1 UNIT 1 TEST | Standard B1

Listening

1 UT Track 1 **Listen to people speaking in five different situations. For each situation, choose the correct answer.**

1 Who is Sally's friend from school?
a) Kevin **b)** Jason

2 Which sport is Peter better at?
a) tennis **b)** basketball

3 What is John doing in Australia?
a) He's on holiday. **b)** He's working.

4 Where are the people?
a) at home **b)** at school

5 Where are the people?
a) at a restaurant **b)** at the beach

__/5

2 UT Track 1 **For each question, choose the correct answer.**

1 Where are Jason and Kevin?

A

B

C

2 Which activity does Peter do now?

A

B

C

3 Which picture is the woman describing?

A

B

C

4 What homework is Veronica doing right now?

A

B

C

5 What is the girl going to do next?

A

B

C

__/5

Optimise B1 Teacher's Resource Centre © Springer Nature Limited 2019.
This sheet may be photocopied and used within the class.

LIVEWORKSHEETS

Grammar

3 Choose the correct word or phrase to complete the sentences.

1 I can't answer the phone because I **have** / **am having** a shower.
2 I **like** / **am liking** your new hairstyle. Which hairdresser do you use?
3 My favourite singer **becomes** / **is becoming** more and more popular.
4 What are you cooking? Mmm, it **smells** / **is smelling** delicious!
5 Jenny is often late; she almost never **arrives** / **is arriving** at school on time.
6 After three months in America, my pronunciation **gets** / **is getting** much better.
7 My brother is the one on the right. He's got dark hair and he **wears** / **is wearing** black jeans.
8 Sam is in his room. I imagine he **plays** / **is playing** video games like he usually does.
9 I **do believe** / **am believing** that Nadal is going to win the match!
10 I'm putting on my jacket. It **always is** / **is always** cold in the evening at this time of year.

__/10

4 Choose the correct word or phrase to complete the sentences.

1 **Most** / **Most of** girls in my class are very friendly.
2 **Both of** / **Most of** my grandfathers have deep voices.
3 **Each of** / **Every** student has to bring a photo of their holiday to class.
4 The police have **enough** / **little** witnesses to identify the criminal.
5 We only have **a little** / **a few** time to prepare our presentation.
6 Have you noticed that most students in our class **wears** / **wear** jeans to school?
7 How **many** / **much** slices of pizza do you think you can eat?
8 The students asked the famous artist **a number of** / **much** questions after her talk.
9 I have two cats and a rabbit. **Both** / **Both of** cats are afraid of the rabbit!
10 I have many hobbies and **all** / **all of** them are creative.

__/10

Optimise B1 Teacher's Resource Centre © Springer Nature Limited 2019.
This sheet may be photocopied and used within the class.

LIVEWORKSHEETS

Reading

Body language

Terry Gibbs, a body language expert, explains how body language helps communication.

People move their face and body in different ways, which can show their emotions. Body language is non-verbal. This means that people are communicating information without speaking. A study showed that effective communication is 93% non-verbal and only 7% the words you say. Of the 93%, 38% is the tone of your voice and 55% is body language. So, to communicate well you need to understand body language.

I work for people interested in understanding the signals that individuals send. A newspaper will contact me when they want to look into the non-verbal messages that politicians give when they speak on television. Sometimes the words give one message, but the body language says the opposite. I also advise the police when they don't know if a criminal is telling the truth or if a witness is unreliable. Of course, when I'm sitting in the police interview room, I don't reveal to the witnesses that I'm a body language expert.

For example, a person who is shy doesn't like looking directly in the eye of another person. They often look down, keeping their arms close to their body and their legs together. However, a confident person can maintain eye contact for a long time and will open their arms and shoulders wide to appear bigger. They also walk faster but, when speaking, they often pause and are happy to listen, whereas nervous people can't stop talking.

