

6

Health and sport

VOCABULARY

6.1

Types of sport • go, do and play
• sportspeople

SHOW WHAT YOU KNOW

- 1 Match the sports from the box with the sentences. There are three extra sports.

badminton cycling football climbing
running karate sailing skiing table tennis
tennis volleyball yoga

When I do this, it's more like fast walking! running

- 1 You need a bike to do this. _____
- 2 In this sport, people kick a ball into a net. _____
- 3 You can learn how to break something in half with your hand. _____
- 4 We do this in Greece. I love visiting different islands on our yacht. _____
- 5 Some people call this sport 'Ping Pong'. _____
- 6 In this activity, people sit in a special position and breathe slowly. _____
- 7 Players hit something over a net but it isn't a ball. _____
- 8 In this activity, you use your hands and feet to move up cliffs or rocks. _____

WORD STORE 6A | Sports

- 2 Complete the sports with one letter in each space.

At school, we play football, basketball and volley ball.

- 1 My friends and I sometimes go c _ _ _ _ ing on our BMX bikes.
- 2 In winter, people in our town go i _ _ _ s _ _ _ ing on the lake when it's very cold.
- 3 I do Z _ _ _ a^o because I love dancing and I want to get fit.
- 4 Some girls in my class enjoy doing sports from Japan and China like karate and k _ _ _ f _.
- 5 In summer Amy spends all her time playing t _ _ _ _ s outside in the sun, and in the winter, she goes b^s _ _ _ ing in the mountains.
- 6 Mark and Jake often go k _ _ _ _ ing on a small river near our village.
- 7 Sam does a lot of s _ _ _ m _ _ _ g in the local pool, in a lake near his home and in the sea.
- 8 I'm very tall, so my teacher thinks I should play b _ _ k _ _ _ _ I but I don't like ball sports or team sports.

WORD STORE 6B | go, do and play



- 3 Complete the dialogue with go, do or play.

Rose: Do you do any sports?

Tim: Not many. I play table tennis at home with my brother because we've got a table. I ¹ _____ cycling and, in the summer, I ² _____ swimming. I don't ³ _____ football because I don't like it.

Rose: Do you ⁴ _____ yoga or Zumba?

Tim: I don't even know what Zumba is!

Rose: It's a kind of dance. I ⁵ _____ it twice a week. I ⁶ _____ karate too.

Tim: Wow! What other sports do you like?

Rose: Well, we've got a yacht, so I ⁷ _____ sailing quite a lot. I love the water. At school, I ⁸ _____ volleyball for the school team.

Tim: Do you ⁹ _____ running?

Rose: No. That's one thing that I don't enjoy but I ¹⁰ _____ exercise every evening before I go to bed.

Tim: That's amazing. My favourite sport is basketball.

Rose: Do you ¹¹ _____ it at school?

Tim: Oh, no. I don't ¹² _____ it. I like watching it on telly.

- 4 Answer the questions for yourself.

1 Do you do any sports? _____

2 What other sports do you like? _____

3 Which of the sports in the word cloud on page 73 would you like to try? _____

5 Complete the name of the sportsperson in each sentence.

Cristiano Ronaldo is a great footballer – he scores lots of goals!

- 1 Usain Bolt was the best run____ in the world and he won many Olympic medals.
- 2 During the Tour de France race in 2010, cyclist____ Marcus Burghardt fell when a dog decided to cross the road!
- 3 Is LeBron James the greatest basketball player____ in the NBA?
- 4 Sir Francis Chichester was a famous sailor____ who sailed around the world alone in a yacht in 1966–67.
- 5 Alberto Tomba is an Italian skier____ who won fifty World Cup events during his career.

REMEMBER THIS

The verbs *win* and *beat* are used in similar situations, but there is a difference between them.

Win something: *a match / a competition*

Beat somebody: a player / a team

6 Read REMEMBER THIS. Complete the sentences with the correct form of *win* or *beat*.

Tom's playing tennis right now. He's winning the match at the moment but he looks tired.

- 1 This match is terrible. They're _____ us 5-0 and there's still half an hour to play.
- 2 On school sports days, I often _____ the 100 metres race but I usually come second or third in the 200 metres.
- 3 It isn't fair. Amy always _____ prizes for her school work but I never do. Why? My marks are better than her marks.
- 4 When I play tennis with Sara, she usually _____ me but I still enjoy the games.

7 In your opinion, which three sports below are ...

- a the most dangerous? _____
b the most expensive? _____



REMEMBER BETTER

In English, names of sports appear also in the names of sports places, sports equipment or sportspeople, e.g. *cycling shorts, football boots, swimming pool, tennis court, running shoes*, etc. Learning how to make word collocations, you can enrich your vocabulary.

