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

If you want to lose **w**eigh**t**, 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

LIVEWORKSHEETS