Name:_____ Date:_____

English Exam Practice: Grammar & Vocabulary

Section 1: Present Perfect Simple or Continuous

Complete the dialogue between Oliver and Maya at the sports centre. Write the correct form of the verb in brackets using either the **Present Perfect Simple** or the **Present Perfect Continuous**.

Oliver: Have you heard about the new fitness club? **1.** (you / be) _____ to the new sports centre in town?

Maya: Yes, I have! I **2.** (play) _____ badminton there three times this month.

Oliver: That sounds great. What **3.** (you / do) _____ this afternoon? You look quite sweaty!

Maya: I **4.** (train) _____ with my athletics coach for two hours.

Oliver: Wow, that is a long session! How many kilometres **5.** (you / run) _____ so far?

Maya: I **6.** (complete) _____ five kilometres on the track already.

Oliver: You must be tired. How long **7.** (you / prepare) _____ for this tournament?

Maya: We **8.** (practise) _____ every weekend since September.

LIVEWORKSHEETS

Section 2: Word Building with the Suffix -able

Add the suffix **-able** to each base word to form an adjective. Be careful with spelling changes when a word ends in **e** or **y**.

1. comfort =

2. rely =

3. enjoy =

4. suit =

5. break =

6. adjust =

Now complete each sentence below using the correct adjective from your list above.

7. These new trainers are extremely _____, so my feet never hurt during cross-country runs.

8. The seat on the exercise bicycle is _____, so you can change the height easily.

9. We had an _____ afternoon playing rounders in the park with our classmates.

10. Luke is a very _____ teammate; he always arrives on time for training.

LIVEWORKSHEETS

Section 3: Sports, Mind and Body Vocabulary 

Fill each blank using the most suitable word or phrase from the box. Use each item once only.

Word Bank: batter • block out • competitive • distraction • focused • grip • heartbeat • jog • out of breath • pitcher • swing • treadmill • uncomfortable • wellbeing

1. In baseball, the _____ throws the ball towards the home plate.

2. The _____ stood ready with the bat, waiting to strike the ball.

3. Make sure you keep a firm _____ on the handle so the racket does not slip.

4. Take a smooth, controlled _____ when you hit the golf ball.

5. Jack ran so fast up the hill that he felt completely _____ at the top.

6. When it is pouring with rain outside, Sarah prefers to run on an indoor _____.

7. After sprinting across the pitch, she could feel her rapid _____ in her chest.

8. Doing regular physical activity and getting enough rest helps support your overall mental and physical _____.

9. It is essential to stay _____ during the exam and avoid looking around the hall.

10. Turn off your mobile phone while revising so there is no _____ to interrupt your study.

11. Top athletes learn to _____ the loud noise of the crowd and concentrate purely on their game.

12. Leo loves winning matches because he has always been very _____.

13. These stiff football boots are rather _____ because they are one size too small.

14. Every morning before breakfast, my uncle likes to go for a gentle _____ around the neighbourhood.

LIVEWORKSHEETS