

1

FUN AND GAMES

VOCABULARY

socialising

- 1** Write words which match definitions a–f. Then use the words in the correct form to complete the text below.
- a** a party with many guests: **b** _____ **d** _____
 - b** a place where an organised event takes place: **v** _____
 - c** a meeting between people who haven't seen one another for a long time: **r** _____
 - d** a meeting held for a specific purpose: **g** _____
 - e** a relaxed social occasion: **g** _____-**t** _____
 - f** make (a reservation): **b** _____

I must say the school ¹ _____ was truly a night to remember. To begin with, it didn't resemble the informal ² _____ from previous years. This time the organisers threw a ³ _____ with more than 200 guests. They managed to ⁴ _____ a conference hall at the Holiday Inn! I have to say that the choice of the ⁵ _____ was perfect – the party was very elegant, and we all felt really special. In fact, I liked the place so much I might even consider organising our next family ⁶ _____ there.



- 2** Choose the correct answers.
- 1** I haven't seen Laura for ages. It would be great to meet and catch _____.
a on **b** up **c** in
 - 2** Does Tim expect us to _____ a big do for his birthday?
a run **b** take **c** throw
 - 3** We had such a great time at the class reunion. In fact, we _____ a real night of it.
a took **b** made **c** had
 - 4** I've finally finished writing the invitations. Now, I just need to send them _____!
a on **b** out **c** to
 - 5** Before you plan anything for the party, _____ together a guest list.
a write **b** get **c** put
 - 6** Do you think it's a good idea to _____ my birthday up as an event on Facebook?
a set **b** make **c** do

- 3** Translate the Polish parts of the sentences into English.

Paul Are you going ¹ _____ (*uczestniczyć w zjeździe rodzinnym*) next month?
 Luke I'm not sure yet. Why?
 Paul I'm supposed to ² _____ (*pomóc zorganizować to spotkanie*). So I'm trying to find out what the guests are expecting.
 Luke Just make sure it's not in the same place as last year! The food in the restaurant was awful.
 Paul I know! But I'm not responsible for ³ _____ (*zarezerwowanie lokalu*).
 Luke So what exactly is your job?
 Paul Generally speaking, I'm to handle the social media. I need ⁴ _____ (*utworzyć wydarzenie*) on Facebook. I'm going to post important information and some old family pictures.
 Luke How's it going so far?
 Paul Not so good. Very few people ⁵ _____ (*przyjęło zaproszenie*). We're worried that the party might turn out to be a flop.
 Luke Cheer up! I'm sure the Facebook event will encourage some people to come. Why don't you run a poll to make sure everyone can have a say?

VOCABULARY CHALLENGE! Student's Book, p. 128, UNIT 1, ex. 1

- 4** Match the parts of the sentences. There is one extra part.

- | | |
|--|--------------------------|
| 1 I hadn't realised Susan was such a loner | <input type="checkbox"/> |
| 2 No wonder people don't want Pete in the team – | <input type="checkbox"/> |
| 3 Kevin didn't use to be so gregarious, but now he seems to be the life | <input type="checkbox"/> |
| 4 Ever since I met Jake, he has enjoyed being the centre | <input type="checkbox"/> |
| 5 Andy turned out to be a good sport | <input type="checkbox"/> |
| 6 Jane isn't much of a scream, | <input type="checkbox"/> |
- a** and helped me to complete the project on time.
b and told some really good jokes.
c and soul of the party whenever we meet.
d until she told me she hated socialising.
e but she is very approachable and a good friend.
f he can be a real wet blanket and spoil the fun for everyone.
g of attention – he's always got to be noticed.

- 5** Complete the sentences so that they are true for you.

- 1** My dream venue for my 18th birthday party is _____.
- 2** If I could catch up with any of my childhood friends, I'd choose _____ because _____.
- 3** The last time I threw a big do was _____.
- 4** I decided to make a night of it and _____.

GRAMMAR 1

1

tense contrast: present perfect simple, present perfect continuous, past simple

1 Choose the correct answers.

- I _____ my room all morning. I'm almost done now.
a have painted b have been painting
- Judy _____ Russian as a child, but she's forgotten most of it now.
a has been learning b learned
- It seems Dave _____ visiting his parents a long time ago.
a has stopped b stopped
- My grandma _____ the best Christmas parties out of all the family. I wish she was still with us.
a organised b has been organising
- Patty's been sitting in front of the TV all day. I wonder how many films she _____.
a has been watching b has watched
- Nobody _____ him since last week.
a saw b has seen
- Do you know if any of your friends _____ an invitation?
a have received b received

2 Complete the sentences with appropriate words.

Write one word in each gap.

- We've had terrible weather _____ last month.
- How _____ have they been waiting for the guests to arrive?
- _____ did Stephanie attend the school reunion?
- Lucy has been organising her wedding reception _____ months.
- You can't change your mind now! I've _____ bought the tickets for the concert.
- Tom was sick _____ week and stayed at home.
- She's lost two umbrellas _____ week.
- I've read three of Andrzej Sapkowski's novels _____ far, and I have to say he's a great writer.
- Have you _____ considered getting married without having a big reception?
- A** Have you invited your grandparents?
B Well, I haven't called them _____, but I'll do it today.

3 Choose the correct option to complete each sentence. Sometimes both answers are correct.

- Tom and I **have worked** / **have been working** on this project for so long that we cannot wait to finally show it to everyone.
- Dave **has been saving** / **has saved** for months to buy a new Xbox. So far, he **has been saving** / **has saved** half the sum he needs.
- How long **have you lived** / **have you been living** with your aunt?
- You **'ve been watching** / **'ve watched** TV all morning. Don't you think it's time to stop?
- How many people **have been responding** / **have responded** to the online invitation?
- So far, we **'ve been booking** / **'ve booked** the venue and the band, and we are currently choosing flowers for the ceremony.

4 Complete the text with the correct forms of the verbs below.

graduate be appear gain study help

Dear Sir/Madam,
I am writing in connection with the advertisement that
1 _____ in the last issue of *Weekly Career*. I would like to apply for the position of a children's party planner at your company.
Since I 2 _____ pedagogy at university and 3 _____ with a BA degree, I am convinced that I 4 _____ the necessary qualifications to work with children.
Since my graduation, I 5 _____ my aunt run her business – organising birthday parties for children. I 6 _____ responsible for making all the bookings and checking the venues before the events, which I believe further makes me a suitable candidate for the job. I hope you will consider my application.
Yours faithfully,
Margaret Green

5 Translate the Polish parts of the sentences into English.

- Lucy 1 _____ (*Zaplanowałaś*) all the activities for the games night at your place next week yet?
Mark I'm afraid not. 2 _____ (*Myślę o tym*) for a week, but I am not sure what the guests would like.
3 _____ (*Dotąd kupiłem*) a few board games, but it might not be enough.
Lucy I guess you're right. Kevin 4 _____ (*przyniósł*) some board games for Tom's birthday party and many guests 5 _____ (*uważało, że były nudne*).
Mark So what should I do? I guess I 6 _____ (*skończyły mi się*) of ideas.
Lucy Why don't you ask someone for help? Someone who 7 _____ (*brał udział w*) a similar event. Take Peter, for example, last summer 8 _____ (*urządzał*) such parties at his house regularly.
Mark Sounds like a good idea. But we're not very close friends.
Lucy Don't worry! We 9 _____ (*znamy się*) for years. I'll talk to him for you.

6 Complete the second sentence so that it means the same as the first. Use the word given.

- I last spoke to Timmy over two years ago. **NOT**
I _____ for over two years.
- It's a long time since we ate out together. **FOR**
We _____ a long time.
- Sue began reading when she came home, and she hasn't stopped yet. **BEEN**
Sue _____ came home.
- The last time there was a wedding in my family was in 2018. **NO**
There _____ 2018.
- We still need to book a venue for the reception. **YET**
We _____.
- Paul has been out for three hours now. **AGO**
Paul _____.
- How long has it been raining? **START**
When _____?

1 Answer the questions so that they are true for you. Check the meanings of the words and phrases in bold in a dictionary.

- 1 Would you rather go to a party or curl up on the sofa with a **good book**?
- 2 Have you ever been to a **family get-together**? Would you like to?
- 3 Have you ever been invited to a party **out of the blue**?
- 4 Is it better to plan a party **meticulously**? Or do you prefer to be **spontaneous**?
- 5 How would you feel if someone **threw a surprise party** for you?
- 6 Have you **lost touch with** any friends and relatives? Would you like to **catch up with** them again?
- 7 If you were at a party that **didn't live up to your expectations**, would you be tempted to **make your excuses and leave**?
- 8 What type of party **fills you with dread**?

2 **MP3 01** Listen to four people talking about parties. Match the statements (1-5) with the speakers (A-D). There is one extra statement that you don't need to use.

This speaker

- 1 is glad about making the right decision.
- 2 states that the party wasn't organised by anybody.
- 3 had been expecting to do something different that evening.
- 4 had been dreading the party but ended up having a great time.
- 5 felt disappointed because of other people's behaviour.

