

Grammar

1 Put commas in the correct place in the sentences. Sometimes a comma is not necessary.

- 1 Jenny who joined our class this term is a very good swimmer.
.....
- 2 The school I went to when I was five has been knocked down.
.....
- 3 People who like skiing will love snowboarding.
.....
- 4 John's mother who lives in Scotland has got six grandchildren.
.....
- 5 The dog which is very big and friendly lives next door to us.
.....

/ 5

2 Correct the mistakes in the sentences. One sentence is correct.

- 1 That's the man I met him last week.
.....
- 2 The restaurant where is next to the supermarket is very expensive.
.....
- 3 The 4th May is the day when we get our test results.
.....
- 4 The woman gave us the tickets is my aunt.
.....
- 5 The car, Jade bought last week, cost her £5,000.
.....

/ 5

3 Complete the message with these relative pronouns.

that • when • where • which • who

Hi Jess!

Yesterday I went to the new shopping centre

(1) everyone's talking about. I saw Amy there – the girl (2) we met at Mark's birthday party last month. Remember her? I was looking for a new tennis racket (3) I saw her. She didn't recognise me at first because, at the party (4) we met I had long hair and now I've had it cut short. Anyway, the tennis racket (5) I bought in the end is smaller than I thought, so I'm going to change it. Perhaps you'd like to come with me to the shopping centre tomorrow?

Speak soon!

Alex

/ 5

Total / 15

Vocabulary

4 Complete the sentences with the second part of each phrasal verb.

- 1 You must always warm before you start any exercise.
- 2 My brother usually works at the gym at least twice a week.
- 3 Our best team was knocked of the competition in the first game.
- 4 I first took swimming just to get fit, but now I enter competitions.
- 5 Some people don't like joining team games and prefer to watch.

/ 5

5 Complete the sentences with these words for sports equipment. There are two extra words.

boots • clubs • goggles • net • rackets
skates • trainers

- 1 You need when you're skiing to protect your eyes.
- 2 Unfortunately, the ball hit the top of the and didn't go over, so we lost the point.
- 3 You must wear good when you run regularly, even if they're expensive.
- 4 My little brother got a new pair of football for his birthday and he was thrilled.
- 5 I can't believe golf cost so much money! They're only made of wood and metal!

/ 5

6 Complete the text with these words for sports venues. There are two extra words.

course • courts • gym • pitch • rink • slope
track

We've got an amazing new sports centre in our town. I joined last week and I can't wait to start going. It's much bigger than I imagined. It has an indoor football (1), five tennis (2) and it even has an athletics (3) Can you believe it? Apparently, they're planning to build an ice (4) too, but I don't think that will be ready until next year. Shame. I suppose that would have been too much to ask. Perhaps we should ask them if they can build a ski (5) at the same time!

/ 5

Total / 15

Reading

- 7 Read the article about a new sport. Six sentences have been removed from the article. Choose the most appropriate sentences (A–F) to complete the article.

Physical education steps into the 21st century

We all know that physical activity is important in our lives, not only to improve our health and strength but also our psychological well-being. To encourage all sorts of people, particularly teenagers, to participate more in sports and games and feel the benefits, sports companies are developing new games that can offer the challenge and excitement to motivate, while helping people get fitter. Many education departments believe that it's important to bring this excitement into school sports as well. (1) One way to do this is to introduce students to unusual, fun activities like ultimate frisbee and Zumba classes. These are already being taught in some schools and are very popular with students. World number 1 inline skater Jenna Downing says, 'When I'm visiting schools in my role as an athlete mentor, one thing is clear – PE is changing, and it's for the better. (2) Today schools are offering a wide variety of sporting options to suit every taste'. After all, there's no school rule that says we have to concentrate only on the more traditional sports!

One new sport that's proving extremely popular in schools now is Crazy Ball. This sport has been introduced into the PE. curriculum to help teenagers get a really exciting and exhausting workout during their PE. lessons. It has been taken up by a lot of schools who feel that it's the perfect sport to involve all the students in the class at the same time, even those who are usually less enthusiastic about PE. It's a sport that anyone can play, at any level of ability. (3) It can be played inside or outside depending on the season and it doesn't require a lot of expensive equipment.

