

LISTENING COMPREHENSION (Unit 4 -B1)

- 1 Listen to an **interview** with a young athlete who talks about **gymnastics**. Which of these things does he talk about? (You can choose more than 1 option)

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|---|--------------------------|
| 1 what he finds difficult | ☐ |
| 2 the time he spends training | ☐ |
| 3 how gymnastics is affecting his school work | ☐ |
| 4 what made him start training | ☐ |
| 5 how gymnastics has changed him | ☐ |
| 6 another sport he'd like to try | ☐ |

- 2 Listen again. For each question, **choose** the **correct answer**.

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|---|--|
| 1. How does Ryan feel about training at the gym?
A He doesn't like having to work so hard.
B He usually enjoys it even though it's not easy.
C He'd prefer to stay in bed on weekdays. | 5. Ryan says that the key to being a successful athlete is
A the time you put in.
B having a good coach.
C following certain rules. |
| 2. What does Ryan find the most difficult about being a gymnast ?
A getting up early in the morning
B eating a special diet
C training under pressure | 6. Ryan feels that gymnastics has taught him
A to be more confident.
B to appreciate his family.
C to organise his time. |
| 3. Ryan started gymnastics because
A he saw a programme on television.
B his mother made him do it.
C his sister was a competitive gymnast. | |
| 4. What does Ryan say is his main motivation ?
A winning
B becoming famous
C being as good as other athletes | |

