

Josie, why do you run?

It's a healthy activity; it clears your head and gets oxygen to all the parts of your body. It doesn't matter if you run slowly or fast. When I run, I see parts of my city and it helps me relax. I don't run with music and earphones. That way, I have good thinking time.

Why is running a good sport to do?

Everybody can run! Age, size and where you live are not important. Running is cheap. You don't need any special equipment like masks, parachutes or crampons. But you should buy comfortable trainers.

What advice do you have for people who want to start running?

Your first, second and third runs will be the hardest but don't give up. Your muscles will hurt a little at first but this is normal. If you are running up a slope, it won't be easy, but sometimes it will feel like you are gliding!

You don't need to eat any special food. Your body should have enough carbohydrates to keep you running for 90 minutes. After a run it's good to eat protein like eggs, yoghurt, nuts and meat.

Take your own bottle of water with you. You should drink lots of water to stay hydrated ... and don't drink fizzy drinks. They are very bad for you!

If you don't want to run alone, run with a friend or join a club.

Have you run a marathon yet?

No, I haven't. I have only just started running! For many years I was a professional skier and I took part in many competitions. One day I gave up competing because it was exhausting.

A marathon is a good goal and it's very social too.

B Complete the Exam Task.

Exam Task

Read the interview again. For questions 1–7, circle the correct letter a, b or c.

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|--|--|
| 1 How fast should people run? a as fast as the other runners b it doesn't matter c it depends on your age | 5 What special food should a runner eat? a fizzy drinks b lots of calcium c runners don't need special food |
| 2 Where does Josie run? a on a running machine b in a sports centre c in the city | 6 Why should runners drink water? a to get more energy b to stay hydrated c to have a water bottle |
| 3 What should you buy if you want to run? a good shoes b a mask c crampons for icy weather | 7 Has Josie run a marathon before? a Yes, she has for many years. b No, she has only just started to run. c She hasn't started running yet. |
| 4 When will your muscles hurt? a when you start running b when you run up lots of slopes c when you wear crampons | 8 What was Josie doing before running? a she was competing in swimming competitions b she was running in marathons c she was skiing |

(___ / 8 marks)

Vocabulary and Use your English

A Read the descriptions. Write the correct place name.

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|--|-------------|
| 1 Divers wear this to keep their bodies warm. | w _ _ _ _ _ |
| 2 These protect your eyes when you are swimming or skiing. | g _ _ _ _ _ |
| 3 This helps a climber walk on ice. | i _ _ _ _ _ |
| 4 This protects your head on a bike or skateboard. | h _ _ _ _ _ |
| 5 You should drink five or six glasses of this a day. | w _ _ _ _ _ |
| 6 You shouldn't eat sweet food which has a lot of this. | s _ _ _ _ _ |
| 7 This small red fruit is heart-shaped. | s _ _ _ _ _ |
| 8 This drink contains a lot of calcium. | m _ _ _ _ _ |

(_ / 8 marks)

B Complete the sentences with the words below.

calcium fish fizzy drinks pasta salt vegetables

- You shouldn't drink _____ because they contain a lot of sugar.
- Eat lots of _____ because they contain vitamins.
- Cheese and yoghurt contain _____ which is good for your teeth and bones.
- Carbohydrates like bread and _____ will give you energy.
- Don't eat too many crisps; they have a lot of _____.
- Meat and _____ contain proteins.

(_ / 6 marks)

C Circle the correct words.

- Running in a marathon is exhausted / exhausting.
- Alexis was disappointed / disappointing because his parents didn't see him win the race.
- Doing sports is never bored / boring.
- It's excited / exciting to be part of the Olympic team!
- My brother and I are interested / interesting in building a robot.
- Ellen MacArthur brave / bravely sailed round the world on her own.
- I'm really bad / badly at ice skating. I fall over all the time!
- The surfers went dangerous / dangerously near the rocks.
- Wow! After six classes you drive really good / well!
- Is it easy / easily to snowboard?

(_ / 10 marks)

D Complete the Exam Task.

Exam Task

Read Karl's description of a zip-line ride. Choose the best word (A, B or C) for each answer.