A	
B	
C	
D	

3 **MP3 01** Listen again. Answer the questions (1-5).

- 1 What was Speaker A hoping?

- 2 What did Speaker B's friend agree to do?

- 3 What was the purpose of the get-together described by Speaker C?

- 4 How did Speaker C feel about her school results?

- 5 How many people were at the party described by Speaker D?

4 Write a short description of a party or get-together that you attended. For example, a party that was better or worse than you expected. Try to use some of the words and phrases in bold from exercise 1.

REVISION Student's Book, page 6

5 Complete the speeches with the words below. There is one extra word. What occasions are the speeches for?

best to happy to on

1 I'd like to propose a toast. Congratulations _____ my baby girl, who grew up to be a beautiful, smart woman with a brilliant career ahead of her. May this degree be the first of many outstanding achievements in her life.

2 Brian, this company wouldn't be the same without you. Congratulations _____ all your achievements that have made this business so successful. We're going to miss you, mate!

3 Let's make a toast! Maggie, Ben – it's been wonderful and inspiring to watch your relationship grow over the last twenty years. _____ wishes for the future!

4 There is nothing more exciting than to watch our family get bigger. Here's _____ the baby boy who will keep me busy in my retirement!

6 Complete the words with the missing letters.

- 1 Everyone was impressed by the o _ _ s _ _ n _ _ _ g celebration the Greens organised – it was excellent.
- 2 At the family reunion, I had a chance to talk to some distant r _ l _ _ i _ _ s whom I'd never met before.
- 3 If you want to throw your birthday party in this restaurant, you'd better make a _ o _ _ i _ _ g soon.
- 4 I thought Ellen would help us organise the event, but I was sadly _ _ s _ _ k _ _ n.
- 5 You could see that Dennis was _ h _ _ _ l _ _ d with his birthday present – he couldn't stop smiling!
- 6 The concert hall was p _ _ k _ _ with fans – the organisers should have chosen a bigger venue.
- 7 It would be inappropriate to wear this shirt to a wedding _ _ c _ p _ _ _ n!

7 Write 4-5 sentences about what, in your opinion, makes a great party or family celebration.



GRAMMAR 2

speculating about the present and the past:
may / might / could / can't / must

1

1 Choose the correct option to complete each sentence.

- 1 Can you hear the music? The neighbour **must practise / must be practising** the violin.
- 2 The school-leaving party **can't have been planned / can't be planned** by a professional. It was a disaster.
- 3 I can't find my phone, and I don't know where to look for it. It **must / could** be anywhere.
- 4 Stella **can't / might** refuse to come to your birthday party as she doesn't like such occasions.
- 5 Congratulations on passing the exam with such a great result. You **might / must** have worked very hard.
- 6 You've forgotten to book a table? You **can't / must** be joking!
- 7 It **can't / might** be raining in the afternoon, so you'd better take an umbrella.
- 8 Laura **must go / must have gone** shopping. She said she needed a new dress for the wedding reception.

2 Complete the sentences with the correct modal verbs. Sometimes more than one answer is possible.

- 1 Sarah _____ have stolen the money. She's too honest to do such a thing.
- 2 The baby has been crying for ten minutes. It _____ be hungry.
- 3 Look at that man waving. He _____ be trying to get your attention.
- 4 It's a pity she didn't decide to continue her education. She _____ have become a very good doctor.
- 5 I haven't got my keys. Ah, I _____ have left them in the office. Hold on, I'll be back in a minute.
- 6 Have you seen Harry's new car?! It's a Ferrari! It _____ have cost a fortune!
- 7 You're going to buy Mary a day at a spa as a graduation gift? You _____ be serious!
- 8 I wouldn't ignore his opinion. He _____ know more than we think.

3 Complete the mini-dialogues with modal verbs and the correct forms of the words in brackets.

- 1 **A** Where is Toby?
B I don't know. He (*have / lunch*) _____ in the cafeteria.
- 2 **A** Have you got any idea who made the booking for Friday?
B It (*not be / Jeff*) _____ - he isn't organising our party.
- 3 **A** I can't find my jacket anywhere.
B You (*leave*) _____ it in the locker - I'm pretty sure you came home without it.
- 4 **A** You (*be / hungry*) _____. You've only just eaten!
B I wouldn't say 'only just'. I had lunch more than 30 minutes ago ...
- 5 **A** I haven't found any suitable accommodation for my stay in New York.
B Betty (*agree*) _____ to put you up for a few nights. Just give her a call.
- 6 **A** So the graduation ceremony is next week. You (*be / thrilled*) _____.
B I am! I am really looking forward to it.

4 Add five missing words to the email below.

Mark,
Just a quick one to let you know that Betty hasn't shown up for grandma and grandpa's anniversary. Can you believe it? She **must** know the celebration is today. I mean, she accepted the invitation. Nobody really knows what's happened. She **might** have missed her train and **might** be waiting to catch the next one. But she **has** her phone with her, right? She **has** left it at home! She **can't** be that careless, right? Anyway, if she contacts you, let me know.
Henry

5 Write a sentence to speculate about each situation.

- 1 Your friend is falling asleep during a lesson.

- 2 You can see your friend carrying some flowers.

- 3 Some of your classmates didn't come to your birthday party.

- 4 Your cousin has called off her wedding unexpectedly.

- 5 Your mum has been in a very good mood all day.

GRAMMAR CHALLENGE! Student's Book, page 128, UNIT 1, ex. 1

6 Find and correct the mistakes in the sentences. Some sentences are correct.

- 1 Peter can be abroad at the moment. Try calling him when he's back.
- 2 Eating too much could make you sleepy.
- 3 Do you think your ex-boyfriend can show up at the party?
- 4 If you don't know the way, you could easily get lost in the dark.
- 5 I love my younger brother, but he may be so annoying at times.
- 6 It might get very cold here at this time of the year.
- 7 Ask Peter! He might remember Alice's phone number.


7 CUMULATIVE GRAMMAR Translate the Polish parts of the sentences into English.

- 1 _____ (*Jak długo mieszkasz*) in this neighbourhood?
- 2 _____ (*Nieemożliwe, że Betty zapomniała*) about your birthday.
- 3 _____ (*Znalazłeś te klucze? Szukasz ich*) for three hours now!
- 4 How many times _____ (*Ken wygrał odkąd zaczęliście*) playing?
- 5 As a teenager, _____ (*nie miałem zbyt wielu*) friends.
- 6 They _____ (*wzięli ślub na studiach i są szczęśliwi*) ever since.
- 7 I've been collecting stamps for years and I _____ (*udało mi się zebrać*) some pretty valuable ones.
- 8 Sheila _____ (*potrafi być bardzo towarzyska*) when it suits her.

1 Read the text below and answer the question.

What's the best title for this text?

- a How rich kids have fun
- b Birthday parties are getting more and more expensive
- c There are many ways to celebrate coming of age

2  Read the text again and answer the questions (1-5).

The birthday which marks the crossing of the threshold between childhood and adulthood is always considered a reason for a special celebration. Typically, this is when one legally **comes of age**, i.e. acquires certain legal rights such as voting or marrying. In the United States, however, there are often different legal ages for voting, buying alcohol or marrying, depending on the state you live in. To somehow work around the problem, Americans have settled on what's known as the *sweet sixteen* as the party that welcomes the birthday boy or girl into adulthood.

Most people organise a conventional family gathering or a private party for friends to celebrate their sweet sixteen. However, more and more teenagers are growing tired of regular parties and go for something totally different. Popular alternatives to traditional restaurant dinners include fancy picnics or murder mystery dinners where someone pretends to be murdered and the other guests have to guess who did it. Others **take their friends out** and go go-kart racing, spend a day at an amusement park or go away for the weekend on a camping trip.

Another idea that seems to be gaining in popularity, especially for girls, originated in Latin America. This is a formal ball, often held at a restaurant or country club. There may be more than a hundred guests at such events. The guests receive beautiful invitations, which usually



announce that you are cordially invited to the sweet sixteen of *such and such* and that an **RSVP** is required if they wish to attend. The food at such parties is supplied by professional **caterers**, and the place is usually lavishly decorated, while the guests are required to wear either formal **gowns** or **tuxedos**. The birthday girl is queen for a night. She wears a tiara and a gorgeous ball gown. The highlight of the evening is when she dances with her father.

Needless to say, there are also the children of millionaires, whose parties are so ridiculously extravagant that the celebrity magazines gossip about them for weeks afterwards. To please their sweet sixteen-year-olds, richer parents rent out hip-hop clubs for **theme parties** or have top celebrities, such as Jay-Z or Kanye West, to **entertain** the guests. They may even present their kids with the latest model of Mercedes or Range Rover. The general impression is one of showing off and outdoing everyone else. For most people, however, the sweet sixteen is not about how much money one has: it's more about spending the day in a way that guarantees you'll always look back on it with fondness.

