

FICHA DE TRABALHO Nº5
REVISIONS FOR THE ASSESSMENT TESTS

A - Read the following text about Daniel and **complete the blank spaces** with the correct words:

sports	exercise	socialise	friends	football	energy
cycling	active	weekends	hobbies	health club	photographs



Hi! My name is Daniel and I'm fourteen years old. I believe it is very important to stay healthy and have interesting **1)** _____ to do in our free time. In my opinion, doing regular **2)** _____ helps people feel better and healthier.

My favourite sport is **3)** _____. I play for a local team three times a week. Training is sometimes hard, but it gives me a lot of **4)** _____ and helps me forget my worries. I also enjoy **5)** _____ with my dad at the weekends. We often ride our bikes in the countryside and have a great time together.

After school, I sometimes go to the **6)** _____ to work out. It helps me stay fit and strong.

Many of my **7)** _____ enjoy sports too, so we often play games together after classes.

At the **8)** _____, I usually spend time outdoors instead of staying at home all day. I think it is important to be **9)** _____ because it is good for both our physical and mental health.

10) _____ and hobbies can also help people make new friends and develop important social skills. Overall, having hobbies and practising sport regularly are excellent ways to keep a healthy lifestyle.

B - Find and write the **odd words out** in each group:

- 1 - basketball - drawing - volleyball - dancing _____
- 2 - writing - painting - swimming - drawing _____
- 3 - judo - karate - running - yoga _____

C - Complete the following descriptions with the missing hobbies/sports:

playing tennis	cycling	painting	taking photographs	reading	dancing
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- 1 - "_____ is Tom's favourite hobby! His camera goes with him everywhere."
- 2 - "I enjoy _____! The court at the sports centre near my house is very modern."
- 3 - "Emma loves _____! She practises ballet every weekend."
- 4 - "My brother spends hours _____! He likes creating colourful drawings."
- 5 - "My dad enjoys _____! He rides his bike for many kilometres on Sundays."

D – Fill in the blanks with the **PRESENT SIMPLE** of the verbs in brackets:

- 1 – Emma _____ (**walk**) to school every morning.
- 2 – Mary _____ (**enjoy**) playing basketball after classes.
- 3 – We _____ (**not eat**) lunch at school on Fridays.
- 4 – I _____ (**read**) adventure books in my free time.
- 5 – My father _____ (**not drive**) to work every day.
- 6 – _____ (**your brother / play**) any sports?
- 7 – Sarah usually _____ (**finish**) her homework before dinner.

E - Complete the sentences with the correct verbs in the **PRESENT CONTINUOUS** (2 extra):

run	cook	sing	practise	read	play
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- 1 – Be quiet! My sister _____ the piano.
- 2 – My parents _____ our dinner in the kitchen at the moment.
- 3 – I have got a football match next week, so I _____ a lot these days.
- 4 – Look! The children _____ around the playground.

F - Complete the sentences with the **PRESENT SIMPLE** or the **PRESENT CONTINUOUS**:

- 1 – Right now, Helen _____ (**do**) a science project for school.
- 2 – My grandparents usually _____ (**spend**) their holidays at the seaside.
- 3 – Listen! My father _____ (**play**) the piano downstairs.
- 4 – We _____ (**not watch**) television during the week.
- 5 – My cousin _____ (**love**) collecting stamps.
- 6 – David often _____ (**ride**) his bike to school, but today he _____ (**take**) the bus.
- 7 – Anna always _____ (**help**) her classmates. That's why she _____ (**explain**) the exercise to Tom now.

Good work!

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