

Unit I

Grammar

a Choose the correct answer: A, B or C.

- Vicki B to the gym three times a week.

A go **B** goes **C** has gone

1. Sam's in the kitchen. He ... dinner.

A makes **B** 's making **C** make

2. Ben and Nathan ... friends for years.

A are **B** are being **C** have been

3. Stephanie hardly ever ... TV in the evening.

A isn't watching **B** doesn't watch **C** watches

4. How many times ... on Facebook today?

A are you being **B** have you been **C** are you

5. How often ... your cousins?

A do you see **B** have you seen **C** are you seeing

6. I can't go out tonight because I ... my homework.

A don't do **B** 'm not doing **C** haven't done

b Complete the sentences with the correct present form of the verbs.

Warm-up not enjoy not have not agree work live try
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- Lucy always warms up before she does exercise.

1. _____ you ever _____ inline skating?

2. I'm sorry, but I _____ with you.

3. My parents _____ really hard this month. I hardly see them!

4. Adrian _____ school at the moment. He says it's too difficult.

5. We _____ in this house since I was five.

6. I'm really hungry. I _____ anything to eat today.

c Rewrite the sentences. Make the positive sentences negative and the negative sentences positive.

- I used to be scared of the dark.

I didn't use to be scared of the dark.

- Keira didn't join the gym.

Keira joined the gym.

1. The party was brilliant.

2. Cathy used to live in New Zealand.

3. I didn't see my friends last night.

4. They were having dinner together.

5. I knew all the answers in the exam.

6. I didn't use to get up early at weekends.

d Put the words in the correct order.

• you / did / last / go / to / night / the / gym / ?

Did you go to the gym last night?

1. were / what / you / you / phoned / when / doing / I / ?

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2. did / go / use / school / to / to / our / Sally / ?

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3. bed / did / why / Katrina / go / to / early / ?

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4. live / did / use / where / to / you / ?

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5. William / why / Dave / were / and / arguing / ?

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6. party / what / the / weekend / like / was / last / ?

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e Complete the sentences with the correct past form of the verbs.

Jim never used to do (do) any exercise. He says, "I ¹ _____ (be) very lazy. I ² _____ (come) home every day and watch TV. But then one morning I ³ _____ (try) to get dressed when I realised that my clothes ⁴ _____ (not fit) me. They were all too small. I ⁵ _____ (have to) stay at home because I had nothing to wear. That was when I decided to change my life." So Jim ⁶ _____ (stop) eating fast food, ⁷ _____ (leave) his car at home and started cycling to work. In the first month, he ⁸ _____ (lose) seven kilos! Now he cycles to work every day and looks and feels much healthier.

Vocabulary

a Put the letters in the correct order and make words for fitness and exercise.

• ift - fit

1. exillbef		5. geneirect	
2. ritan		6. mawrupu	
3. vatcei		7. krowtou	
4. stefsin		8. chrestt	

b Complete the sentences with the correct form of the words.

• working out is good for you, but you must be careful.

1. I go to football _____ (train) every Friday

2. Do you have a _____ (fit) routine?

3. _____ (stretch) before exercise can help improve your _____ (flexible).

4. Yvonne's so _____ (energy) - she never stops running.

5. What's your favourite _____ (active) at the gym?

6. _____ (warm up) is essential before any exercise.

7. I never have any _____ (energetic) in the morning.

c Match the two parts of the sentences.

• I got a new mp3 player	A. message in the cinema?
1. I get on with	B. of doing the exam.
2. I want to stop	C. for my birthday.
3. What time do you get	D. home after school?
4. Have you got into	E. all of my family.
5. You can't get out	F. university?
6. Have you ever got a text	G. because I'm getting really tired.

•	1	2	3	4	5	6

d Choose the correct words.

- Have you ever got a text message / mail from someone you don't know?
- 1. I always get home / to home before my parents.
- 2. How did people use to get information / the information before the internet?
- 3. I didn't use to like school, but it's getting better / best this year.
- 4. Dad was really angry last night because I forgot to get shopping / the shopping.
- 5. My grandma's 96. She gets tired / older really quickly.
- 6. What time do you get to / in London?

e Complete the sentences with the correct particle(s).

- My cousin's really clever. She got into Oxford University and she's only 16!
- 1. Do you get _____ with all of your classmates?
- 2. My brother's really lazy. He always gets _____ doing the washing up.
- 3. We got _____ to the quarter final, but it was really hard. I'm not sure we'll get _____ the final.
- 4. I can't come out tonight. I need to get _____ with my essay.
- 5. Our teacher spent ages trying to get the meaning _____, but I still don't understand.
- 6. You have to be very good at acting to get _____ drama school.
- 7. I didn't use to get _____ with Clara, but now she's one of my closest friends.