Try to complete phrases for these sports with the words from the box. Use a dictionary if necessary.

cap costume court elbow match pool
shirt shorts race trunks

football

boots

Zeit

pitch

- 1 swimming

- 2 tennis

SHOW WHAT YOU'VE LEARNT

8 Choose the correct answers A–C.

- 1 I like football but I'm not good enough to play ___ the school team.
A with B for C at
- 2 Are you going to take ___ in the school sports day?
A part B place C off
- 3 My brother is bored with football and wants to start doing _____.
A volleyball B skiing C kung fu
- 4 You're not ___ running in this weather, are you?
A going B doing C playing
- 5 It isn't easy to ___ fit when you've got a broken leg.
A make B keep C play
- 6 Why do you pay money to go to a gym when you can ___ exercise at home for free?
A play B go C do
- 7 I'm bored. Do you want to ___ volleyball?
A do B play C go
- 8 I'm afraid I don't ___ a very healthy lifestyle now that I'm at university.
A have B keep C leave
- 9 Don't disturb Kate. She's ___ yoga.
A doing B playing C going
- 10 Can you teach me how to play ___?
A sailing B karate C badminton

6.2

GRAMMAR

Past Simple

SHOW WHAT YOU KNOW

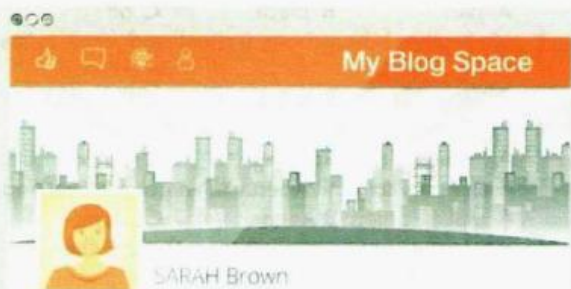
1 Complete the dialogues with the correct past form of the verb to be.

- 1 Liam: Where were you this morning?
 Stella: I was at the gym. I go every Saturday.
- 2 James: Was the football match exciting?
 David: No, it wasn't. Their players were much better than our players.
- 3 Sue: Were your parents worried about you going skiing?
 Alice: Yes, they were. It was strange. My dad was more worried than my mum.

2 ★ Complete the text with the correct past forms of the verb in brackets.

On Saturday, I was bored. I phoned (phone) my friend. We ¹ chatted (chat) for a while and then we ² agreed (agree) to meet at her house. We ³ planned (plan) to play tennis but it ⁴ started (start) to rain, so we ⁵ decided (decide) to watch a DVD. Jackie's little sister was there. She ⁶ wanted (want) to play with us but we said 'no'. Then she ⁷ cried (cry) and Jackie's mum ⁸ asked (ask) us to look after her. So, we all ⁹ watched (watch) a film that Jackie's sister ¹⁰ liked (like). It was terrible!

3 ★ Complete the sentences with one word in each gap. The first letters are given.



I first became interested in skateboarding a the ¹ age of eight. Then, ² when I was about ten or eleven, a new skatepark opened in our town. I went every day and got better and better. ³ Last year, there was a competition and I won the under-18 skateboarding prize. I was really happy. A few months ⁴ ago, I heard about a summer skateboarding camp. It starts today. I packed my clothes ⁵ and sent messages to my friends. I went to bed late last ⁶ night but it's 6 a.m. now and I'm eating breakfast. The coach for the camp leaves at 11 o'clock but I can't sleep.

4 ★ ★ Complete the email with the words from the box. Put the verbs in the correct form. There are two extra words.

ago do drink give go have help
 last play stay take watch yesterday

Hi Chris,

How are you? We had a sports day at our school ¹ ago. It was quite good. I ² played table tennis and ³ watched some kung fu. Then I had a rest and ⁴ took the running competition. After that, some friends and I stayed at school and ⁵ stayed to clear up. The teachers ⁶ gave us some cans of drink, so we ⁷ took them to the park and ⁸ watched them there. I ⁹ came home quite early because I had a lot of work to do ¹⁰ last night. We had a Maths test today and we've got exams all this week. I must do some more work. Hope all is well.
 Nick

5 ★ ★ ★ Put the words in the correct order with the verbs in the correct form to make sentences.

I / out / yesterday / be / but / phone you / you
I phoned you yesterday but you were out.

- 1 yoga / of / I / doing / age / at / start / the / twelve
I started doing yoga at the age of twelve.
- 2 be / he / younger / Phil / want / doctor / when / a / to / be
Phil wanted to be a doctor when he was younger.
- 3 My / yesterday / a salad / sister / make / for lunch
My sister made a salad for lunch yesterday.
- 4 decide / Becky / last / a volleyball club / to join / week
Becky decided to join a volleyball club last week.
- 5 ago / I / this tennis racket / months / two / buy
I bought this tennis racket two months ago.
- 6 last month / my / find / old / in / skateboard / I / the garage
I found my old skateboard in the garage last month.

SHOW WHAT YOU'VE LEARNT

6 Complete the dialogue with the words from the box. Change the form of the verbs. There are four extra words.

age ago cry decide go hate last
 past stop watch yesterday

Tim: Is this a good film?

Jan: Oh, it's lovely. I cried when I saw it.

Tim: Why? Is it sad?

Jan: Very. I saw it ¹ last weekend. I ² was with Amelia. She ³ hated it. She wanted to leave before the end.