- 1 Why did Americans choose the sweet sixteen as the coming-of-age celebration? _____
- 2 What are the most conventional ways of celebrating sweet sixteen? _____
- 3 What is a typical venue for a formal ball? _____
- 4 What seems to be the main idea behind the extravagant parties held by affluent families? _____
- 5 What is the main purpose of the text? _____

3 Match the words and expressions in bold from the text with the definitions below.

- a an abbreviation used on written invitations asking to say whether or not you will attend: _____
- b a social occasion where the food, decorations and clothes are related to a particular subject or a historical period: _____
- c very formal jackets: _____
- d very formal dresses: _____
- e provide enjoyment: _____
- f legally becomes an adult: _____
- g people who organise the food for events: _____
- h to go somewhere with someone and pay for it: _____



4 Skim the text. Underline the fragments which mean the same as the sentences below.

- 1 It is widely believed that the day you legally become an adult should be marked as a special occasion.
- 2 Yet an increasing number of young people are growing bored with typical celebrations and look for something else.
- 3 Recently, a new fashion for girls' parties appeared and it is based on traditions from Latin America.
- 4 The most important moment of the party is the birthday-girl's dance with her dad.
- 5 People who have a lot of money pay for famous venues or even famous people to provide enjoyment for their guests and it's all done to make their birthday boy or girl happy.

REVISION Student's Book, pages 8-9

5 Complete the names of games 1-9 with the words below. There are two extra words.

scotch games (x2) war ships crosses Ludo
man draughts seek hOunt



1 battle _____



2 board _____



3 hang _____



4 hide-and-_____



5 hop _____



6 noughts and _____



7 tug-of-_____



8 shooter _____



9 scavenger _____

6 Complete the sentences with the correct forms of the words below.

be count have (x2) fad crave pursuit on at

- 1 I thought Mike and me would just play Minecraft as we've done _____ times before, but I _____ in for a surprise - his father had bought a Virtual Reality set with a bunch of adventure games.
- 2 It doesn't matter where you are - with the right people you can always _____ the time of your life.
- 3 My sister _____ thrill and adventure, so a weekend in front of a TV is not for her.
- 4 I can't do this puzzle - why don't you _____ a shot _____ it?
- 5 Everyone is big _____ colouring books these days, but I think they're just a _____ and will not be so popular next year.
- 6 I've been working on a tough project all week, so intellectual _____ are not for me today - let's go out tonight.

VOCABULARY CHALLENGE! Student's Book, p. 128, UNIT 1, ex. 2 & 3

7 Complete the words with the missing letters. Some letters have been given.

- 1 If you could ___t to a robot - what would you talk about?
- 2 Instead of completely banning computer entertainment parents should _n_ _r_ _g_ their children to play educational games.
- 3 My family's support helps me to _u_ _ _ _ even the most ambitious goals.
- 4 Friday night has always been an opportunity to _s_ _ _ _t with my friends.
- 5 In a role-playing game, inventing the story for the players is crucial so you need someone creative to p_ _f_ _m this task.
- 6 Summer outdoor concerts are not just a great way to enjoy music but also to s_ _c_ _l_ _ _ with your friends.
- 7 Our class team didn't win the scavenger hunt, but we've _ _ _ _ _v_ _ _ a more important goal - getting to know one another better.

8 Complete the sentences so that they are true for you.

- 1 I had a time of my life when _____
- 2 My friends and I have _____ countless times and we never get bored with it.
- 3 I thought _____ would be very boring but I was in for a surprise. It turned out _____
- 4 A fad that I simply do not understand is _____
- 5 I've never been big on _____ because _____
- 6 The best way to accomplish your goal is to _____
- 7 I really don't like to engage in tasks which involve _____
- 8 The best place to hang out with my friends is _____

speculating about the picture •
answering the three questions

- 1 Write sentences from the prompts to describe the picture. You will need to change the form of some words and add any necessary words.



- 1 it / look / as if / photo / take / picnic
_____.
- 2 judge / they / appearance / I / say / they / be / father and son
_____.
- 3 I / guess / something / unpleasant / might / happen / boy
_____.
- 4 he / cover / face / as if / he / cry / and / he / appear / rather / upset
_____.
- 5 I / imagine / the father / cheer up / he
_____.

- 2 Match the parts of the sentences. Which question in exercise 3 do they help to answer?

- 1 She must be very upset,
 - 2 They don't seem to
 - 3 It doesn't seem
 - 4 She might
 - 5 Chances are
 - 6 Maybe she's failed her exams, then she is bound
- a have had an argument with either her boyfriend or her parents.
 - b know how to help her.
 - c like the girl has been hurt.
 - d or so it seems, because she's crying.
 - e that she has received some bad news.
 - f to feel depressed and that's why she needs her friends.

- 3  Describe the picture and answer the questions.

 3 minuty



- 1 What might have happened to make the girl cry?
- 2 Who do you turn to when you have a problem? Why?
- 3 Describe a situation when you had to cheer up a friend in a difficult situation.

a letter to the editor

- 1 Which of the underlined fragments are not suitable for a formal letter? Write more formal equivalents.

¹Dear Newspaper Editor,

²I'm writing in response to the article which claims that young people do not spend their free time in a creative way, but instead sit in front of their computers all day. ³I think that's an incorrect idea, and I would like to offer my point of view on the matter.

My best friend and I have been solving word puzzles for six years. Our interest in word games started with magazine crosswords, ⁴but we soon discovered we had a real talent for them. We became passionate about word games and began searching bookshops and the Internet for various kinds of challenges. It soon became more than just a form of recreation. Now ⁵we take great pleasure in creating our own word puzzles.

⁶From my point of view, this hobby ⁷is really good for you for many reasons. Firstly, our range of vocabulary is much broader than that of many of our peers. Secondly, we have learned to think creatively and logically. ⁸Also, we ⁹make up crosswords in ¹⁰English and Spanish. We're learning them at school. I believe it is the reason for our good grades in vocabulary quizzes.

In conclusion, ¹¹let me emphasise the fact that many teenagers have creative hobbies, which range from constructing model planes to cooking, and I firmly believe they develop knowledge as well as a sense of taste.

¹²Thank you for your attention,

XYZ

- 2 Read the writing task in exercise 3. Match the ideas (a-h) with the correct category. There is one extra idea which does not match any category.

Positive aspects of using technology: _____

Ways of avoiding the negative effects: _____

- a always in touch with friends and family
- b it's easy to follow the events in our friends' lives
- c meeting people in real life, not just online
- d it's easy to organise social events
- e limiting the amount of time spent in front of the computer
- f there are many dangers present for children on the Internet
- g social media remind us about people's birthdays
- h talking to people instead of texting them

- 3  Read the instructions and do the writing task.

Przeczytałeś/Przeczytałaś w gazecie młodzieżowej artykuł o negatywnym wpływie nowoczesnych technologii na wiele aspektów naszego życia, m.in. na życie towarzyskie. Napisz list do redakcji tej gazety (200–250 wyrazów), w którym nie zgodzisz się z autorem artykułu, podając przykłady pozytywnego wpływu technologii na życie towarzyskie, oraz opiszesz, jak można ustrzec się przed ich negatywnym wpływem.

1 Find and correct one grammatical mistake in each sentence. One sentence is correct.

- 1 Bad music can make your guests to leave a party early.
- 2 A fight with her boyfriend caused Mandy go home.
- 3 I can't help thinking that we should have done more for her.
- 4 Can you help me setting the table?
- 5 I've been enjoying snowboarding since I was five.
- 6 What took you so long? I sat here for 45 minutes!

2 Complete the sentences with the correct forms of the verbs below.

happen mean arrange bother regret miss fail avoid

- 1 I've been _____ to ask you for ages – could you give me the recipe for your amazing blueberry muffins?
- 2 I _____ not taking my phone to Justin Timberlake's concert – he was taking selfies with anyone who asked for one!
- 3 If you _____ to talk to Sandra, please give her my love.
- 4 Don't _____ asking Chloe for help. She always refuses.
- 5 Now that I've moved out, I _____ chatting with my family at the dinner table every night.
- 6 I _____ to see what all the excitement about escape rooms is.
- 7 They _____ to meet in secret because they didn't want the paparazzi to follow them.
- 8 I knew something was wrong when she _____ looking me in the eye.

3 Complete the text with appropriate words. Write one word in each gap.



When was the last time you attended a wedding reception? I've been **1** _____ three lately, and I'm confused. I understand that everyone wants to have a big do, but do we have to play games all night? At the last one I went to, all the guests **2** _____ to take part in different contests. We played tug-of-war, and then

the bride went missing and we had to participate in a scavenger hunt to help the groom get her back from the 'kidnappers'. Some people might have **3** _____ a real laugh but not me. Whatever happened to good old-fashioned dancing and catching **4** _____ with relatives that you often only get to see at such events? Now I am helping my daughter, Marta, organise her 18th birthday party. We've already put **5** _____ a guest list and booked a venue. But now I'm stuck because I started thinking that possibly people **6** _____ be expecting games at birthday parties as well. Marta **7** _____ reading about celebrities – should I hire one to come as a guest? My sister says I should. It's the first time I **8** _____ heard of such a thing, but apparently it's possible. But how does one go about it? Anyone had similar problems? Any suggestions would be welcome!

