

1. Uzupełnij zdania odpowiednimi wyrazami. Pierwsze litery zostały podane.

- 1 Diet is important, so I often eat healthy **s** _____ before a match.
- 2 My skiing instructor is helping me to practise my skiing **t** _____
- 3 Our team is going to **t** _____ very hard this season because we want to win the league.
- 4 I got **i** _____ in a cycling accident last week – I broke my right arm.
- 5 My brother does karate and he goes to sports **p** _____ twice a week.

2. Uzupełnij zdania wyrazami z ramki. Trzy z nich zostały podane dodatkowo i nie pasują do żadnego zdania.

opponent • race • beat • rules • trophy • championship • supporter • throw

- 1 My brother's football team won a wonderful gold _____ in the finals last Saturday!
- 2 Sam was much better than me when we played – I had no chance to _____ him.
- 3 A marathon is an example of a long-distance _____.
- 4 Remember that you're playing against a much more experienced _____ next month, so you should start training hard.
- 5 The coach reminded the team to play by the _____.

3. Uzupełnij zdania twierdzące (✓), przeczące (X) i pytające (?) poprawnymi formami wyrażenia *have to* oraz wyrazów podanych w nawiasach.

- 1 It's OK. You _____ (come) (X) with us if you prefer to stay at home and rest.
- 2 She looks tired. _____ (she / train) so hard every day?
- 3 I _____ (see) (✓) a doctor. I think I'm ill.
- 4 Tom _____ (walk) (X) to school because his brother always gives him a lift.
- 5 Oh, dear. _____ (we / go) outside for our PE class today? It's freezing cold!

4. Uzupełnij zdania, wstawiając *must*, *mustn't* lub poprawną formę wyrażenia *have to*.

- 1 You _____ touch the ball with your hands in football – it's against the rules.
- 2 It's a great album – you _____ listen to it!
- 3 Ken wants to work as a referee, so he _____ learn all the rules of the game.

- 4 We've got season tickets, so we _____ buy one every time we go to see a match.
- 5 Don't give her any peanuts! She _____ eat them because she's allergic to them.

5. Zakreśl wyrazy, które poprawnie uzupełniają poniższe zdania.

- 1 X: What are you doing, Mark? You **shouldn't / could** get out of bed. You're still very weak.
Y: Oh, come on! I'm sure I **couldn't / can** go to the toilet on my own.
- 2 I won a tennis competition last week and I still **can't / should** believe it!
- 3 Pity I **couldn't / can't** see you taking part in the marathon last Friday. I was out of town.
- 4 In order to win the next game, Frank **should / couldn't** practise more, not just from time to time.
- 5 Maybe it is hard to believe, but my brother **could / can** ski when he was only four!

6. Dla każdej z opisanych sytuacji wybierz właściwą reakcję. Zakreśl literę: A, B albo C.

- 1 Zapytaj kolegę, czy możesz skorzystać z jego laptopa.
A Should I use your laptop?
B Could you use my laptop?
C Can I use your laptop?
- 2 Uczeń pyta nauczyciela, czy może otworzyć okno. Co powie nauczyciel, udzielając zgody?
A Yes, you could.
B Yes, you can.
C Yes, you do.
- 3 Zapytaj uprzejmie ciocię, czy może cię odwieźć do domu.
A Could you drive me home?
B Can I drive you home?
C Do you drive home?
- 4 Kolega pyta cię, czy może pożyczyć na chwilę twój kalkulator. Nie masz nic przeciwko. Co powiesz?
A Yes, I think you should.
B I'm afraid I don't.
C OK, fine.

7. Wybierz poprawną odpowiedź: A, B albo Ci zakreśl ją.

Hi Sandra,

I'm really glad you've decided to be more active and I'm happy to give you some advice about ¹ ____ exercise. Well, first of all, it's important to warm ² ____ before any type of exercise. You said you're not very fit, so, in my opinion, you ³ ____ start with a very intensive workout. Take care of your diet, too. It's important to drink a lot of water and ⁴ ____ healthy snacks.

By the way, it's a pity you ⁵ ____ come to the volleyball match last weekend. My team won 3:2, and it was a really exciting game!

Write back soon,

Muriel

1	A making	B doing	C practising
2	A up	B out	C off
3	A couldn't	B don't have to	C shouldn't
4	A eat	B take	C do
5	A can't	B couldn't	C mustn't

8. Przeczytaj teksty na temat spędzania czasu w weekend (A–D) oraz zdania 1–5. Do każdego zdania dopasuj właściwy tekst. Jeden tekst pasuje do dwóch zdań. Wpisz imię dziecka.

Did you have an interesting weekend? Join our forum and tell us all about it.	
A Tony, 14 My parents and I stayed at the seaside with some friends. On Saturday evening there was an open-air film show on the beach which my parents wanted to go to. I wasn't exactly keen on going with them at first in order to watch some old films. 'Cinema Classics', the leaflet said. In the end, though, I gave it a go. It was surprisingly good. I especially enjoyed one black-and-white science fiction film called <i>Metropolis</i>. Another surprise was that there were a lot more young people in the audience than I had expected.	
B Agnieszka, 15 Last weekend we had some guests from Canada. My dad's friend, Tomek, has been living there for many years and he's visiting Poland at the moment, along with his wife and their daughter, Janine.	

They don't speak much Polish, so we all had to communicate in English, which was OK for me. Janine is medium height and slim with dark hair and she's really friendly. We had such a good time shopping on Saturday. They invited us to visit them in Canada next summer. I can't wait!

C Ben, 13

My family often goes hiking in the mountains, so it's no surprise that we went last weekend.

We chose a long hiking route for Saturday.

But before we left the mountain resort where we were staying, it started raining really heavily.

We walked round the town a bit, looked at the souvenirs, hoping the weather might get better. But it didn't, so, just before midday, we drove back home, feeling awfully disappointed.

D Lilly, 16

Every year there is a festival in my town which features a huge street market selling all sorts of goods, many of them hand-made. At the same time, there are sales on in the local shopping mall, so my friends and I always look forward to this time of the year. I'd saved most of my pocket money for the occasion! On Friday my friends and I bought some clothes at the mall, but we spent the whole Saturday and most of the Sunday at the street market near the main square. I bought some old-fashioned decorations for my room, which I think are lovely.

This person

1 couldn't do what they planned.____

2 didn't want to take part in an event at first.____

3 mentions going shopping for clothes.____

4 didn't think many young people were going to attend the event.____

5 is excited about a future trip.____