

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.

- I think we've lost this game. I haven't got any good cards to play. And you?
- I hurt my arm when my teammate dropped me on the court while we were celebrating. How embarrassing, eh?
- Badminton isn't too hard to play if you play tennis and I'm sure you'll win it up quickly.
- Congratulations on a good result, but this is only the first phase of the competition. There's still a long way to go!
- Ryan scored the fastest goal 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.

- My athletics tr says I'm good enough to be a professional one day.
- My great granddad is 78 but he still ks in shape by going Nordic walking.
- Celia is ss and always wears the same socks when she's competing in a race.
- Sebastian isn't a very ae person. In fact, I don't think I've ever seen him do any sports or other physical exercise.
- To get a body like Arnold Schwarzenegger you have to do lots of r 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 (wciążał się w) that?

- What a terrible game! Our team lost (przegrała mecz) and I injured my foot.
- We are all hoping that the Polish ski jumper will succeed (nie podda się) because of his bad performance at the Winter Olympics.
- LeBron James scored 34 points (zdobył 34 punkty) for Miami in that night's big game against Los Angeles.
- Of course, the most important thing is taking part, but I'd really like to win (pokonać przeciwnika) as well.
- We wanted to wake up early (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.

- Chloe finally beat her personal best time because she trained / had trained / was training so hard.
- Dan tried snowboarding when he went / had gone / was going to the French Alps.
- The marathon finally ended / had ended / was ending when the last runner crossed the finishing line after almost 6 hours.
- Andrew was prepared for the freezing temperatures because he surfed / had surfed / was surfing in winter before.
- 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.

- I remind my players not to get angry (not/get angry) with the referee. Shouting and complaining doesn't help.
- Do you really enjoy jogging (jog) when the temperatures are so high?
- I think I might join (join) the gym again. I've put on so much weight recently.
- Our PE teacher made the boys do (do) aerobics after they said it was easy and only for girls. They were exhausted afterwards.
- Jenny misses playing (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 had been	B was	C was being
1 A dived	B was diving	C had dived
2 A got	B came	C lost
3 A was doing	B has done	C had done
4 A to win	B win	C winning
5 A to carry	B carry	C carrying

/5

Total /30

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.



1 tram 2 h _____-a _____
b _____



3 h _____ 4 d _____-d _____
b _____



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.

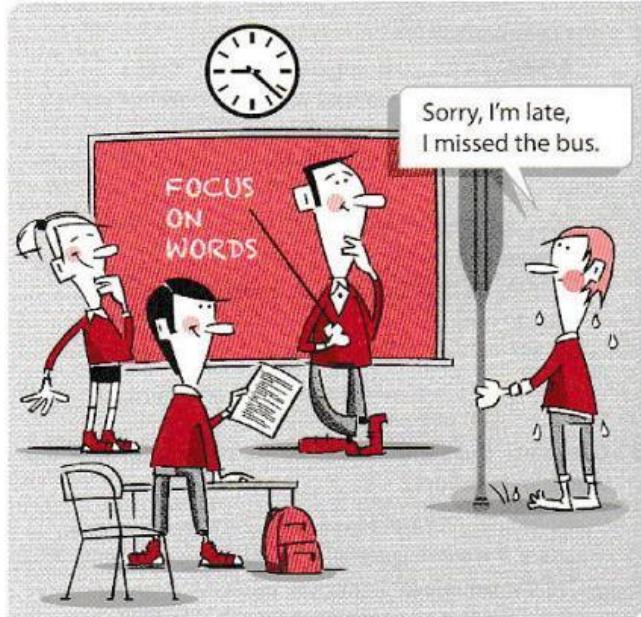
5 Sorry we're late. It's ^a _____ and there are always awful ^b _____ at this time of day.

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 ¹miss/catch the bus to school because I was feeling too lazy to cycle ²uphill/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 ³cross/swim the river. But the journey was very rough and the captain ordered me to sit down and ⁴close/fasten my seatbelt. Then suddenly there were lots of other boats and we were ⁵stuck/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 ⁶walking/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 ⁷missed/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 get the continent of Asia. In total, he travelled through the area for 24 years.

2 We got stuck in traffic and that's why we're a little late.

3 My school bag was so heavy this morning that I got a lift in the car from my mum.

4 Janet missed 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 cross a valley was to climb down one side and then climb up the other.