Tim: I can believe that. I remember when I was at her house a few weeks ⁴ ago. We ⁵ watched to watch a DVD. When I looked at her collection of films, they were all things most people like at the ⁶ age of 12! In the end, we watched *The Lion King*!

/6

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6.3

LISTENING LANGUAGE PRACTICE

Giving opinions • everyday expressions • likes and dislikes

- 1 Complete the dialogue between Millie and Alfie with the words from the box.

(care fair hate like stand think want)

Extract from Students' Book recording 3.10

- M: Hi, Alfie. What's the **happen / matter / worry?*
A: Hi, Millie. It's PE ... I really can't *stand* it.
M: But I thought you like sports.
A: I do – usually. But I ¹ _____ team sports, like football or basketball, and especially rugby.
M: Why?
A: Well, I just don't ² _____ winning or scoring points is important. I don't ³ _____ if my team is not the best. I hate all the competition.
M: Oh, I see ... But PE is *so / real / such* fun. You can relax and enjoy yourself.
A: Fun? Relaxing? I have better fun in Science. Yesterday, Kevin missed a goal and the other guys yelled at him. They said, 'We lost because of you! You're rubbish!' I hate that **form / sort / choice* of thing.
M: Yes, it's true that's not ⁴ _____.
A: I don't think we should have to do PE at school if we don't ⁵ _____ to.
M: But it's important. We can't **just / still / quite* sit at school for hours; we need some exercise.
A: **Alright / True / Agree*, but there shouldn't be grades for PE. And we should have more choice of sports. I'd ⁶ _____ to do some individual sports, like running. Or something with one other person, like squash maybe. We could have a climbing wall, or go to the swimming pool. We could have martial arts with a good instructor.
M: Yes! I'd love to do kung fu!

- 2 Complete the second sentence so that it has a similar meaning to the first. Use between two and five words. Use the word in capitals.

I hate doing PE at school. **STAND**

I *can't stand doing* PE at school.

- 1 I'm not interested in who wins the World Cup. **CARE**
I _____ the World Cup.
2 I want to go kayaking this summer. **LIKE**
I _____ kayaking this summer.
3 It's wrong that women tennis players earn less than men. **FAIR**
It's _____ women tennis players earn less than men.
4 In my opinion, children shouldn't play competitive sports at school. **THINK**
I _____ should play competitive sports at school.

- 3 Choose the correct words a–e in the dialogue in Exercise 1.

- 4 Complete the mini-dialogues with the correct words in italics from the dialogue in Exercise 1.



Antoine: Hi, Greg. What's the *matter*?

Greg: I think I broke a window with my football.

- 1 Mum: Beth, do you want to come shopping with me?

Beth: No, I'm looking at videos on the Internet.

Mum: Well, you can't _____ stay at home all day in front of the computer.

- 2 Janet: I'm glad our school started Zumba® classes. They are **_____* fun.

Alan: **_____*. It's much better than basketball.

- 3 Justin: What sports can you do at your school?

Liam: Football, rugby, basketball, that _____ of thing. Nothing very exciting or new.

WORD STORE 6D | Likes and dislikes

- 5 Put the words in order to make phrases. Then complete the dialogue. There is one extra phrase.

love would / I _____

care / don't / about / I _____

prefer / I _____

into / are / you _____

enjoy / I _____

stand / can't / I _____

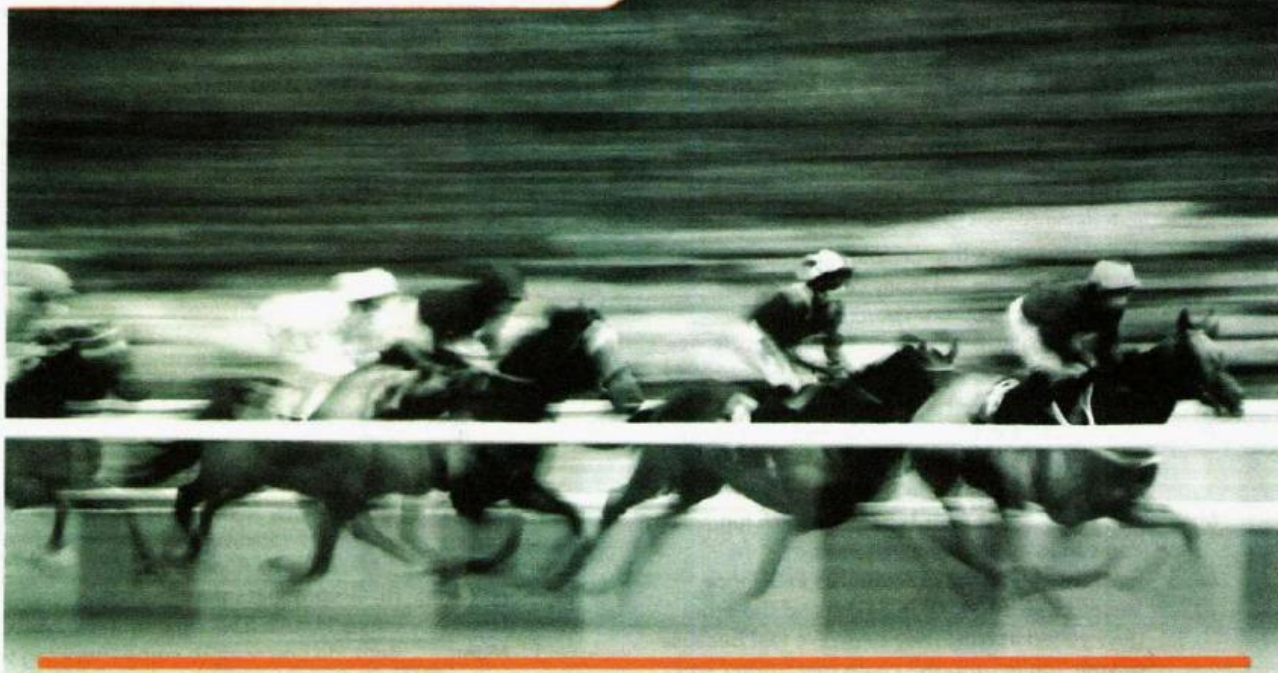
Ellen: *Are you into* skiing?