Most of the time, I can tell if a criminal is lying. I notice if their attitude changes when we are talking. For example, they might start being friendly and then become more serious as I ask them for more details. And people who give lots of unnecessary details also might be trying too hard to make me believe something. If they touch their face with their hand or put their hand over their mouth, these are good signs that their story might not be true.

To read body language, you must be interested in people and learn the meaning of many different body movements and facial expressions. There is plenty of free information about reading body language on my website, or my e-book on the subject is now available to buy.

5 Read the text quickly and answer the questions.

1 The text is about
   A an expert on sign language for deaf people.
   B an expert on non-verbal signals.

2 The expert helps
   A politicians. **B** the police.

3 When deciding if a criminal is telling the truth, the expert looks at the movement of their
   A hands. **B** face and mouth.

4 The expert compares
   A friendly and serious people.
   B shy and confident people.

5 The expert says that to read body language you must be
   A curious about people.
   B curious about languages.

__/5

Optimise B1 Teacher's Resource Centre © Springer Nature Limited 2019.
This sheet may be photocopied and used within the class.

LIVEWORKSHEETS

6 Read the text again. For each question, choose the correct answer.

1 Terry says that non-verbal communication
- **A** includes the tone of the voice.
- **B** is often used by emotional people.
- **C** is less important than the words you say.
- **D** isn't always very effective.

2 What work does Terry do?
- **A** He works for different people who need his help.
- **B** He writes about body language for a newspaper.
- **C** He helps police find criminals and witnesses.
- **D** He teaches politicians to communicate well.

3 Confident people
- **A** open their eyes wider than shy people do.
- **B** move their body to try to look larger.
- **C** talk more quickly than less confident people.
- **D** are good at listening to nervous people.

4 When speaking to a criminal, Terry
- **A** listens carefully for specific words and phrases.
- **B** always knows when they are not telling the truth.
- **C** asks them for lots of information.
- **D** notices what they do with their hands.

5 Which is the best description of Terry?
- **A** A man with an unusual job who knows a lot about his subject.
- **B** A man who teaches excellent body language skills.
- **C** A man who is famous on television for the work he does.
- **D** A man who helps criminals to improve their lives.

__/5

Vocabulary

7 Complete the sentences with words from the box. There are two words which you do not need to use.

creative	curious	dependable	friendly
generous	polite	shy	unreliable

1 My sister is more _____ than me. She can draw and make her own birthday cards.

2 It's _____ to say 'please' and 'thank you' in English, but it isn't necessary in other languages.

3 I'm sure David will save the penalty because he is a very _____ goalkeeper.

4 Don is quite _____. He often gets to class late and sometimes forgets his books.

5 People think I am sociable and confident, but in many situations I am very _____.

6 I am usually afraid of dogs, but yours is so _____ and always happy to see me.

__/6

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

1 Her warmth and _____ (**friendly**) make her popular among her classmates.

2 I don't like watching the news. There is so much _____ (**negative**). Everything is bad.

3 To be a successful singer, I think you need talent and a good _____ (**person**).

4 She is an interesting person, but sometimes her _____ (**shy**) stops her from expressing herself.

5 The _____ (**popular**) of American TV series is getting bigger every year.

6 I think you need a lot of _____ (**create**) if you want to be a blogger.

7 I don't want to buy anything. I was just looking out of _____ (**curious**).

8 The position requires _____ (**reliable**) as well as the confidence to speak to customers.

__/8

9 Complete the sentences with the correct alternative.

1 Do you like singers who have a **deep** / **wide** voice?

2 When I got home my dad was **fast** / **wide** asleep on the sofa.

3 I haven't checked my emails for a **big** / **long** time.

4 It's 3 o'clock in the morning and I'm **wide** / **fast** awake! I can't get to sleep.

5 If you turn on the TV while I'm studying, you'll be in **wide** / **big** trouble.

6 When the teacher said my pronunciation was terrible I felt really **deep** / **small**.

__/6

Optimise B1 Teacher's Resource Centre © Springer Nature Limited 2019.
This sheet may be photocopied and used within the class.

