

**Complete the missing words in the sentences. The first and last letters are given.**

If you want to lose **weight**, you need to stop eating so much chocolate.

- 1 Sergio came off the rugby **p\_\_\_\_\_h** covered in thick wet mud.
- 2 This dust **s\_\_\_\_\_m** is making it difficult to see anything.
- 3 If you want to reduce **a\_\_\_\_\_y**, you need to learn how to relax.
- 4 I'd like to be healthier, so I'm going to make better life **c\_\_\_\_\_s** – starting with what I eat!
- 5 Running around the park once a day is a great way to keep **f\_\_\_\_\_t**.

**Complete the sentence with the Past Simple or Past Perfect forms of the verbs in brackets.**

Connor had forgotten (forgot) to wash his hands before he sat down for dinner.

- 1 Andrea \_\_\_\_\_ (be) stressed because she hadn't revised for the test.
- 2 When Neil arrived at the gym, everyone \_\_\_\_\_ (already/begin) the fitness class.
- 3 By the time Jill \_\_\_\_\_ (get) home, she had started to feel unwell.
- 4 Linda felt much better after she \_\_\_\_\_ (speak) to her best friend about the problem.
- 5 I had just left Jeanette's house when I \_\_\_\_\_ (realise) I didn't have my sports bag.

**Complete each pair of sentences with the same answer A–C.**

We are going to \_\_ the new James Bond film tonight.

I don't need a \_\_ because I've got the time on my phone.

A see      B clock      C watch

- 1 Jenny told \_\_ she was going to go on a diet.  
Hey! Those skates belong to \_\_. You can't just use my things.  
A me      B I      C that
- 2 The teacher said the student was \_\_ well and sent him home.  
I didn't recognise the trainer because I had \_\_ seen him before.  
A definitely      B not      C never
- 3 Two cyclists \_\_ they had used drugs to improve their performance.  
Grandma \_\_ she took vitamin tablets each day to keep her healthy.  
A spoke      B told      C said

- 4 The boxer \_\_ never lost a professional fight before last night.  
The racing driver said he \_\_ driven faster than ever yesterday.  
A has      B had      C have

- 5 The basketball \_\_ in our school are fantastic!  
There are some tennis \_\_ next to my house.  
A balls      B courts      C tracks