/10

4 Always fast your seatbelt when in a moving car.

3 Let's take the dirty track - it'll be quicker.

2 Traffic is always bad during the hurry hour.

1 The suspending bridge is moving in the wind.

1 Know a **shorter-cut** through the park. **shortcut**

9 Find and correct the mistakes.

6 A drive B crossing C flight

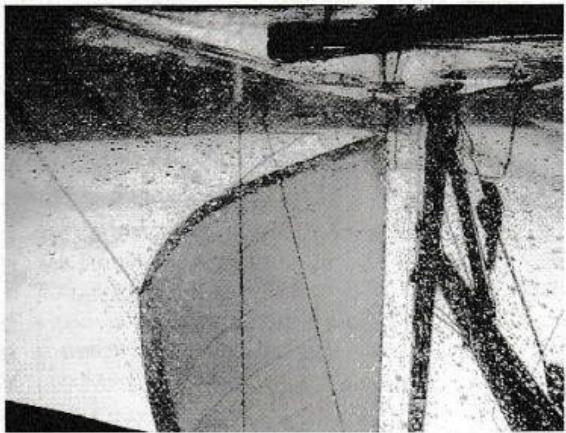
5 A journey B tour C ride

4 A held B stuck C fastened

3 A lost B missed C crossed

2 A voyage B journey C cruise

1 A make B take C do



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 when I had left. What a nightmare! Now wish I had just booked a cheap ⁶ to Egypt instead and spent a week in Southampton. I was more stressed and nervous than water like the Titanic. When the ship finally made it back to Southampton, I was more stressed and nervous than when I had left. My journey ⁷ to the beach doing nothing!

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My 'Dream' Holiday

8 Choose the correct answers A-C.

SHOW WHAT YOU'VE LEARNED

4 Always fast your seatbelt when in a moving car.

3 Let's take the dirty track - it'll be quicker.

2 Traffic is always bad during the hurry hour.

1 The suspending bridge is moving in the wind.

1 Know a **shorter-cut** through the park. **shortcut**

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8 We ⁹ 200 Kilometres on the second day - it was exhausting!

7 Tell us all about your ¹⁰ in Central America.

6 Joseph ¹¹ to experience different cultures.

5 Sound ¹² through water.

4 Between cities used to take days.

3 Some food doesn't ¹³ well.

2 The book *Uncommon Traveler* describes Mary Kingsley's solo ¹⁴ through Africa.

1 This picture shows the ¹⁵ of the planets around the sun.

7 **Travel** broadens the mind.

6 **Travel** form of the word **travel**. Then label each word with **V (verb)** or **N (noun)**.

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

My journey across Guatemala was awesome!

My travel across Guatemala was awesome!

travels (n, pl) My travels took me through Europe and Asia.

travel (n, uncountable) Jo's job involves a lot of travel.

travel (v) I'd love to travel to the United States.

REMEMBER THIS

7 When Columbus discovered America, he was actually on a ¹ to find a new route to Asia.

6 Our guide ² around Krakow took us to Wawel Castle and the famous Wieliczka salt mine.

5 I went on a camel ³ when I was in Egypt but I wouldn't recommend it. I don't think the animals are treated very kindly.

4 Ola is going on a 15-day cycling trip this summer. Her ⁵ will take her from Berlin all the way to Malaga in the south of Spain. She must be mad!

3 The ferry ⁶ from Gdansk in Poland to Sweden takes 19 hours.

2 The ⁷ from London to Paris by car is six and a half hours. The high speed train takes just over two hours!

1 My sister and her husband are going on a ⁸ to Liverpool and the first stop is Monaco!

2 The ⁹ from Paris by car is six and a half hours. The high speed train takes just over two hours with a stopover in Hong Kong.

3 The first time my mum went on a plane was to Australia! The ¹⁰ took over twenty-two hours with a stopover in Hong Kong.

4 a trip by boat from one ¹¹ to another = a tour / a crossing / a ride

3 a long trip overland = a ride / a drive / a cruise / a journey

2 a trip by sea or in space = a ride / a drive / a cruise / a journey

1 a trip on a plane = a flight / a ride

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

5 Read the definitions and choose the correct word.

4 a trip by boat from one ¹ to another = a tour / a crossing / a ride

3 a long trip overland = a ride / a drive / a cruise / a journey

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FOCUS ON WORDS | Synonyms for trip