4 Complete the sentences with the correct forms of the words in brackets. Add any necessary words. Write no more than five words in each gap.

- 1 Doing yoga (*enable / I / keep / fit*) _____ and relax at the same time.
- 2 He said he was my cousin? He (*must / be / mistake*) _____ – I'm not related to anyone by that name.
- 3 I (*be / stick / indoors*) _____ two weeks now because of my broken leg.
- 4 It (*be / commonly / believe*) _____ that word games improve your memory.
- 5 She (*play / chess*) _____ since she was a little girl – no wonder she's so good at it.
- 6 The Willards have renovated their house. They (*might / think / sell*) _____ it.
- 7 We're throwing Sam a surprise party. He (*bound / be / thrill*) _____.
- 8 I'm sorry, I don't (*seem / remember / meet*) _____ you. What's your name again?
- 9 The teacher (*listen / student / play*) _____ the whole piece before giving his comments.

5 Choose the correct answers. Sometimes two or all three options are correct.

- 1 Jake! I haven't seen you for ages! What _____ all this time?
 - a did you do
 - b have you done
 - c have you been doing
- 2 Although Sarah is a very busy person, she _____ me with all the preparations for the party.
 - a is helping
 - b has helped
 - c has been helping
- 3 Have you heard? Jake has cancelled tonight's party. He must _____.
 - a be having problems with his parents
 - b have a good reason for doing it
 - c have changed his mind and decided to study for tomorrow's finals after all
- 4 The concert is in Berlin. It _____ be difficult to convince mum to let us go.
 - a might
 - b can
 - c could
- 5 My brother has always enjoyed being _____ at parties.
 - a a scream
 - b a good sport
 - c the centre of attention
- 6 I'm sure he's gone. I saw him _____ so fast that he almost hit the gatepost.
 - a get in the car and leave
 - b got in the car and left
 - c getting in the car and leaving
- 7 Furthermore, allow me to draw your attention to the fact that young people do not seem to have much time to _____ with their friends as they believe they have too many responsibilities.
 - a hang out
 - b mess about
 - c socialise
- 8 I must say that I _____ you my secrets.
 - a am regretting to tell
 - b now regret telling
 - c have often regretted telling
- 9 If you want to find Sam, you _____ his sister – she usually knows where he is.
 - a could try calling
 - b must have tried calling
 - c might be trying to call



- 1 **MP3 02** Usłyszysz dwukrotnie cztery wypowiedzi na temat wydarzeń organizowanych poprzez media społecznościowe. Do każdej wypowiedzi (1–4) przyporządkuj właściwe zdanie (A–E). Wpisz rozwiązania do tabeli. **Uwaga:** jedno zdanie zostało podane dodatkowo i nie pasuje do żadnej wypowiedzi.

This speaker

- A** doesn't understand his/her friend's passion.
B was surprised when it turned out he/she needed help.
C says organising events is easy thanks to social media.
D was worried about being by himself/herself among strangers.
E wants to organise similar events in the future.

1	
2	
3	
4	

- 2 Match the words and expressions in bold from the text in exercise 3 with the definitions below.

- 1 a person who listens when you talk about your problems: _____
 2 shared by two or more people: _____
 3 sadness which you keep to yourself: _____
 4 complaining: _____
 5 behave calmly after being very upset: _____
 6 crying: _____
 7 all the stages in dealing with something difficult: _____
 8 understand someone's feelings: _____

- 3 Przeczytaj tekst, z którego usunięto cztery fragmenty. Wpisz w luki 1–4 litery, którymi oznaczono brakujące fragmenty (A–E), tak aby otrzymać logiczny i spójny tekst. **Uwaga:** jeden fragment został podany dodatkowo i nie pasuje do żadnej luki.



Sadness is as much a part of our lives as happiness. Couples break up, students fail important exams, and teenagers often argue with their parents. ¹____ In such situations, most people tend to curl up into a ball, pull the blanket over their head and cry. This is often called *having a pity party*. But if it's one of your friends, you might consider not letting them go through this difficult time alone. Instead, you can do what many people have been doing lately – taking the 'party' part literally. After all, it seems only logical that since we celebrate the good times with our friends, we should also share the bad ones with them.

So call all your **mutual** friends and have the most tearful pity party ever. Be careful when putting together a guest list, though. ²____ They need a **shoulder to cry on**, someone who will **sympathise** and continue supplying tissues all night. Decorations are not required, but there are plenty of 'Life sucks' and 'Why me?!' banners and balloons available if you want to go all the way. As for the activities, most pity parties involve dusk-till-dawn heartfelt **whining**

and **sobbing**, depressing music playing in the background, tearful movie marathons and plenty of comfort food, such as junk food and ice cream.

Spending an evening together complaining about life instead of trying to cheer a sad friend up might sound strange at first. ³____ However, it's part of the **coping process**. We shouldn't deny ourselves the right to express negative emotions. **Bottled-up grief** or anger only tend to blow up in our faces at the least expected moments. It's much better to let them out in the safe and supportive environment of your friends. So, if something horrible happens, enjoy your pity party and cry your eyes out – it's therapeutic. Only don't make a **habit** of it. ⁴____ After all, the point is not to get stuck in self-pity, but to let go of bad emotions so as to be able to get on with your life.

- A** All these can cause a person to feel that life's not fair and they just can't go on any longer.
B Once the party is over, get a good night's sleep and then try to **pull yourself together**.
C A pity party is all about allowing people to feel sorry for themselves, so don't invite people who are going to tell the sad person to stop complaining.
D That's why, instead of turning off the phone, you should call them and tell them to bring boxes of tissues and comfort food of your choice.
E After all, ours is a culture which favours strength, and we're always told to be tough and deal with problems.

- 4 Do the speaking task and answer the questions.

Po zakończeniu roku szkolnego i egzaminów maturalnych maturzyści postanowili zorganizować imprezę dla wszystkich uczniów ze swojego rocznika, aby razem świętować ukończenie szkoły. Jesteś jednym z organizatorów i masz do wyboru dwa plakaty reklamujące tę imprezę.

- Wybierz ten, który najlepiej zachęci absolwentów do udziału w imprezie, i uzasadnij swój wybór.
- Wyjaśnij, dlaczego odrzucasz drugą propozycję.



- 1 Proms are very often organised at school. What are the advantages and disadvantages of choosing such a venue?
 2 How important is it for a school to organise fun events such as dances, concerts or sports days for the students?



▶ VIDEO 01

BEFORE WATCHING

- 1 Which of these are important to you in contact with others? Why?

making eye contact hugging touching meeting in real life
smiling holding hands

- 2 Look at the photo and answer the questions.



- 1 Why do you think the man is giving out free hugs?
- 2 Are hugs important to our well-being?
- 3 The title of the video is "E-Body" – what could it mean?
- 4 How might the title be related to hugging?

WHILE WATCHING

- 3 Watch the video and say who or what these people and objects are.

- 1 Justin Bratton _____
- 2 T-Jacket _____
- 3 James Teh _____
- 4 Julie Chia _____
- 5 Justin _____

- 4 Watch the video again. Complete the sentences.

- 1 According to scientists, we need _____ to function well.
- 2 By touching and hugging, we tell other people that we _____ them and also communicate other emotions and give assurance.
- 3 When someone gets overstimulated by the things, on the autism spectrum they _____, hugging calms them down.
- 4 T-Jacket is controlled _____.
- 5 T-Jacket helps Justin because when it 'hugs' him, Justin _____ it and this pleasant sensation allows him to forget about everything else.
- 6 Julie says that thanks to the T-Jacket Justin _____ more and is less _____.

FOLLOW-UP

- 5 Complete the text with the words below.

simulate off reciprocation down inflates
load well-being

THE POWER OF HUGS

You hug someone close to you and they hug you back. Apparently, this simple ¹_____ of human touch is very important to our emotional ²_____. As historic research shows, infants who have unfortunately been deprived of it don't develop as they should. Why are hugs so important? Well, for a start, when you hide yourself in someone's arms, you shut ³_____ the world. It ceases to exist, and all its problems and worries disappear with it. But what if a mother needs to give such hugs to her autistic child all the time to prevent him or her from becoming overwhelmed by all of the stimuli from the outside world? It used to be a serious problem, but these days, she may get them a T-jacket, that is a piece of clothing which ⁴_____ with a click of a specially-designed app in order to ⁵_____ the sensation of being hugged. What a ⁶_____ off her shoulders to know her child will be able to calm themselves ⁷_____ in this way!

- 6 Complete the sentences with the correct forms of the words in brackets.

