








A. Label the pictures.


1 

2 

3 

4 

5 

6 

B. Match. Then use the phrases to complete the sentences 1-5.

- 1. keep
- 2. go on
- 3. put on
- 4. take up
- 5. follow

- a. advice
- b. a sport
- c. fit
- d. a diet
- e. weight

- 1. Why don't you _____ like basketball? You can exercise and have fun at the same time.
- 2. Olivia _____ last summer and now she's a bit chubby.
- 3. I always _____ my sister's _____ when I have a problem.
- 4. I decided to _____ so I don't want any chocolate.
- 5. Miranda's weight is ideal, but she must start going to the gym to _____.



C. Choose a, b or c.

Dear Matt,

How are you? I'm great. The last time I (1) _____ you was five months ago! When (2) _____ you again? Guess what! I'm in the local water polo team. Can you believe it? After you (3) _____ for Canada five months ago, I (4) _____ to join the local sports club.

- | | | |
|-------------------------|--------------|-----------|
| 1. a. didn't see | b. see | c. saw |
| 2. a. am I going to see | b. did I see | c. I see |
| 3. a. left | b. leaving | c. leave |
| 4. a. am deciding | b. decided | c. decide |

Three of my friends are in the water polo team and they (5) _____ it. So, I joined and it's amazing! Actually, we (6) _____ two games last month and our coach is very happy with us. Of course, we get tired sometimes. We always (7) _____ for about half an hour before we start practice. I can't say it's an easy sport but it's fantastic. Next month we (8) _____ against another local team, the Tigers.

Well, that's all for now. Write back and tell me about your news.

Take care,
Ruthy

- | | | |
|--------------|---------------------|----------------------|
| 5. a. love | b. loves | c. loved |
| 6. a. win | b. are going to win | c. won |
| 7. a. swim | b. swam | c. are swimming |
| 8. a. played | b. playing | c. are going to play |