- Last summer we went on an ____ new zip-line ride in Switzerland.
A interested B amazed C amazing
- You don't have to wear a helmet or a ____ to ride on this zip-line.
A flippers B parachute C goggles
- You can't really ____ yourself on a zip-line.
A hurt B fall C break
- When you start the ride you have to jump ____ the mountain.
A over B into C off
- You ____ like an eagle for 800 metres in the sky between mountains.
A surf B glide C ski
- You don't travel _____. You can fly up to 83 km. an hour!
A slow B slowly C slowest
- After the ride I was really ____ and ate two bowls of pasta!
A fever B thirsty C hungry
- If you go to Switzerland, try this ride. You won't be ____!
A disappointed B disappoint C disappointing



(_ / 8 marks)

Grammar

A Complete the sentences with these words.

already (x2) ever just never yet

- Phil has _____ climbed seven of the world's highest mountains.
- We've _____ seen five dolphins, right now, near our boat!
- The instructor has skied down the slope twice _____ today.
- The children are getting up but they haven't eaten breakfast _____.
- I have _____ done an extreme sport. I think I should try one!
- Has your best friend _____ been on holiday with you?

(____ / 6 marks)

B Complete the sentences with the Past Continuous form of the verbs in brackets.

- My leg _____ (hurt) all night.
- I didn't phone you because I _____ (fly) on a plane to New York.
- The students _____ (not / listen) to the instructions.
- Tessa _____ (not / take) photos today because her camera is broken.
- Lots of people on the beach _____ (watch) the surfers on their boards.
- What _____ (you / do) yesterday evening?
- Was _____ (Simon / do) the scuba diving course with you last summer?
- My dad _____ (cook) hamburgers when our dog jumped up and ate them!

(____ / 8 marks)

C Circle the correct words.

- If I see / will see any watermelons, I buy / will buy one.
- My brother teaches / will teach you to ride a skateboard if he comes / will come today.
- If you ski / will ski without sticks, you fall / will fall over.
- You don't like / won't like bungee jumping if you are / will be frightened.
- If Jenny needs / will need to go to the doctor, I take / will take her in my car.
- We finish / won't finish in time if we don't run / won't run faster.

(____ / 6 marks)

D Complete the Exam Task.

Exam Task

Read about Carly's day. Choose the best word (A, B or C) for each space.

To surf or not to surf!

Have you (1) _____ been surfing? Today I got up early and had a big breakfast with lots of carbohydrates to give me energy for my first surf class. This summer my family is renting a small house near the sea for a week so it's easy to cycle to the beach. This morning while I (2) _____, a sheep suddenly walked into the road. I was so surprised that I fell off my bike and hurt (3) _____. I wasn't wearing a helmet and banged my head on a rock. I know I (4) _____ wear a helmet but I was excited about surfing and I forgot!

My head was hurting a little so I walked slowly with the bike to the beach. The surf instructor was sick and the other students (5) _____ volleyball in their wetsuits! As I was walking towards them, the volleyball hit me on my nose and I (6) _____ over!

I have (7) _____ woken up in a hospital bed and heard the nurse say, 'The doctor has (8) _____ examined you and you have a broken nose! If you rest for a week, you (9) _____ better soon. (10) _____ do any extreme sports.'

- | | | |
|------------------|---------------|---------------|
| 1 A never | B ever | C yet |
| 2 A was cycling | B have cycled | C cycle |
| 3 A itself | B myself | C yourself |
| 4 A will | B shouldn't | C should |
| 5 A were playing | B was played | C were going |
| 6 A fall | B was falling | C fell |
| 7 A ever | B yet | C just |
| 8 A yet | B already | C never |
| 9 A will feel | B feel | C are feeling |
| 10 A Shouldn't | B Mustn't | C Don't |

(____ / 10 marks)

Writing

Complete the Writing Task.

Exam Task

Read Billy's email to his friend Sandro about running.

Hi Sandro,
How are you?
I want to join a running club.
I know you are a runner so can I ask you some questions?
Why do you like running? How many days a week do you run? Where do you run?
Thank you. I hope we can run together one day!
Billy

Write an email to Billy and answer the questions. Write **25–35** words.

(____ / 10 marks)

LIVEWORKSHEETS