🟦 ZADANIE 1 – Vocabulary (SPORT & AKTYWNOŚĆ FIZYCZNA – wybór)

1. Regular training helps improve physical ___.
   a) power b) fitness c) strength
2. He pulled a ___ during the match.
   a) muscle b) bone c) joint
3. She decided to ___ part in the charity run.
   a) take b) make c) join
4. Athletes need time to ___ after intense exercise.
   a) relax b) recover c) refresh
5. He broke the school ___ in long jump.
   a) record b) result c) score
6. Stretching reduces the risk of ___.
   a) effort b) injury c) damage
7. She trains ___ a week.
   a) twice b) double c) second
8. He was completely ___ after the race.
   a) exhausted b) bored c) relaxed

🟦 ZADANIE 2 – Vocabulary (ŻYWIENIE & ZDROWIE – słowotwórstwo)

1. A balanced diet is essential for good ___. (HEALTH)
2. Fast food is often low in ___ value. (NUTRITION)
3. He became more ___ after cutting down on sugar. (ENERGY)
4. This product contains ___ ingredients only. (NATURE)
5. Too much salt is ___ to your heart. (HARM)
6. Regular meals help maintain a ___ lifestyle. (BALANCE)
7. This supplement is highly ___. (EFFECT)
8. She follows a ___ diet recommended by her doctor. (SPECIAL)

LIVEWORKSHEETS

🟦 ZADANIE 3 – Vocabulary (PRZYIMKI & KOLOKACJE – różne tematy)

1. He suffers ___ back pain.
2. I'm responsible ___ preparing the presentation.
3. She succeeded ___ passing the final exam.
4. He apologised ___ his behaviour.
5. I'm not used ___ eating so late.
6. They agreed ___ the new rules.
7. She focuses ___ her studies.
8. He complained ___ the poor service.

🟦 ZADANIE 4 – Vocabulary (UZUPEŁNIANIE Z BANKIEM SŁÓW ✔)

Uzupełnij zdania, używając słów z ramki.
Dwa słowa są zbędne.

choice • pressure • confidence • goal • opinion • experience • problem • solution • responsibility • effort

1. He achieved his main ___ after months of training.
2. She spoke with great ___ during the interview.
3. We had no ___ but to cancel the trip.
4. He handled the situation under a lot of ___.
5. This job gives me a sense of ___.
6. She shared her ___ on healthy eating.
7. Lack of sleep is a serious ___.
8. They finally found a workable ___.

🟦 ZADANIE 5 – Vocabulary (TECHNOLOGIA & MEDIA – wybór)

LIVEWORKSHEETS

1. This app allows users to ___ their progress.
   a) follow b) track c) check

2. He spends too much time ___ social media.
   a) browsing b) scrolling c) watching

3. The file was ___ by mistake.
   a) removed b) deleted c) destroyed

4. She posted a ___ about the event.
   a) comment b) message c) notification

5. Online learning has many ___.
   a) benefits b) profits c) values

6. The device stopped ___ suddenly.
   a) operating b) running c) working

7. He prefers ___ contact to online chats.
   a) direct b) real c) personal

8. This website is not very ___.
   a) reliable b) dependable c) believable

🟦 ZADANIE 6 – Vocabulary (RELACJE & EMOCJE – uzupełnianie)

1. She has a good ___ with her parents.
2. He felt ___ when nobody supported him.
3. They had a serious ___ about their future.
4. She showed great ___ during the crisis.
5. He finally expressed his true ___.
6. Trust is the basis of any healthy ___.
7. She was ___ about the exam results.
8. He tends to ___ conflicts rather than solve them.

🟦 ZADANIE 7 – Vocabulary (EDUKACJA & PRACA – wybór)

1. He failed the exam due to lack of ___.
   a) preparation b) attention c) revision

LIVEWORKSHEETS

2. She plans to ___ a degree abroad.
   a) achieve b) obtain c) gain

3. Group work helps develop ___ skills.
   a) social b) personal c) communication

4. He applied ___ the position last week.
   a) to b) for c) on

5. She was promoted because of her ___.
   a) effort b) commitment c) motivation

6. The course is designed ___ beginners.
   a) for b) to c) with

7. He missed the lecture ___ illness.
   a) because b) due to c) thanks to

8. Lifelong learning is becoming more ___.
   a) common b) usual c) typical

🟦 ZADANIE 8 – Vocabulary (CZAS WOLNY & PODRÓŻE – uzupełnianie)

1. We booked the tickets well ___ advance.
2. She enjoys discovering new ___.
3. The trip turned ___ to be unforgettable.
4. He prefers active ___ to sightseeing.
5. They stayed at a small ___ hotel.
6. The journey took longer than ___.
7. We packed ___ essentials only.
8. He likes travelling ___ his own.

GRAMMAR TEST + READING

🟩 ZADANIE 1 – Czasy przeszłe

Wybierz poprawną formę.