- 1 Little children get _____ (*stimulate*) by computer games, so they shouldn't play too much.
- 2 Marrying someone is a way of giving them _____ (*assure*) that you'll never leave them.
- 3 Claiming that we need four hugs a day for _____ (*survive*) is going a bit too far, isn't it?
- 4 Little children need varied _____ (*senses*) input for proper development.
- 5 Do you really think being hugged by a T-Jacket can give one a sense of _____ (*secure*)?
- 6 She has many _____ (*anxious*) issues that she's working out with a therapist.

AFTER WATCHING

- 7 Justin Bratton's video suggests that in the future robotic devices may be fulfilling some of our emotional needs, for example robotic pets. Find information about them and create a short video or a presentation to present it to the class.



COMPREHENSION

- Look at the pictures at the bottom of the page. How do you normally react in these kinds of situations?
- ▶ Watch the first part of the video (up till 00:45). What problem is Oliver Burkeman talking about? What is 'busy bragging'?
- Work in pairs. Discuss the questions.
 - Does this 'busyness trap' exist in your country?
 - What solutions to this problem can you think of?
- ▶ Watch the second part of the video (00:45-3:15). Does Oliver mention any of the solutions you thought of? What other solutions does he mention?

Glossary

- abundance (n)** a very large quantity of something
- compartmentalise (v)** to separate something into different types or groups
- overwhelmed (adj)** to exist in such great amounts that someone or something cannot deal with them
- takeaway (n)** an important piece of information to remember from a meeting, presentation, book etc.

- ▶ Watch the second part of the video again. Answer the questions.
 - What does Oliver say about busyness in the modern world?
 - There is a fixed amount of space and tasks.
 - Organised people can get everything done on time.
 - There is no limit on the amount we could do.
 - What effect does being efficient have on your work life?
 - It will make you lazier.
 - You'll get more work.
 - You'll be a more attractive employee.
 - What does Oliver say about getting everything done?
 - It's a difficult but achievable goal.
 - It's not important.
 - It's an impossible goal.
 - What does Oliver say we have to choose?
 - What is important to us.
 - What makes us happy.
 - What we believe in.
 - What does the author of *Overwhelmed* focus on?
 - Multi-tasking.
 - Doing just one thing in each period of time.
 - Making time for yourself.

AUTHENTIC ENGLISH

- Work in pairs. Read the extract from the video. Why does the speaker ask the question in bold?

So how can we get out of this busyness trap?
I think we need to understand how busyness really works.
- Read the information in the box and check your answer to exercise 1.

Rhetorical questions

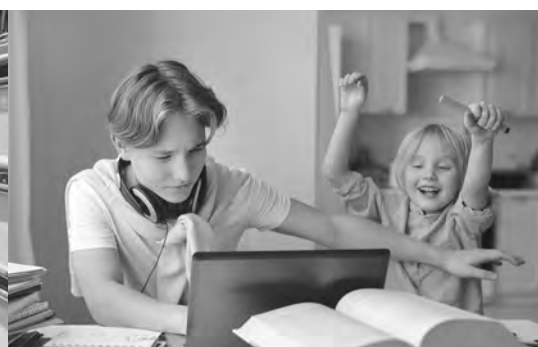
A rhetorical question is a question you ask without expecting an answer from the listener. It is used for effect to persuade or influence the listener. Rhetorical questions are often preceded by *so* when the speaker supplies the answer.

- Work in pairs. Add rhetorical questions before or after the sentences.
 - In my opinion, the best solution is to make people valued at work as well as paying them better.
 - I think I failed the last part of that exam.
 - You really need to do your share of the housework!
 - You should work a lot harder than you are now.

DISCUSSION

Work in pairs. Discuss the questions.

- Do you agree with Oliver that if you become more efficient, you won't be rewarded with an easier life? Why? / Why not?
- Do you feel part of this 'busyness trap'? If so, what could you do to prevent it?



READING

- 1 Read an article about a book. Complete the article with sentences a–e. There is one sentence you do not need to use.
- In the workplace, we value workers who put in ridiculously long hours and devote themselves to the job.
 - She explains that a lot of the stress we feel comes from the constant feeling that everything we have to do has to be done right now.
 - Other things we want to do, although they may be enjoyable or rewarding, just have to go.
 - However, there's absolutely no evidence that working more hours leads to greater productivity.
 - You need to let people know what your boundaries are, and not accept every request you get.

THE FOUR LESSONS I LEARNT FROM OVERWHELMED

Here are my four takeaways from the book *Overwhelmed: Work, Love, and Play When No One Has the Time* by Brigid Schulte.

Put first things first

Schulte tells us to prioritise what is important and schedule time to do it. We need to be clear with ourselves what our priorities are if we are to focus on them. ¹ ___ Prioritising will help you realise what is truly important in your life.

Leave on time

Many companies are obsessed by 'presenteeism', the belief that there is a direct correlation between the number of hours you spend at your desk and your productivity. ² ___ So don't feel guilty about leaving work on time.

Chunks of time

The author stresses the importance of what she calls 'compartmentalised time', which is dividing your time into parts and trying to do just one thing in each period. ³ ___ This is what can lead to doing lots of things at the same time, but not doing any of them well.

Just say 'no'

Schulte emphasises how important it is to learn to say no diplomatically. ⁴ ___ She advises that whenever someone makes a request of you, before you accept, you should consider whether you can actually deliver on it. Whenever possible, delegate and offload it to someone else.

Glossary

delegate (v) to give a particular job or duty to someone else so that they do it for you

offload (v) to get rid of something that you do not want by giving it to someone else

prioritise (v) to decide which things are most important so that you can deal with them first



2 Work in pairs. Discuss the questions.

- Do you agree with the advice in the article in exercise 1? Why? / Why not? Which piece of advice do you like best?
- Who do you know that would benefit from reading this book? Why?

SPEAKING

1 PREPARE Work in pairs. You are going to role-play a situation. Read your instructions.

Student A: You're a successful businessperson, but you're feeling overwhelmed. Make notes on some problems that you may face. Use the ideas below to help you or use your own ideas.

- managing money
- time management
- socialising with friends

Student B: You've recently attended a course on how to overcome busyness. Make notes on strategies you could recommend to a friend who is overwhelmed. Use the ideas below.

- prioritising tasks
- accepting your limitations
- relaxation techniques

Giving strong recommendations

I feel it's essential/vital that you ...

I strongly recommend that you look into the possibility of ...

It's urgent/imperative you start to consider how best you can ...

2 SPEAK Perform your role-play. Then change roles and act out the situation again.

3 REFLECT Which advice did you find useful? Why? Could you apply any of this advice in your own life?

BEYOND THE CLASS

Why not try ...

... researching more advice on how to deal with stress/busyness online? Report your findings to the class.

2

SUCCESS AND FAILURE

VOCABULARY

describing levels of performance



1 Choose the correct option to complete each sentence.

- 1 Bolt and Stevens are neck **to** / **and** neck in the final round. It's hard to predict who is going to win this time.
- 2 After the first lap, Fraser is still in the **win** / **lead**, with the remaining runners some distance behind her.
- 3 Davidson used to be a top performer, but he's been on a losing **string** / **streak** since the beginning of this season.
- 4 Will a 1:1 **draw** / **equal** be enough to take England to the semi-finals?
- 5 After a few miles into the race, Tala fell **out** / **behind** and never managed to make up for the lost time.
- 6 As always, the Wizards fought to the **equal** / **finish** and never gave up.
- 7 You could see that Irinova was no **match** / **form** for Greene, and she still needs to learn a lot.

2 Replace the phrases in bold with more appropriate words or phrases with similar meanings.

- 1 The swimmer has worked so hard to achieve his goal that he truly deserves the **winning of a competition**.
v _____
- 2 Next week, Thomas is playing against last year's **winner in the competition**.
c _____
- 3 We rarely see a United's **failure in a game**, but yesterday's match was an exception.
l _____
- 4 The New York Giants remain **without any losses** this season.
u _____
- 5 Due to her knee injury, which she sustained earlier this season, Williams is no longer **able to perform very well**.
in g _____ f _____

3 Complete the text with appropriate prepositions.

The best game I've ever watched was the Handball Championship finals. Our team had only to win one more game in order to become the best team in Europe. Early on in the game, we were ¹ _____ the lead, ahead of our opponents by a few points. But then suddenly, our players started falling ² _____ and lost the ball a few times. From then on, the match was like a roller-coaster ride! As soon as the team had managed to catch ³ _____ a bit, they started losing again. I can't describe the emotions. The crowd went wild! As if this was not enough, the match ended ⁴ _____ a draw and went into extra time. We remained neck and neck ⁵ _____ the other team, but in the end we were in second place. Nevertheless, it was a game to remember!