So what exactly is Crazy Ball? Essentially it's a game played by two people on a court with nets at either end. These small rectangular nets sit on the floor at each end of the court, like hockey nets. They are double-sided and one side is called the "crazy" side. The idea is that when the ball hits the crazy side of the net it rebounds in an unpredictable way. (4) They have to really stay focused and be ready to move fast to hit the ball wherever it goes. The game started as a training activity for other sports and is played by top athletes around the world to improve their reaction times. (5) It can also be played with four nets and two teams of two players on the court. In this version everyone is active all of the time because two balls are constantly flying around! (6) Jake Williams, a PE. teacher at Stonecove secondary school in Wales, says of the game, 'It's the most popular game we've ever introduced into our PE. lessons. The kids love it because it's fast and fun and easy to learn. The teachers love it because it gets all kids participating and moving – no-one gets to sit on the sidelines in Crazy Ball!'

- | | |
|---|--|
| A We need to encourage students to participate as much as possible in sports and to achieve this we need to make sure they really enjoy them. 1 | E It never goes where you think it will, so players have to react quickly. 4 |
| B This is because Crazy Ball is particularly good for developing excellent hand-to-eye coordination. 5 | F Having four players on the court means more people can play at the same time, making it an ideal activity for large classes. 6 |
| C It's unaffected by the weather too. 3 | |
| D The days are gone when traditional sports were the only option. 2 | |

/ 6

- 8 Read the article again. Are these statements True (T) or False (F).

- | | |
|--|--|
| 1 Sports companies believe challenging, exciting games motivate people to get fit. T/F | 5 The sport is played by professional athletes in different countries. T/F |
| 2 Jenna Downing thinks that schools need to start offering students a wider range of sports. T/F | 6 You can use either two or four nets for the game. T/F |
| 3 You need to be good at sport to play Crazy Ball. T/F | |
| 4 Crazy Ball is an inclusive sport which involves all of the PE class. T/F | |

/ 6

Total / 12

Use of English

- 9 Choose the best answer (A, B, C or D) to complete the text.

The football World Cup (1) always watched by millions of people around the world and there are inevitably events that both excite and shock us. However, in every match, whether it's at international or local level, there are always questions and disagreements (2) decisions (3) have been made by the referee on the (4) At several world cups over the last few years these disagreements have become very public indeed. People around the world saw (5) that clearly went into the net be disallowed because there was no technology in place near the goal line to check. In other sports, such as tennis and cricket, special cameras are regularly (6) to detect whether a ball has crossed a line or not, particularly in top competitions. For many years the use of this type of technology has been refused by those powerful people who control the game of football internationally. There are many companies (7) have invented ways of determining whether a goal has actually been scored. One company has invented a (8) to plant inside the football itself, and others focus on technology which is related to filming from different angles. But one thing is certain – technology will soon be playing its part in top football events.

- | | | | |
|--------------|--------------|----------|-----------|
| 1 A is | B been | C are | D has |
| 2 A about | B against | C for | D around |
| 3 A who | B – | C that | D where |
| 4 A court | B pitch | C field | D track |
| 5 A rackets | B goals | C points | D players |
| 6 A use | B using | C useful | D used |
| 7 A whose | B which | C – | D what |
| 8 A software | B scientific | C gadget | D mouse |

/ 8

Listening

- 10 Listen to two people talking about success in sport. Choose the best answers, A, B or C.

- What is going to happen this evening?
 - The girl is going to do some tennis training.
 - The girl is going to watch an important tennis match.
 - The girl is going to play in a competition.
- The boy thinks that to succeed in sport
 - talent is the most important element.
 - you need a lot of confidence.
 - you just need to work hard.
- What else does the boy think is important?
 - the age you start
 - the encouragement of your parents
 - being in the right place at the right time
- The boy admits that successful players
 - are superstitious and believe in luck.
 - earn too much money.
 - need to spend money.
- How does the girl feel about her next match?
 - pessimistic
 - optimistic
 - excited

/ 5

- 11 Listen again and complete the sentences with one word in each gap.

- According to the boy, Nadal has got the right attitude. He wants to
- The girl says that thousands of children play tennis, but only one person can get to the
- The boy says that luck is also really important. You need to be in the right place at the right
- The girl says you need money to buy the latest equipment and pay for the best
- The girl says that her coach isn't brilliant, her racket is cheap and she doesn't practise enough, so she doesn't have much of a

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Total / 10

Writing

12 Read this notice from your school magazine and then write your article.

Have you seen any really good sporting events this summer? Write an article about the best one. Your article will be published in next month's school magazine.

In your article you should try to answer these questions.

- What sporting event was it?
- Where was it held?
- When did you go?
- Who did you go with?

Write 150–180 words.

/ 10

Speaking

13 Discuss this statement with your partner.

Team sports provide young people with important lessons on personal values.

Before you speak, make brief notes for each of these points:

- team sports you know
- examples of things we do in team sports which are beneficial
- other benefits of being part of a team

/ 10

Total

/ 80