Sonia: No, I'm not. ¹ _____ getting cold. ² _____ going to warm countries in the winter to being in the mountains. ³ _____ lying on the beach with a good book. It's great! Actually, ⁴ _____ to live in a warm country one day!

6.4

READING

Sporting heroes • illness and injury • fitness • collocations



There are many stories of sports stars who **recovered from** serious injury or illness and became champions once again. However, there is one story that tells of not one, but two sporting heroes who made an impossible dream come true.

Bob Champion was a young jockey with a bright future. Then, one day, he fell off a horse which accidentally kicked him as it tried to get up. He went to the doctor because of his injuries and was shocked when he discovered that he had cancer. He needed medical help, and quickly. At that time, there was a new, but untested, treatment for the disease. It lasted many months and made him very weak. At times, he nearly died.

At the same time, there was a successful horse called Aldaniti. His trainer knew he was a great runner and jumper. Unfortunately, during one race, the horse suffered a serious injury. It was the sort of injury from which horses rarely make **a full recovery**. The vet advised the horse's trainer to put the horse down but the horse's owners refused. They looked after Aldaniti for a whole year and gradually the horse's injuries got better.

By this time, Bob Champion was out of hospital. He was weak and could only just stand up. However, he was determined to get better. Slowly, he **regained his strength**. Eight months later he returned to his job as a jockey. A month

after that, he rode the winning horse in a race. Soon afterwards, Aldaniti also returned to training. His trainer was very careful with him. He didn't want the horse to get hurt again.

Early the next year, both Bob Champion and Aldaniti were almost **back to full fitness**. Now, there was a new plan. Bob decided to ride Aldaniti in the Grand National, one of Britain's most famous horse races. The thousands of spectators at the race and the millions more watching on TV knew all about the pair's **battles against ill health and injury**. Every one of them wanted the fairy tale to have a happy ending. And it was perfect. The next day, Aldaniti returned home. Thousands of people stood on the streets of the village to welcome him. Aldaniti, and Bob Champion, were real sporting heroes.

GLOSSARY

jockey (n) – a person who rides horses in races

treatment (n) – something that is done to make someone who is injured or ill better

disease (n) – an illness which affects a person, animal, or plant

put down (phr. v) – when a vet painlessly kills an animal which is badly injured or because it is dangerous

determined (adj) – having a strong desire to do something, so that you will not let anyone stop you

spectators (n, pl) – people watching a sporting event who are there at the event

1 Read the text quickly and decide which title is the best.

- A Illness and injury end two sporting careers
- B An amazing return for a horse and jockey
- C Heartbreak in the end for two sporting heroes

2 Read the text again. Complete the gaps in the factfile with 1–2 words from the text.

- 1 The story of these two ¹ _____ is like a fairy tale.
- 2 Jockey Bob Champion visited a doctor after he ² _____ a horse and found out he had ³ _____.
- 3 Aldaniti was a great race ⁴ _____ but one day it had a ⁵ _____.
- 4 Bob and Aldaniti made a successful comeback in a famous sporting event called the ⁶ _____.

3 Match phrases 1–4 from the text with the correct meanings a–d. Use the context of the text to help you.

to recover from an illness or injury

- 1 to make a full recovery from an illness or injury
- 2 to regain your strength after an illness
- 3 to be back to full fitness
- 4 to battle against ill health or injury

- a to become strong again after an illness
- b to get completely better after an illness
- c to fight to get better when you are ill or injured
- d to become 100% fit again after an illness
- e to get better after an illness or injury

4 Complete the sentences with one word in each gap.

It takes a long time to recover from some diseases.

- 1 My dad was badly injured at work but doctors are sure he will _____ a full recovery.
- 2 I felt terrible after my illness but I'm _____ to full fitness now.
- 3 It took me almost a year to _____ my strength after my illness.
- 4 Mr Chambers died last month at the age of 87 after a long battle _____ ill health.