VOCABULARY CHALLENGE! Student's Book, p. 128, UNIT 1, ex. 1

4 Choose the odd one out.

- 1 dive backstroke lane shoot
- 2 backboard slam dunk poles dribble
- 3 defender racket net backhand
- 4 penalty pitch flipturn header
- 5 slope serve slalom downhill

5 Complete the sentences with the correct forms of some words from exercise 4.

- 1 Both teams were still drawn 1:1 after extra time, so the match had to be settled with _____.
- 2 Sheila was going quite fast down the _____ when an inexperienced skier crashed into her.
- 3 A standard football _____ is about 105 metres long by 68 metres wide.
- 4 As a basketball fan, Oliver loves watching the NBA _____ contest - the way the players jump high in the air is quite spectacular.
- 5 Do you lose points in tennis if the ball touches the _____ after a serve?
- 6 How deep can you _____? I mean, how long can you stay underwater?
- 7 In basketball, you mustn't _____ with two hands at the same time, only one hand can touch the ball.

6 Write a few sentences about a memorable sporting event you have watched.

1 Complete the sentences about each picture using the pairs of verbs below in the correct form.

exercise / watch sports play tennis / start to rain
be exhausted / jog arrive / be closed



1 When Tom and Bob _____, it _____.



2 When Tina _____ at the gym, it _____ for half an hour.



3 Jeff _____ because _____ for two hours.



4 When Julia _____ her brother James _____ on TV.

2 Choose the correct verb forms in each sentence.

- The coach **had asked** / **asked** all players to come closer, **had stepped** / **stepped** onto a chair and **began** / **was beginning** his speech.
- Sally **was working** / **worked** out when she suddenly **was feeling** / **felt** intense pain in her left knee.
- When Shaun **was waiting** / **waited** for his flight at the airport, he suddenly **had seen** / **saw** his favourite footballer, who **had been travelling** / **was travelling** with his family.
- Martha was very angry with me yesterday, as she **had waited** / **had been waiting** for hours for me to call her back.
- When we entered the room, everybody **was playing** / **played** a strange game that we **never saw** / **had never seen** before.
- When I **had wanted** / **wanted** to pay for the tickets, I **was realising** / **realised** that I **had had** / **had** no money on me because I **left** / **had left** my wallet at home.

3 Complete the text with the correct forms of the verbs in brackets.

The Champions League Final is a major event for every football fan, so my brother and I ¹ _____ (**decide**) to invite a bunch of friends round and watch the game at home. We wanted to make sure that everything was well-planned. First, we ² _____ (**clean**) the flat, ³ _____ (**order**) some snacks and beverages, and we even ⁴ _____ (**decorate**) the living room with the flags of the two teams. On the actual day, we ⁵ _____ (**sit**) on the couch and ⁶ _____ (**wait**) for the game to begin. When I ⁷ _____ (**switch**) on the TV, it ⁸ _____ (**turn**) out that we ⁹ _____ (**miss**) one detail – we ¹⁰ _____ (**not pay**) to watch the broadcast! Obviously, the final was a pay-per-view event. Unfortunately, due to some technical issues, by the time we managed to pay for watching the game, it ¹¹ _____ (**already** / **end**).

4 Choose the correct answers. There are two correct options for each sentence.

- _____ so I didn't know the rules of the game.
 - I had never played it before,
 - I wasn't playing water polo,
 - I hadn't been paying attention during PE classes,
- I wanted to believe him, but _____.
 - he didn't tell the truth before.
 - it seemed like he was lying.
 - he had already lied to me a few times.
- When I woke up this morning, _____.
 - my parents had already left for work.
 - it was raining heavily.
 - I had taken a shower.
- _____ when our school team finally scored the first goal.
 - We had been thrilled
 - They had been playing for more than an hour
 - Unfortunately, I wasn't watching the match
- The teacher was really irritated _____.
 - because most of the students had forgotten to do their homework.
 - when we arrived late for class.
 - as she was marking our tests all night.

5 Write sentences from the prompts using the correct past tenses.

- How long / you / take driving lessons / before you / take the test?

- While / Tina / sleep / her phone / ring / three times.

- After / Helen / join the national team / she / win championship twice.

- While / the teacher explain / English grammar, Chris / look out of the window.

- I / already lie in bed / when / I realise / I not buy anything / for mum's birthday.


- Lucy / hear a knock / get up / and open the door / but there be no one there.

6 Complete the sentences with your own ideas.

- Before I arrived in class this morning, _____.
- I was just leaving the house yesterday when _____.
- I was exhausted last night because _____.
- While I was getting ready to school yesterday, I suddenly realised _____.

- 1 Complete the questions with the words below. Then answer the questions so that they are true for you. Check the meaning of the phrases in bold in a dictionary.

bombshell grasp hand leg sights steam

- Would you prefer to succeed in life **under your own** _____, or is it OK to take advantage of whatever help you can get?
 - Have you ever received some bad and unexpected news that **came as a total** _____?
 - Have you ever **set your** _____ **on** becoming the best at something (e.g. a sport, a skill)?
 - Have you ever tried to argue with somebody even when you **didn't have a** _____ **to stand on**, and had no chance of winning the argument?
 - What new hobby or sport would you like to **try your** _____ **at**?
 - Have you ever had success **within your** _____, but then missed out at the last moment?
- 2 **MP3 03**  Listen to part of a radio phone-in about doping in sport and choose the correct answers.

- When did Mark train the most during his teenage years?
 - Before school.
 - After school.
 - At the weekend.
 - During the holidays.
- What type of cycling was Mark least successful at?
 - Road racing
 - Track cycling
 - BMXing
 - Mountain biking
- What did Mark do to check the medicine was safe to take?
 - He compared the ingredients with a printed list.
 - He checked an online list of illegal ingredients.
 - He discussed the medicine with his team doctor.
 - He asked his roommate for advice.
- The worst moment for Mark was when
 - he saw his test results.
 - he was suspended from the competition.
 - he was banned for four years.
 - other people assumed he had been cheating.
- After being banned from the sport, Mark
 - accepted that it had been entirely his own fault.
 - went back to intense training for a while.
 - stopped cycling completely.
 - helped others to avoid being caught cheating.

- 3 **MP3 03**  Listen again. Complete the sentences with information from the conversation.

- At his peak, Mark believed he could be _____.
- He expected to represent his country as a _____.
- He needed some medicine because his _____.
- He got his test results on the evening of the _____ of the competition.
- Mark regrets that he didn't _____ enough.

- 4 Write a short description of a success that ended in failure (or a failure that ended in success). It can be a true story from your own experience, or an invented story from your imagination. Try to use some of the words and phrases in bold from exercise 1.

REVISION Student's Book, page 20

- 5 Match the parts of the sentences.

- | | | | |
|---|---|--------------------------|--------------------------|
| 1 | Before he retired from sports, Adams took | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | Sports drinks caught | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | Teenagers often take | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | She got injured and, as a result, dropped | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | Tamara has recently got | <input type="checkbox"/> | <input type="checkbox"/> |
- a on **I** sports in order to impress their friends.
 b out **II** in three Olympic Games.
 c into **III** in Poland two decades ago.
 d part **IV** climbing and is planning a trip to the Alps soon.
 e up **V** of the competition.

- 6 Insert five missing words in the text below.

Coach Jackson:

'The fact that we've managed to put such a great water polo team within just a few months is a major achievement for our school. Most of the boys are swimmers who into water polo only several months ago. They had never taken part swimming competitions or considered taking a competitive sport! Luckily, my team is very ambitious, and I believe they can achieve quite a lot. In fact, the last three victories have shown we are just warming.'



- 7 Write 2-3 sentences to answer the questions below.

- 1 Which sport that you've never tried before would you most like to take up and why?

- 2 Which activity do you most regret having given up?

- 3 If you could drop out of something you don't like, what would it be?

1 Match the parts of the sentences.

- 1 Paul used
 - 2 My younger sister is always
 - 3 How many times a week does Sheila
 - 4 When my dad was at university, he would
 - 5 When we were kids, Sam was
 - 6 What sports are you
- a do aerobics?
 - b playing in your PE classes this month?
 - c to be sportier before.
 - d go to the swimming pool every morning.
 - e borrowing my clothes without asking for permission.
 - f constantly forgetting to bring his sports kit to school.

2 Complete the sentences with the correct forms of *used to* or *would* and the words in brackets. In some sentences both forms are correct.

- 1 Tina _____ (*visit*) us more often some time ago. Do you know why she's stopped coming?
- 2 As children, we _____ (*not receive*) any pocket money as our parents could not afford it.
- 3 When my brother and I were little, dad _____ (*take*) us to basketball matches every month.
- 4 _____ (*Ronaldo / play*) for Manchester United?
- 5 When we lived in the countryside, we _____ (*have*) a little pony, which everyone loved.

