally arrived at school, I noticed I was [6] *walking / going* barefoot. And I was completely wet and shaking from the cold. The teacher looked confused and asked me why I was late. I simply told him I'd [7] *missed / lost* the bus. Very strange.



4 Complete the sentences with the verbs *catch, cross, get* or *miss* in the correct form. Sometimes more than one answer is possible.

I caught the train from Waterloo and got here as soon as I could.

1 Marco Polo was the first westerner to _____ the continent of Asia. In total, he travelled through the area for 24 years.
2 We _____ stuck in traffic and that's why we're a little late.
3 My school bag was so heavy this morning that I _____ a lift in the car from my mum.
4 Janet _____ the train and there isn't another one until tomorrow morning. She'll have to stay the night in a hotel.
5 Before bridges existed, the only way to _____ a valley was to climb down one side and then climb up the other.

LIVEWORKSHEETS

FOCUS ON WORDS | Synonyms for *trip*

5 Read the definitions and choose the correct word.

1 a trip on a plane = *a drive / a flight / a ride*
2 a trip by sea or in space = *a ride / a drive / a voyage*
3 a long trip overland = *a flight / a cruise / a journey*
4 a trip by boat from one piece of land to another = *a tour / a crossing / a ride*

6 Complete the sentences with the correct words. The first letter is given.

The first time my mum went on a plane was to Australia! The f*light* took over twenty-two hours with a stopover in Hong Kong.

1 My sister and her husband are going on a **c**_____ in the Mediterranean. Their ship leaves from Liverpool and the first stop is Monaco!
2 The **d**_____ from London to Paris by car is six and a half hours. The high speed train takes just over two hours!
3 The ferry **c**_____ from Gdańsk in Poland to Nynashamn in Sweden takes 19 hours.
4 Ola is going on a 15-day cycling trip this summer. Her **j**_____ will take her from Berlin all the way to Malaga in the south of Spain. She must be mad!
5 I went on a camel **r**_____ when I was in Egypt but I wouldn't recommend it. I don't think the animals are treated very kindly.
6 Our guided **t**_____ around Kraków took us to Wawel Castle and the famous Wieliczka salt mine.
7 When Columbus discovered America, he was actually on a **v**_____ to find a new route to Asia.

REMEMBER THIS

travel (v) *I'd love to travel to the United States.*
travel (n, uncountable) *Jo's job involves a lot of travel.*
travels (n, pl) *My travels took me through Europe and Asia.*
~~*My travel across Guatemala was awesome!*~~
My journey across Guatemala was awesome!

7 Read REMEMBER THIS. Complete each sentence with the correct form of the word *travel*. Then label each word with *V* (verb) or *N* (noun).

Travel broadens the mind. N
1 This picture shows the _____ of the planets around the sun. ☐
2 The book *Uncommon Traveller* describes Mary Kingsley's solo _____ through Africa in the 1890s. ☐
3 Some food doesn't _____ well. ☐
4 Before the train was invented, _____ between cities used to take days. ☐
5 Sound _____ through water. ☐
6 Joseph _____ to experience different cultures. ☐
7 Tell us all about your _____ in Central and South America. ☐
8 We _____ 200 kilometres on the second day – it was exhausting! ☐

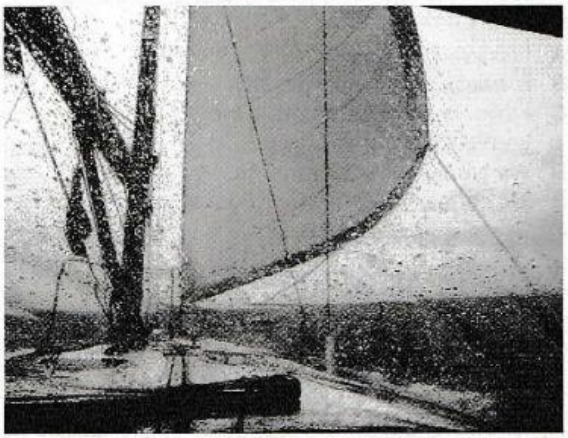
SHOW WHAT YOU'VE LEARNT

8 Choose the correct answers A–C.

My 'Dream' Holiday

After studying hard and passing my exams I decided to [1]__ a holiday. I had been really stressed, so I wanted the kind of holiday where you lie in the sun and do nothing for a week. This, I was sure, would help me relax. So, I opted for a short [2]__ on the ship 'The Ocean Dream.' This would be perfect, I thought. But unfortunately, my holiday wasn't the 'dream' I had hoped for. To begin with, I [3]__ the train to Southampton. That meant I had to get a lift from my dad at the last minute, which was quite stressful for both of us. And, of course, we also got [4]__ in traffic, so I was really stressed the whole way thinking that I wouldn't be able to get on the ship before it left.

Well, I made it just in time. But as soon as we left land, the weather turned bad and it stayed wet and cloudy the whole [5]__ . For four whole days the ship was bouncing up and down on the large waves. I got seasick and began to worry that the ship might sink and go under water like the Titanic. When the ship finally made it back to Southampton, I was more stressed and nervous than when I had left. What a nightmare! I now wish I had just booked a cheap [6]__ to Egypt instead and spent a week lying on the beach doing nothing!



1	A make	B take	C do
2	A voyage	B journey	C cruise
3	A lost	B missed	C crossed
4	A held	B stuck	C fastened
5	A journey	B tour	C ride
6	A drive	B crossing	C flight

9 Find and correct the mistakes.

I know a ~~shorter cut~~ through the park. *shortcut*
1 The suspending bridge is moving in the wind. _____
2 Traffic is always bad during the hurry hour. _____
3 Let's take the dirty track – it'll be quicker. _____
4 Always fast your seatbelt when in a moving car. _____

/10