REMEMBER THIS

In English, there are many time expressions used to describe past events.

At the same time – used to talk about two past events that took place simultaneously: *In 2013, I broke my leg and had to go to hospital. At the same time (= when I broke my leg), Helen fell off her horse and also went to hospital.*

By this time – used when one past event took place before the other: *We left hospital in July. By this time, (= at some point before July) we were in love.*

At times = sometimes, but not often: *I usually like my sister but, at times, she makes me angry.*

At that time = then: *When I was young, I played tennis. At that time, we lived near a tennis club.*



5 Read REMEMBER THIS. Complete the sentences with the correct time expression.

I left school in 2014. At the same time my brother left university and got a job.

- 1 On July 10th, I went back to the hospital. _____ my leg was much better.
- 2 I go jogging every morning. _____, I hate it and want to stay in bed but usually I'm happy to get up and do some exercise.
- 3 I started to cross the road. _____, a cyclist came round the corner. He hit me and I hurt my leg.
- 4 My dad started to support Liverpool in the 1980s. _____, they were the best team in England.

VOCABULARY PRACTICE | Fitness

6 Look at the vocabulary in lesson 6.4 in the Students' Book. Complete the sentences with the words and phrases from the box.

aerobics instructor dance steps
fitness centre training videos workout

Natalia and Katya were very tired after they did a workout at the gym.

- 1 There are lots of great _____ that you can watch online.
- 2 Our _____ is really nice and her classes are fun!
- 3 I go swimming at the _____ near my house every morning.
- 4 These _____ are easy and anyone can learn them.

WORD STORE 6E | Collocations

7 Choose the correct option.

- Amy: I want to ¹keep / do fit. What do you think I should do?
- Lou: I think you should ²go / join a gym. There's a new one in the town and it ³runs / gives classes for teenagers.
- Amy: That sounds great!
- Lou: And there's a competition too, for new members. You could ⁴win / take the competition!
- Amy: Wow! What is the prize?
- Lou: A pair of Nike shoes!

6.5

GRAMMAR

Past Simple questions and negatives

SHOW WHAT YOU KNOW

1 Complete the Present Simple questions and negatives with the correct form of the verbs in brackets.

Ben: What time do you get (get) up?

Marie: I get up at seven o'clock.

1 Jake: ^a _____ your mum ^b _____ (take) you to school?

Josie: No, she ^c _____. She ^d _____ (leave) home before me.

2 Nigel: ^a _____ you often ^b _____ (feel) tired?

Beth: Yes, I ^c _____. All the time.

3 Cleo: How often ^a _____ your boyfriend ^b _____ (buy) you flowers?

Jess: Never. He ^c _____ ^d _____ (buy) me anything!

4 Oliver: ^a _____ the teachers at your school ^b _____ (wear) ties?

Jean: No, they ^c _____ but they look quite smart.

2 ★ Look at the information and complete the dialogue with the correct negative form of the verbs in brackets.

Alex,

I'm at work. Here are the things for you to do:

do the shopping, finish your homework,
tidy your room, learn some French,
read your English book, write to Aunt Louisa
to thank her for your present.

See you at seven o'clock.

Mum

Mum: Hi, Alex, I'm home. Did you see my note?

Alex: Er ..., yes.

Mum: Did you do everything?

Alex: Er ... not quite.

Mum: So, what did you do?

Alex: Well, I didn't do the shopping. I ¹ _____
(know) what to buy. And I ² _____ (do) my
homework but there isn't much to do.

Mum: Did you tidy your room?

Alex: Well, no. I ³ _____ (tidy) my room and
I ⁴ _____ (learn) any French.

Mum: What about your English book?

Alex: Oh yes. I read some of that.

Mum: How much?

Alex: Well, I ⁵ _____ (read) much. About half
a page. It was really boring and I wanted to write
to Aunt Louisa.

Mum: That's good. I've got a stamp here. You can go
and post the letter.

Alex: Well, I wanted to write it but I ⁶ _____
(write) it. Not all of it. It's not my fault. Jason came
round and he stayed all day.

3 ★ ★ Complete the questions and negatives with the correct forms of the verbs in brackets.

Jo: So, how was the match? (you/win) Did you win?

Al: No, we ¹ _____ (not/win) but we
² _____ (not/lose). It was 2-2.

Jo: ³ _____ (Aggie/come) and see you play?

Al: Yes, but she ⁴ _____ (not/stay) until the end.
I scored a goal but she ⁵ _____ (not/see) it.

Jo: ⁶ _____ (you/phone) her and tell her?

Al: Of course!

Jo: What ⁷ _____ (she/say)?

Al: Not much. She ⁸ _____ (not/sound) very
excited!

Jo: Oh well, never mind. You weren't very excited when
she was in the school tennis tournament.

Al: I remember that. I ⁹ _____ (not/go).

I went to the cinema with Max. She

¹⁰ _____ (not/speak) to me for three days!