3 Translate the Polish parts of the text into English.

The sportsperson that I admire the most is my younger brother Tim, mainly because of how much he's changed since he took up sport. As a child, he ¹ _____ (*był*) a very weak boy, who hated PE classes. At home, he ² _____ (*zawsze narzekał*) when I wanted to play some sports with him, which made me really mad. Then one day, dad signed him up for karate classes. It came as a surprise to everyone that Tim got into it quite quickly. Usually, he ³ _____ (*uczęszczał na*) the karate classes twice a week, but now he ⁴ _____ (*trenuje*) three to four times every week as he's taking part in a school competition next month. Recently, he's reached 4 KYU and he's preparing for his brown belt. The only thing I still find annoying is that he ⁵ _____ (*ciągle się chwali – boast*) about his victories. But I guess many successful athletes are a little vain.

GRAMMAR CHALLENGE! Student's Book, page 129, UNIT 2, ex. 1



4 Complete the sentences with the correct forms of the verbs in brackets and either *be used to*, *get used to* or *used to*.

- 1 Even after having lived in London for six months, I _____ still _____ (*drive*) on the left.
- 2 I'm not looking for a flatmate, as I _____ (*live*) alone.
- 3 John _____ (*jog*) three times a day, but now he only goes once a day.
- 4 I hope one day my daughter _____ (*eat*) fresh vegetables. At the moment, she refuses to eat her greens.
- 5 As a teenager, I used to sleep in a lot, but a few years ago I _____ (*get*) up early.
- 6 Sheila _____ (*study*) at night ever since we were at college, and I guess she still prepares for exams when everyone else is sleeping.
- 7 I know that winning the cup has made me famous, but I _____ never _____ (*be*) the centre of attention.

5 CUMULATIVE GRAMMAR Complete the second sentence so that it has a similar meaning to the first. Use the words given.


- 1 Ted left the stadium before I arrived. **ALREADY**
When I arrived, _____ left the stadium.
- 2 This room was once my older brother's bedroom. **SLEEP**
My older brother _____ in this room.
- 3 Ann's recently become quite selfish! **USE**
Ann _____ so selfish!
- 4 During dinner, the phone rang. **WE**
While _____, the phone rang.
- 5 I started cooking two hours before you came home. **FOR**
When you came home, I _____ two hours.
- 6 I often went fishing with my grandad. **WOULD**
My grandad _____ me fishing with him.
- 7 It's common for Helen to start crying for no reason. **OFTEN**
Helen _____ for no reason.
- 8  I don't usually eat such a big breakfast! **USED**
I'm _____ such a big breakfast!
- 9  He still finds it difficult to speak English all the time. **GOT**
He still hasn't _____ English all the time.

6 Complete the sentences with the correct forms of the words in brackets. Add any extra words where necessary.

- 1 Look at the scores. Paul _____ (*can't / win / last / game*) because he's no longer in the lead.
- 2 Please be quiet as not everyone _____ (*wake up / yet*). They _____ (*must / fall / sleep*) very late last night.
- 3 Steve _____ (*can't / part / Olympics*) – he was never that good.
- 4 How long _____ (*you / play / together / team*)?
- 5 Thomas _____ (*must / feel / exhausted*) when he arrived last night. He _____ (*just / drive*) 400 kilometres.
- 6 The phone _____ (*may / ring / while / I / take*) a shower, but I couldn't hear a thing.
- 7  I _____ (*not / be / use / go / bed*) so late at night, so I _____ (*might / tired / morning*).
- 8  Margaret _____ (*can / extreme / compete*) at times, but few people know that side of her.

1 Read the text in exercise 2 and decide what these names and numbers refer to.

- 1 Thomas Gregory – _____
- 2 The English Channel – _____
- 3 16 – _____
- 4 32 – _____

2  Match the headings (A–F) with the correct paragraphs (1–4). There are two extra headings.

- A IT'S NOT ABOUT THRILLS OR HI TECH GEAR
- B NEW BAN TO PREVENT ACCIDENTS
- C A RECIPE FOR DISASTER?
- D AN UNLIKELY SUCCESS STORY
- E THE HIGH PRICE OF SUCCESS
- F THE DIFFERENCE BETWEEN SINKING AND SWIMMING



SWIMMING THE ENGLISH CHANNEL

1 _____

The English Channel, known as *La Manche* in French, is the stretch of dark, cold and rough water that separates Great Britain from France. Although it's not very deep, the Channel has strong currents since it joins the North Sea with the Atlantic. At its narrowest point it's 32 km wide, but the currents mean that swimming in a straight line is virtually impossible, so any swimmers who wish to cross the Channel are forced to cover a greater distance. In fact, the swim is so dangerous that France has banned swimmers from departing from its shore. Yet, many people are tempted by the challenge.

2 _____

Although open water swimming might seem like child's play, it is actually a unique kind of extreme sport that really lives up to its label. Unlike many other extreme sports whose appeal lies in the high speed or huge height at which they are performed and the accompanying adrenaline rush, crossing the Channel is about braving the forces of nature. What's more, most extreme sports involve using modern equipment such as wingsuits or parachutes. However, to swim the Channel, you can only rely on your own physical strength. The success stories show that preparations require both determination and years of hard work, and even that does not guarantee success.

3 _____

The youngest person to brave these rough waters was Thomas Gregory. When he was picked as a candidate for the swim by his coach, Gregory didn't look like a likely record-breaker. He was a chubby 7-year-old who had joined his local swimming club simply because his friends had as well. It took 4 years of systematic training, both in the swimming pool and in lakes, before the boy was ready for his 12-hour swim. His success was remarkable, but the British Channel Swimming Association did not approve of the idea of such young people risking their lives, and later raised the age limit for Channel swimmers to 16.

4 _____

So, what is the secret ingredient in the recipe for success of those who have managed this feat? The answer, surprisingly enough, seems to be self-awareness. The statistics of record-breakers suggest that almost anyone with enough persistence can build up the necessary physical endurance to face this challenge. The list of those who have made it includes men and women of all nations and ages. What they have in common is that they'd prepared methodically and avoided the temptation to push themselves too far. Sadly, most of the swimmers who died while attempting to swim the Channel had refused to stop even when it was clear they ought not to go on.

3  Read the text again and complete the leaflet below. Use no more than four words in each gap.

CROSSING THE CHANNEL

- The Channel which separates the British Isles from continental Europe is not very wide. In fact, ¹ _____ between England and France (which is on the other side) is only 32km. However, ² _____ make it impossible to cross the Channel in a straight line.
- Swimming across the Channel qualifies as open water swimming – an extreme sport. It's unusual for such disciplines in that it doesn't involve being ³ _____, which causes the adrenaline rush people are after. It also doesn't require any equipment. It's all about being both ⁴ _____, although it still doesn't mean you'll make it.
- The youngest swimmer to cross the Channel was Thomas Gregory, who achieved this feat at the age of ⁵ _____. Despite being neither very fit nor ⁶ _____ (he only started doing it for his mates), he managed the crossing after 4 years of training.
- Thomas will forever remain the youngest person to do so, because nowadays you must be at least 16 to be able to try. This is because the crossing was felt to be ⁷ _____ for younger people.
- Anyone can try it ⁸ _____ their sex, age or nationality. It's all about resilience and endurance. But if you want to survive, you also have to know when to ⁹ _____ if the going gets tough.

4 Match 1–6 with a–f to form phrases. Check your answers with the text in exercise 2.

- | | | |
|--------------|--------------------------|--------------|
| 1 systematic | <input type="checkbox"/> | a a distance |
| 2 physical | <input type="checkbox"/> | b a feat |
| 3 guarantee | <input type="checkbox"/> | c endurance |
| 4 push | <input type="checkbox"/> | d training |
| 5 manage | <input type="checkbox"/> | e yourself |
| 6 cover | <input type="checkbox"/> | f success |

5 Complete the sentences with the words from exercise 4.

- Marathon runners have to _____ a distance of 26 miles and 385 yards.
- Even the most rigorous training does not _____ success – you usually also need some luck to do well in a competition.
- Thanks to _____ training, John quickly became the best tennis player in the club.
- John beat the world heavy weight champion. It was really impressive how he _____ this feat.
- You can't just give up because of slight muscle ache! If you don't _____ yourself, you'll never improve.
- People who participate in the Ironman contest need to have great physical _____ in order to get to the finish line.

7 Translate the Polish parts of the text into English.

Unfortunately, there are many instances of dishonesty in sport. From time to time, the media report that a judge or a referee ¹ _____ (*przynał się do łapówkarstwa*), which makes us doubt the results of the games they had refereed. Athletes themselves don't always play fair, either. When their performance starts dropping or when the competition gets too tough, many of them ² _____ (*zaczyna brać środki dopingowe*) in order to ³ _____ (*poprawić swoje wyniki sportowe*). That is why the International Olympic Committee ⁴ _____ (*przeprowadził kontrole na*) a few hundred athletes after the last Olympic Games. It turned out that a number of the test results came back positive, and many athletes had to pay the price. Those who had cheated ⁵ _____ (*odebrano im wszystkie medale*) or ⁶ _____ (*zostali czasowo zawieszani w zawodach*). Naturally, they promised ⁷ _____ (*przestać brać doping*), but can we trust them?

