

## Vocabulary

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### 2 Complete the sentences with these words.

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- 8 We look forward ..... seeing you at the party tomorrow.
- 9 Can you find ..... what we need to bring on the camping trip?
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# UNIT TEST

## Standard

3

### 2 Circle the correct option in *italics* in each of these sentences.

- 1 'I'll never stop *to love / loving* you!', said the mother to her little daughter.
- 2 Can I borrow that book when you finish *to read / reading* it?
- 3 Claudia went on *to become / becoming* a famous tennis player.
- 4 I don't remember *to meet / meeting* you before.
- 5 I'll never forget *to fly / flying* for the first time. It was so exciting.
- 6 Dad stopped *to pick / picking* up some pizzas on his way home.
- 7 I'd like *to see / seeing* you again.
- 8 I'm sorry I forgot *to give / giving* you David's message.
- 9 Why do you keep *to interrupt / interrupting* me?
- 10 Please remember *to turn / turning* off the lights when you leave the room.

### Pronunciation



Listen to the sentences. Complete each sentence with a word ending in *-ing*.

- 1 I don't remember ..... the door.
- 2 She suggested ..... home.
- 3 Would you mind ..... me?
- 4 I've always hated ..... up early.
- 5 I can't imagine ..... without you.
- 6 It started ..... when we went out.
- 7 I enjoy ..... to music.
- 8 Do you fancy ..... me?

### Listening part 4

For each question, choose the correct answer.

You will hear someone talking about the Westbay Music Festival

1. The first Westbay Festival
  - A involved 12 bands.
  - B took place in 1980.
  - C lasted for one full day.
2. The festival
  - A will attract a bigger crowd this year.
  - B goes on for a whole weekend.
  - C is aimed at adults and children.
3. The Big Smile Stage includes appearances by
  - A local comedians only.
  - B famous TV stars.
  - C a top American entertainer.
4. What can you do inside the Big Blue Tent?
  - A read the latest music biographies
  - B watch thrillers on Saturday and Sunday nights
  - C watch films about rock music

5. The presenter especially likes the fact that you can buy
- A unusual CDs.
  - B outdoor clothes.
  - C presents for other people.
6. What is special about the food at the festival?
- A The Mexican food is very hot.
  - B There is more choice than at other events.
  - C Everything is vegetarian.

### Reading part 3

For each question, choose the correct answer.

## Kirsty Wade, young athlete

I've always been keen on sport and very fit so a few years ago I decided to join my local athletics club. In the beginning I put all my effort into the long jump because it was my best event, but the coach encouraged me to try different things.

I ended up as a middle-distance runner, which means I don't run the short distances like 100 metres, or long cross-country races, but the in-between ones like 800 metres. It's an interesting type of running because you have to mix speed with strength. You also have to think a lot about how you race, and choose the right moment to run at your maximum speed. You need to do quite a lot of regular training when you first start and it helps if you have a good coach who can keep you motivated and teach you the basics.

I take part in some quite major competitions now, but I still remember my first race. I was so nervous before it started. And when it finished, I could still feel my hands shaking. It was a great race and I came second so I was very pleased. Since then I've learned to stay calm before and during races. I do a lot of breathing exercises that help me stay focused and relaxed. Competing has really helped me to trust in my own abilities. And now I find that I love running in front of a crowd – I suppose it's a sort of performance.

One thing I don't enjoy so much is how hard you have to work to stay fit and strong enough to race, although it helps that I often train with others. I try to eat and sleep well, but I don't have a special diet. Mostly it's a case of getting plenty of variety and eating more of everything because I'm so active.

I sometimes watch Olympic athletes on TV and imagine myself in their position. It must be a fantastic experience, but at the moment I don't feel that is necessarily where I'm aiming. I think you have to give up so much if you want to reach that level.



- 1 Why did the writer join an athletics club?
- A Because she enjoyed taking part in sports.
  - B Because she thought she should get more exercise.
  - C Because she wanted to become an athletics coach.
  - D Because she wanted to become a professional long jumper.

- 2 What does the writer say about 800-metre running?
- A You have to know when to run fastest.
  - B It's harder than running in the 100 metres.
  - C It's more important to be quick than strong.
  - D You need to forget everything and just run.

- 3 What does the writer say about competing in races now?
- A It always makes her feel scared.
  - B It feels good to be in front during the race.
  - C It's helped her to develop new skills.
  - D She enjoys people watching her race.

- 4 What does the writer say about the food she eats?
- A If she eats a lot, she can run faster.
  - B Eating plenty of food helps her to sleep better.
  - C She eats the same kind of things as other people.
  - D She would like to eat different types of food.

- 5 Which best describes the writer?

A

A young athlete who trains hard and hopes to be selected for the Olympics in the future.

B

A girl who was good at the long jump and likes running, but who doesn't see herself becoming an international athlete.

C

A girl who is a keen athlete, but doesn't like running in front of a crowd and who finds the training very boring.

D

A keen athlete who finds it enjoyable to practise with other people and compete as part of a team.