4 ★ ★ ★ Use the words in brackets to make full questions and answers.

Brian: We went on a sports camp last month.

Harry: (What/activities/do?) What activities did you do?

Brian: We played volleyball, basketball, we went sailing.

Harry: ¹(have/a good time?) _____

Brian: ²(✓) _____. ³(not/want/come home) _____

Harry: ⁴(Where/stay?) _____

Brian: We stayed in a hostel. ⁵(not/have/my own room) _____

There were five of us together.

Harry: ⁶(know/any of the other people?) _____

Brian: ⁷(x) _____. Not at first. ⁸(But I/
not have) _____ any problems.

I soon made lots of friends.

Harry: ⁹(What/do/in the evenings?) _____

Brian: There were parties and discos. ¹⁰(I/not/go out)
_____. I didn't have any money.

SHOW WHAT YOU'VE LEARNT

5 Complete the text with the words and phrases from the box. There are four extra words or phrases.

you did got did didn't get did you do
did I you went did you go do I did

Hi Colleen,

I'm sorry I didn't phone you last night, I was very tired.

I didn't ¹ _____ anything. ² _____ you have
a nice time with Jerry? What ³ _____?

Where ⁴ _____? Tell me all about it tomorrow!

⁵ _____ tell you about the kayaking trip? Mrs Bryce
told us about it on Friday when you were at home, sick.

We didn't ⁶ _____ any information about how
much it costs or when we have to be at school. I don't
think Mrs Bryce knows yet but I'm really excited about it.

See you tomorrow.

Ellen

/6

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6.6

SPEAKING

Advice

1 Translate the phrases into your own language.

SPEAKING BANK

Asking for advice

Should I (see a doctor
before I begin)?

What should I wear/do/
eat?

Giving advice

You should (have a
towel).

It's important to get
enough to drink.

Make sure you always
bring a bottle of water.

Just try it!

You (really) shouldn't
worry so much.

2 Look at the photo. Match the questions to the correct answers. There are two extra answers.



- 1 Who are the people?
- 2 What are they doing?
- 3 How is the girl feeling?

- a They are walking in the forest. I don't think it's a one-day walk because their backpacks are big and full.
- b She is in pain, so she is thinking about that. Maybe she is worried that she can't get home.
- c Perhaps it isn't so serious and she can get up and walk in a few minutes.
- d I think the girl is a university student. She looks about twenty years old. The other two are probably her friends.
- e I enjoy walking with friends. My favourite walks are in the mountains.

3 Complete the dialogue between the people in the photo with one letter in each space. The first letters are given.

Ellen: Are you OK, Liz?

Liz: I think so. Owwww!

Max: You s houldn't try to stand up on your own. It's ¹i _____ t to be careful. In fact, don't stand up at all at the moment.

Ellen: ²S _____ d I phone your mum?

Liz: No, don't. She always worries a lot about me. I'm fine. I just need a rest.

Max: You should ³r _____ y go to the hospital and get an X-ray. I don't think it's broken but you should know exactly what's wrong. You should ⁴a _____ o put a bandage on it to protect it.

I've got one here in my backpack somewhere.

Liz: OK. ⁵W _____ t should I do? Take off my boot?

Max: Yes, then we can put the bandage on it ... It doesn't look very bad. Tell me if I'm hurting you.

Liz: No, it's fine.

Max: Let's have a rest and see how you feel in ten minutes.

Ellen: And ⁶m _____ e s _____ e that you don't fall over again!

Liz: I'll try not to!

4 Complete the dialogue with the words and phrases from the box. There are two extra words or phrases.

also important not to important to I should
make sure must should I should really
you should you shouldn't

Terry: Iza, I want to start jogging because I need to get fitter and lose some weight. You go jogging a lot. Have you got any advice you can give me?

Iza: Yes. First of all, you must get some good running shoes.

Terry: OK, and how far ¹ _____ run?

Iza: Not very far when you start.

It's ² _____ do too much. It can be very dangerous. Some people have heart attacks.

Terry: Oh, wow! Anything else?

Iza: ³ _____ run on hard roads. It's bad for the legs. Try to find a path in the forest or a good running track. ⁴ _____ you take a lot of water to drink and you should

⁵ _____ take a mobile phone.

Terry: Why?

Iza: Because something could happen to you.

When you're a long way from home, it's

⁶ _____ have some way to contact people who can help you.

You ⁷ _____ go with someone else. It's safer and more fun.

Terry: Can I go with you?

Iza: Maybe when you're fitter. I go a long way and quite fast. You should go with someone who is starting to jog. Why not ask Carla? She wants to get fit too.

- 1 Complete the short stories with the words and phrases from the box. There are two extra words or phrases for each story.

(after finally first the end then)

Steve started sailing when he was ten. At first, he only sailed in the summer holidays. ¹_____ a few years, he joined a club and sailed in the winter as well. He became a very good sailor. In ²_____, he decided to sail around the world and, right now, he is somewhere in the Atlantic Ocean near Argentina.