1. I ___ my phone when I realised it was missing.
   a) had lost b) lost c) was losing

LIVEWORKSHEETS

2. She ___ for over an hour before the train arrived.
   a) waited b) was waiting c) had been waiting

3. By the time we got home, everyone ___.
   a) slept b) had slept c) was sleeping

4. He ___ TV when the power went out.
   a) watched b) was watching c) had watched

5. They ___ the match before it started to rain.
   a) finished b) had finished c) were finishing

6. I didn't notice that he ___ earlier.
   a) left b) had left c) was leaving

🟩 ZADANIE 2 – Future forms

Uzupełnij zdania poprawną formą przyszłą.

1. I think technology ___ even faster in the future.
   a) will develop b) is developing c) develops

2. This time tomorrow, we ___ the new software.
   a) will install b) will be installing c) install

3. She's tired – she ___ early tonight.
   a) will go b) is going c) goes

4. By 2030, most people ___ remotely.
   a) will work b) will be working c) work

5. Look at those clouds! It ___ soon.
   a) is going to rain b) will rain c) rains

6. We ___ the results by the end of the week.
   a) will receive b) are receiving c) receive

🟩 ZADANIE 3 – Strona bierna

Wybierz poprawną odpowiedź.

1. The app ___ by millions of users every day.
   a) is used b) uses c) was using

2. The email ___ before the system crashed.
   a) had been sent b) was sent c) has sent

3. New features ___ next month.
   a) will introduce b) will be introduced c) introduce

LIVEWORKSHEETS

4. The problem ___ immediately.
   a) solved b) was solved c) has solved

5. Online data ___ carefully protected.
   a) must be b) must c) must being

6. The device ___ in China.
   a) produces b) is produced c) was producing

ZADANIE 4 – Modal verbs

Wybierz poprawną odpowiedź.

1. You ___ share your password with anyone.
   a) mustn't b) don't have to c) couldn't

2. He ___ be at home – the lights are on.
   a) must b) can't c) shouldn't

3. You ___ download the app to use the service.
   a) have to b) mustn't c) shouldn't

4. She ___ finish the task yesterday, but she forgot.
   a) should have b) must have c) could have

5. We ___ use our phones during the exam.
   a) aren't allowed to b) don't have to c) shouldn't

6. He ___ fix the problem himself, but he asked for help.
   a) could b) must c) should

ZADANIE 5 – Mowa zależna

Wybierz poprawną odpowiedź.

1. "I'm working late," he said.
   → He said that he ___ late.
   a) is working b) was working c) has been working

2. "I'll call you tomorrow," she said.
   → She said she ___ the next day.
   a) will call b) would call c) calls

3. "We installed the update yesterday," they said.
   → They said they ___ the update the day before.
   a) installed b) had installed c) were installing

LIVEWORKSHEETS

4. "Don't click on that link," he warned me.
   → He warned me ___ on that link.
   a) not clicking b) not to click c) don't click

5. "Can you help me?" she asked.
   → She asked if I ___ help her.
   a) can b) could c) will

6. "I've never used this software before," he said.
   → He said that he ___ that software before.
   a) never used b) hadn't used c) hasn't used

🟩 ZADANIE 6 – Conditionals & mixed structures

Wybierz poprawną odpowiedź.

1. If you ___ the instructions, you wouldn't have this problem.
   a) followed b) had followed c) would follow

2. If I have time, I ___ the app today.
   a) download b) will download c) would download

3. We wouldn't be late if you ___ earlier.
   a) left b) had left c) would leave

4. If technology ___ unavailable, many jobs would stop.
   a) became b) becomes c) will become

5. If she ___ more careful, she wouldn't lose files so often.
   a) were b) had been c) is

6. If they hadn't upgraded the system, it ___ now.
   a) wouldn't work b) wouldn't be working c) won't work

📖 READING – Technology (B1+/B2)

The Impact of Technology on Daily Life

Modern technology has changed the way we live, work and communicate. Smartphones allow us to stay connected at all times, while social media platforms make sharing information easier than ever before. Many people now work remotely, using online tools to collaborate with colleagues from different parts of the world.

However, technology also brings challenges. Excessive screen time can affect concentration and mental health, and personal data may be at risk if users are not careful. Despite these issues, technological progress continues to shape our future. Learning how to use digital tools responsibly is becoming an essential skill, especially for younger generations who grow up surrounded by technology.

LIVEWORKSHEETS

ZADANIE 7 – Reading (T / F)

1. Technology has changed communication methods.
2. Remote work is becoming less popular.
3. Technology can influence mental health.

ZADANIE 8 – Reading (Multiple choice)

4. One advantage of technology mentioned in the text is:
   a) less work
   b) easier collaboration
   c) shorter working hours

5. One risk of technology is:
   a) limited access to information
   b) data security problems
   c) lack of communication

LIVEWORKSHEETS