LIVEWORKSHEETS

Speaking

10 **Complete each sentence with the correct alternative.**

1 I **haven't** / **don't have** a lot of free time, but I read novels when I can.
2 I've studied English **for** / **since** five years.
3 My favourite sport is **possible** / **probably** basketball, but I like tennis as well.
4 My favourite teacher? **Well**, / **Then**, it's my English teacher Miss Roberts.
5 My personality? **I'd say** / **I'm saying** I'm a little bit shy at first.

__/5

11 **Answer the questions with complete sentences.**

1 Where do you live?

_____

_____

2 What subjects do you study at school?

_____

_____

3 Do you like studying English? Why / Why not?

_____

_____

4 What do you enjoy doing in your free time?

_____

_____

5 Tell me about your best friend.

_____

_____

__/10

Language in Use

12 **Choose the correct word to fill each gap.**

My New Best Friend

My big responsibility this year is my new pet dog, Sheldon. I wanted a horse, but when my parents looked **(1)** _____ how much they cost, we decided to get a dog. We turned part of our living room **(2)** _____ an area where Sheldon can sleep and my dad bought me a book on how to look **(3)** _____ a new dog. If I'm not sure what to do, I can look **(4)** _____ the information. When I arrive home from school, Sheldon is always waiting for me, looking up at me with his big eyes saying, 'Time for my walk!'. He always looks **(5)** _____ to our walks, especially when I take him to the park. He is very **(6)** _____ when we go out – people come over and want to touch him. Sometimes he turns **(7)** _____ onto his back because he likes people stroking his tummy. The only problem with Sheldon is that he doesn't like me watching TV. If I turn it **(8)** _____ to watch something, he goes crazy and keeps barking until I turn my programme **(9)** _____. I imagine he just wants my attention! **(10)** _____, if the programme is about other dogs he stops making a noise and watches it with me!

1	**A** for	**B** after	**C** down	**D** into
2	**A** into	**B** after	**C** up	**D** to
3	**A** after	**B** up	**C** down	**D** before
4	**A** into	**B** to	**C** up	**D** forward
5	**A** up	**B** forward	**C** for	**D** after
6	**A** creative	**B** popular	**C** negative	**D** unreliable
7	**A** off	**B** up	**C** over	**D** on
8	**A** off	**B** in	**C** down	**D** on
9	**A** on	**B** in	**C** off	**D** up
10	**A** Negatively	**B** Politely	**C** Personally	**D** Curiously

__/10

Optimise B1 Teacher's Resource Centre © Springer Nature Limited 2019.
This sheet may be photocopied and used within the class.

LIVEWORKSHEETS

Writing

13 **Complete the email with the words from the box. There are two words which you do not need to use.**

enjoy	glad	great	me	on	soon	to

Hi Jenny,

Thanks for your email. It was (**1**) _____ to hear from you. I'm (**2**) _____ everything is going well at your new school. Congratulations (**3**) _____ getting into the basketball team!

I'm doing a school project on students' hobbies. Can you tell me your favourite hobby and why you like it? Where do you do it and who do you do it with?

My hobby is bowling. I (**4**) _____ it most because it's fun and I like to beat my brothers. We are playing this afternoon. Wish me luck because the person who loses is going to pay for pizzas afterwards.

Write (**5**) _____!

Love,

Alice

__/5

14 **Now write the middle paragraph (4–5 sentences) of a letter replying to Alice and answering her questions.**

- What is your favourite hobby?
- Why do you like it?
- Where do you do it?
- Who do you do it with?

Hi Alice,

Good to hear from you. I'm happy to answer your questions!

_____

_____

_____

_____

_____

_____

_____

_____

Hope that helps!

Love,

Jenny

__/10

Total score __/100

Optimise B1 Teacher's Resource Centre © Springer Nature Limited 2019.
This sheet may be photocopied and used within the class.

LIVEWORKSHEETS