(after at in suddenly that)

Melanie's parents were worried about her. She didn't do any exercise. ³_____ first, they took her for cycle rides or walks but she was never happy and, one day, she just said 'no'. After ⁴_____, they decided to wait for her to change. It took a long time but, ⁵_____ the end, she met a boy who loved kayaking. Soon Melanie loved it too and now she goes every Saturday.

- 2 Choose the correct option.

I'm now a football fan!

I wasn't very happy when my boyfriend told me that he wanted to watch every match of the World Cup. ¹At / For first, I stayed away from the television. I went out with my friends and read a lot.

²After that / After a few days, I noticed that even my friends knew a lot about the World Cup. One day we went to a café. We sat outside in the evening sun. ³Suddenly / Finally, I realised that I was alone. My friends were inside, in front of a big television screen. I had a choice – sit outside alone or be with them. So, I joined them and watched. I really enjoyed it. ⁴Then / After that, I decided to watch all the matches. ⁵Finally / At first, my boyfriend was pleased but ⁶after / then, I noticed that he was very quiet when matches were on.

⁷In / At the end, I realised that he preferred watching the matches alone and I preferred watching them with my friends. So, that's what we did and it wasn't a problem. We both enjoyed the World Cup.

- 3 Choose the correct option.

- I was happy *but* / *because* / *so* it was a sunny day.
- Don't listen to music. Concentrate *on* / *in* / *with* your homework.
- I was very *pleased* / *please* / *pleasant* that Jim wrote to me.
- It's impossible to walk twenty kilometres *in* / *for* / *through* one hour.
- We're organising a sports day to *lift* / *raise* / *spend* money for poor children.
- There was a party and we all dressed *off* / *out* / *up* as famous people.
- I hope you remembered to *do* / *make* / *have* your homework.

- 4 Complete the dialogue with one word in each gap. The first letters are given.

Bella: So, tell me about the walk you went on.
What was it for?

Sarah: It was to raise money ¹f_____ our local hospital.

Bella: Did people wear strange clothes?

Sarah: Some people did. I didn't ²d_____ up
a_____ anything. I just wore shorts and a T-shirt.

Bella: How far was the walk?

Sarah: It was a thirty-kilometre walk.

Bella: Wow! Did you finish?

Sarah: No, it was ³i_____ to finish the walk. The day started sunny and warm but there was a big storm later on. The organisers told us to stop. I walked twenty-five kilometres.

Bella: Was it difficult?

Sarah: Yes. I was with a friend for the first twenty kilometres. She couldn't go any farther ⁴b_____ she had a hole in her shoe. She called her parents. I nearly went with them but I decided to continue. After that, I ⁵c_____ on singing the songs on my MP3 player. I was glad I ⁶r_____ to take that.

Bella: So, did you enjoy the day?

Sarah: Yes, I did. I was very ⁷p_____ that I walked so far. I want to do another long walk now, but maybe I'll check the weather forecast first!

SHOW WHAT YOU'VE LEARNT

- 5 Read the dialogue in Exercise 4 again. Write a post for the blog on behalf of Sarah, in which you describe the event she took part in.

In your post:

- give the reason for organising the event, the time and location.
- describe the clothes Sarah and other participants had on.
- describe what happened during the event.
- describe Sarah's feelings and emotions after the event.

SHOW THAT YOU'VE CHECKED

Finished? Always check your writing.

Can you tick ✓ everything on this list?

In my blog post:

- I have included the reason for organising the event. ☐
- I have mentioned the time and location of the event. ☐
- I have described Sara's clothes as well as other participants'. ☐
- I have described what happened at the beginning, during and at the end of the event. ☐
- I have included time expressions showing the sequence of events. ☐
- I have described Sarah's feelings and emotions. ☐
- I have used contractions (e.g. I'm / aren't / that's). ☐
- I have checked my spelling. ☐
- My text is neat and clear. ☐

VOCABULARY AND GRAMMAR

1 Complete the text with one verb in each gap.

BLOG

How fit are you?

I think that I have a very healthy lifestyle. I ¹ _____ a lot of exercise. I ² _____ swimming twice a week and I often ³ _____ part in swimming competitions. I don't often win but I enjoy them. I also ⁴ _____ basketball for the school team. So, I do everything I can to ⁵ _____ fit.

What about you? Are you worried about your fitness? Let me know. Maybe we can discuss what food people eat too.

/5

2 Choose the correct option.

The basketball players / playing / played stayed behind after the end of the match to sign autographs.

- 1 My brother loves cyclist / cycle / cycling. He takes his bike everywhere.
- 2 There was no snow, so the cafés were full of unhappy skiing / skied / skiers.
- 3 It's impossible to walk along this path because it is always full of jog / jogging / joggers.
- 4 I could never be a sailor / sailing / sail because I get seasick on the water.
- 5 We swimmers / swam / swimming half way to the island but it was impossible to get all the way there.

/5

3 Complete the text with the correct form of the verbs in brackets.

BLOG

How fit are you?

