



## VOCABULARY

1 Listen and repeat the words or phrases.

### ATHLETICS



Race



Coach



Finish line



Blue ribbon



Starting gun



Runner



Fan



Out of breath



Starting line

2

Read the description and complete in the blanks with the words or phrases from exercise 1.

a It is a person who helps to train. ....

b It is a person who supports a team. ....

c It is a contest of speed, such as in running, riding, driving, or sailing. ....

d It is where the race begins. ....

e It is a person who practices the sport of running. ....

f It is given to the winner of a contest. ....

g A special gun used to signal the beginning of a race. ....

h It is where the race ends. ....

i Gasping for air, typically after exercise. ....

3 Work with a partner. Ask and answer the following questions.

*Have you ever participated in a race?*

*Have you ever been a coach?*

*Are you a fan of someone?*

*Are you good at running long distances?*



## PRESENT PERFECT PROGRESSIVE

1 Look at the following table; then do the exercises below.

### AFFIRMATIVE

I	have been	playing
You	have been	working
He	has been	studying
She	has been	helping
It	has been	running
We	have been	sleeping
They	have been	crying

### NEGATIVE

I	have been	seeing
You	have been	writing
He	hasn't been	reading
She	hasn't been	listening
It	hasn't been	speaking
We	have been	talking
They	have been	returning

### INTERROGATIVE

Have	I	been eating
Have	you	been drinking
Has	he	been serving
Has	she	been laughing
Has	it	been doing
Have	we	been making
Have	they	been travelling

P. 96 Grammar Booster: Present Perfect Progressive



### USEFUL LANGUAGE

#### For and Since

For + period of time      Since + starting point

# FREEDOM

### ACADEMY

3 Find the mistakes in the sentences below and write the correct ones.

1 She have been talking to her mother for two hours.

4 Annie not has been cooking all day.

2 Ruth has been wait for Caroline for over an hour.

5 Has Carol and Tom been jogging all afternoon?

3 The children has been playing tennis all morning.

6 Have your friend been watching the competition on TV?

2

Read the following conversation and fill in the blanks with the present perfect progressive tense of the verbs in brackets.

Mark: Hey Bro, long time no see!

Adrian: Yeah I know, it's been ages.

Mark: Laura told me you ..... (travel) a lot.

Adrian: What? Oh no. I ..... (not do) that. She's wrong.

Mark: So, what ..... you ..... (do)?

Adrian: Well, I ..... (run) a lot. You know that I love to be an athlete. What about you?

Mark: You know; I ..... (work). I ..... (build) a house which has been affecting my social life a lot. I ..... (not go out) on the weekends because I'm investing all my money into my house.

Adrian: Ahh, I see. ..... you ..... (run)?

Mark: No, I haven't. I really want to go this weekend though.

Adrian: You should, my couch and I ..... (train) for a race. It will be this Saturday morning. If you're not too busy, I'll call you and we can go together.

Mark: Ok great! I'm looking forward to it. See you later mate.

Adrian: Catch you later!