Replies:

Hi. I like your blog. I'm interested in keeping fit too. Today I did (do) very well. First of all, I ¹ _____ (run) five kilometres. Then I ² _____ (play) volleyball with my friends. After that, I ³ _____ (have) a short rest and later, I ⁴ _____ (go) cycling in the park. I didn't go far. I was too tired. On the way home, I stopped at the local pizza restaurant and ⁵ _____ (eat) an extra large pizza with ham, sausages and onions. ... I enjoyed my active day very much – the last activity was the best!

/5

4 Use the words to make full questions and answers.

Where / you / go / yesterday?
I / go / to the shopping centre.
Where did you go yesterday?
I went to the shopping centre.

Conversation 1

- * What / you / do / last night?
- * I / meet / my friends
- * we / see / a film / eat / burgers / and / have / a good time.

Conversation 2

- * you / play / any sports at school last week?
- * x . We / have / exams / all week.

/5

5 Complete the dialogue with one word in each gap. The first letters are given.

- Mike: What do you prefer? Individual sports or team sports?
- Lindsay: Oh definitely individual sports. I ¹ e _____ them much more than playing for a team. And I can't ² s _____ ball games like football and rugby. I'm ³ i _____ dance and things like Zumba®. We do it at school. How about you?
- Mike: I'm not ⁴ r _____ into sports at all, to be honest. I do a lot of walking and cycling but that's just because I ⁵ c _____ about my health, not because I like those activities. My favourite activity is sleeping!

/5

6 Choose the correct answers A–C.

Two months ago, there was a competition in Hawaii and George _____ the under-18 surfing prize.

- A win B won C wins

1 Who _____ skiing with?

- A did you go B you went C you go

2 Mark _____ healthy meals very often when he was younger.

- A doesn't have
B didn't have
C mustn't have

3 Lisa _____ snowboarding a long time ago but I think she needs lessons again now.

- A learning B learns C learnt

4 Last year, I went to one karate lesson but I _____ do any other martial arts.

- A don't B didn't C doesn't

5 _____ sailing again last summer?

- A Do they go B They go C Did they go

/5

Total /30

USE OF ENGLISH

7 Choose the correct answers A–C.

Can you show me the basic ___ for the waltz, please?

- A dance class
- B dance instructor
- C dance steps**

1 This gym ___ – they can come and do exercises after work.

- A runs lots of workouts
- B has classes for young teenagers
- C runs classes for adults

2 ___ tennis yesterday afternoon?

- A Did you play
- B Do you play
- C Are you playing

3 It was cold, so the children ___ swimming.

- A didn't went
- B didn't go
- C mustn't go

4 You should watch this great ___ video. It tells you how to eat healthily.

- A training
- B exercise
- C fitness

5 Frank ___ karate three times a week.

- A went
- B played
- C did

/5

8 Complete the second sentence so that it has a similar meaning to the first. Use between two and five words, including the word in capitals.

You shouldn't eat too much sugary food. **NOT**
It's important not to eat too much sugary food.

1 Yolanda doesn't like football at all. **STAND**
Yolanda _____ football.

2 Don't start a diet before you see your doctor. **SURE**
_____ your doctor before you start a diet.

3 My sister enjoys kayaking, but I don't. **INTO**
My sister enjoys kayaking, but _____ it.

4 Winning isn't important to me – I just like playing sport. **CARE**
I _____ winning – I just like playing sport.

5 You can't ski – there isn't any snow on the mountain! **GO**
You can't _____ – there isn't any snow on the mountain!

/5

9 Put the words in the correct order to make sentences and questions. There is one extra word.

Rachel: What did you do in the afternoon?

Phil: did / friend / played / my / badminton / with / I
I played badminton with my friend.

1 Aida: What do you like doing in the summer?

Aileen: Well ... going / Hawaii / like / surfing / in / I

2 Carla: You're good at basketball. team / for / you / do / play / a / at

Ivan: Well, I play for my school.

3 Belinda: I want to do kung fu. class / with me / join / do / to / a / want / match / you

Sacha: Yes, I do!

4 Abby: Why was Andy so excited yesterday?

Donald: judo / a / lost / he / won / competition

The prize is a holiday in Bali!

5 Henry: What did you do last weekend?

Anna: did / the / ice / I / skating / in / park / went

/5

10 Complete the text with the correct answers A–C.



New Email

To: Tom Green

Subject: Volleyball

Hi Tom,

It's beautiful today. Let's do something! Do you want to **a** cycling in the park? Or we could ride our bikes to the beach and then ¹ ___ volleyball on the sand. I want to be outside because it's a sunny day! Oh, and I want to ² ___ fit too. I think it's really important to ³ ___ exercise.

So what do you think of my idea? Do you ⁴ ___ cycling in the park to playing volleyball? They're both really good ⁵ ___!

Let me know soon,
Jake

- | | | |
|-------------|-------------|------------|
| A play | B go | C do |
| 1 A make | B have | C play |
| 2 A live | B keep | C know |
| 3 A have | B make | C do |
| 4 A prefer | B enjoy | C love |
| 5 A fitness | B workouts | C training |

/5

Total /20