REVISION Student's Book, pages 22–23

6 Unscramble the letters to form words and discover the secret message.

- giving money so that someone will help you do something against the law
- making something better
- say something is true
- officially say that something is forbidden
- take away
- officially stop someone from doing their job
- stop doing something
- tests

1 BIEYRR	<input type="text"/>	6
2 NAGNIEHNC	<input type="text"/>	5 2 9
3 TAMID	<input type="text"/>	1
4 NAB	<input type="text"/>	
5 PISRT	<input type="text"/>	7
6 SUPNESD	<input type="text"/>	8
7 UIQT	<input type="text"/>	3
8 CKCEHS	<input type="text"/>	4

The secret message:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
1	2	3	4	5	F	X		
					6	7	8	9

VOCABULARY CHALLENGE! Student's Book, p. 128–129, UNIT 2, ex. 2, 3, 4 & 5

8 Write either positive (+) or negative (-) adjectives formed from the words given.

- | | |
|-------------------|-------------------|
| 1 + success _____ | 5 - satisfy _____ |
| 2 - expense _____ | 6 + replace _____ |
| 3 - compete _____ | 7 - comfort _____ |
| 4 + logic _____ | 8 - respect _____ |
| | 9 - legal _____ |

9 Complete the sentences with the correct forms of the words in brackets.

- Canoeing is so _____ (*adventure*). Let's go white water rafting this time.
- UEFA wants football fans to be more _____ (*tolerate*), so during the European Cup they put up banners with the message 'UEFA against racism'.
- The Portuguese team was _____ (*prepare*) for our sudden change of tactics and lost the game.
- He's been the world champion for three years, so 7th place is clearly _____ (*satisfy*) for him.
- If you don't stop being _____ (*respect*) towards the teachers, you'll get into trouble.
- Your speech seems to be a bit _____ (*personal*) – you could include some more interesting details in it.

2

SPEAKING

agreeing and disagreeing • developing points in the task

- Correct one mistake in each sentence by adding, crossing out or replacing a word.
 - How would you prefer to let the students to know?
 - Oh no, I can't be along with that.
 - OK, we're with agreement about that.
 - So, we're here to discuss ideas at the Sports Day.
 - That's the excellent idea!
 - We need to decide how promote our competition.



- Complete the mini-dialogues. Then read the speaking task in exercise 3 and decide which points (1–4) each mini-dialogue refers to.

- A** I think one of the teachers should be the referee.

B I am not sure I _____ because he might not be objective.
- A** Then who do you suggest?

B What would you _____ of asking the hotel owner to be the referee?
- A** What if the teachers don't want to participate?

B I am sure that the teachers _____ love to show that they are unbeatable.
- A** Do you think we need some prizes for the winners?

B I do. What _____ buying some local souvenirs for the winning team?
- A** We need to decide where to organise the match.

B I would _____ that the pitch behind the hotel is an ideal place.

- Read the instructions and do the speaking task.

4 minute

Jesteś na obozie młodzieżowym za granicą. Razem z kolegami/koleżankami chcecie zorganizować towarzyski mecz piłki nożnej między uczestnikami obozu a opiekunami. W rozmowie z jednym z opiekunów omów poniższe kwestie.

1 zachęcenie opiekunów do udziału w meczu

2 sędziowanie

3 czas i miejsce meczu

4 nagrody dla zwycięzców

Rozmowę rozpoczyna zdający.

WRITING

an article

- Read the writing task and the article below. Then complete the text with the words and phrases below. There is one extra word/phrase.

Lokalna gazeta ogłosiła konkurs na artykuł zatytułowany *Learning from the mistakes of others*. Napisz artykuł (200–250 wyrazów) na ten konkurs. Przedstaw w nim sylwetkę sportowca, który okazał się nieuczciwy, oraz napisz, jakie wnioski mógłby wyciągnąć młody człowiek, dla którego ten sportowiec był idolem.

apart from this craved eventually harm all in all pose
by the time demanding it wasn't long before initially

Famous athletes often become our idols and we can learn a lot from them, even when they make mistakes. Lance Armstrong is a good example.

Armstrong was into running and swimming, and as a teenager combined these passions by taking up triathlon – a very ¹ _____ discipline. However, his love for cycling ² _____ won, and at 18, he became a professional cyclist.

³ _____ he was 21, he was winning many of the world's most important championships. However, it turned out he ⁴ _____ victory so much, he was taking performance-enhancing drugs.

⁵ _____ he was stripped of his medals and banned from cycling for life. Armstrong ⁶ _____ denied all accusations, but later admitted to everything.

It is clear that trying to win by cheating is not worth it. How can we admire achievements that might have been won unfairly? The shame, accusations and disappointment of fans must be very unpleasant. Also, when your medals are taken away, someone else becomes the winner anyway. ⁷ _____, you risk losing more than your medals – you are endangering your entire career. First of all, you are banned from competing, but secondly you might miss out on a chance of becoming a coach. After all, who wants to learn from someone dishonest?

⁸ _____, foul play does more ⁹ _____ than good as athletes who are found to be involved in doping lose their trophies, careers and the respect of others. So the lesson here is that if you do not play fair, you might be left with nothing.



- Read the writing task in exercise 3. Divide the phrases below into problems and ways of dealing with problems.

Problems: _____

Ways of dealing with problems: _____

- | | |
|---|---|
| a equipment failure | f learn to work as a team |
| b injuries | g lack of persistence |
| c always check your equipment | h analyse your opponents' game |
| d do not give up easily | i lack of strategy in team games |
| e train under professional supervision | j know your limits |
| | k overtraining |

- Read the instructions and do the writing task.

Młodzieżowa gazeta sportowa ogłosiła konkurs na artykuł pt.: *Failure can lead to success*. Napisz artykuł (200–250 wyrazów), w którym opiszesz czyjaś sportową porażkę oraz wyjaśnisz, jak na dłuższą metę pomogła ona tej osobie osiągnąć sportowy sukces.

1 Read the text and choose the correct answer: a, b, c or d.

Hi TJ,

How are things? A lot has been happening over here. Remember going to the lakes in the summer when we were younger? We ¹_____ our kayaks and go exploring together, and you ²_____ my oars! Well, all that rowing comes very handy now, because I have joined a rowing club. Our new PE teacher talked us into it. We were sceptical at first, but then a few classmates decided to join, and so it ³_____. Actually, half of my class are now in the school team. We've been on a winning ⁴_____ for months now, and we've qualified for the national finals. Unfortunately, our best rower was suspended from ⁵_____ races after it turned out he had been taking some performance-enhancing substances. ⁶_____ this, another good rower broke his arm last week, so I'm not confident about our next race.

Anyway, congratulations ⁷_____ your test results! Let me know which university you get into!

All the best,

Kate



- | | | | |
|-------------------------|----------------------|---------------------|----------------------|
| 1 a were used to taking | b have taken | c had been taking | d would take |
| 2 a did always hide | b were always hiding | c could always hide | d have always hidden |
| 3 a took on | b turned up | c caught on | d broke through |
| 4 a streak | b line | c time | d period |
| 5 a more | b further | c later | d another |
| 6 a Despite | b Besides | c Aside | d Moreover |
| 7 a for | b to | c on | d with |

2 Translate the Polish parts of the sentences into English.

- By the time the Ironman triathlon finished, 25 participants _____ (*już odpadli*).
- Sandy _____ (*nie przyzwyczała się do*) wearing glasses yet.
- It's the first time _____ (*osiągnąłem*) such success.
- Sue and Steve were all wet, because _____ (*biegali*) in the rain.
- The two presidential candidates _____ (*idą łeb w łeb*), so it's difficult to say who'll win.
- The fans _____ (*są niezadowoleni z*) our team's performance this season.

3 Complete the sentences with the correct forms of the words in brackets.

- She's an experienced and _____ (*respect*) teacher. I'm glad she's going to teach us physics.
- Seven teams will participate in this _____ (*compete*).
- My _____ (*adventure*) parents are planning to climb Mt Blanc during the long weekend.
- It was only thanks to our two great _____ (*defend*) that we didn't lose the game.
- If you have problems, try talking to Ms Hudson – she's the most _____ (*approach*) of all the teachers here.
- Everyone was waiting _____ (*impatient*) for the results of the test.
- Our team has been _____ (*defeat*) for four seasons now, so I'm sure we'll win our next game.

4 Complete each set of sentences with one word.

- _____ The World Cup committee will _____ teams for each group in the next championships.
If the game ends in a _____, we will not qualify for the quarter finals.
We need a bigger venue. I'm sure his concert will _____ a crowd.
- _____ Meghan lit a _____ so close to her face she burnt off her eyebrow.
When we go to England, I want to go to see a cricket _____ live.
Ons Jabeur was no _____ for Iga Świątek, who beat her in the US Open tournament in 2022.
- _____ Adam Małysz _____ to be a ski jumper before he got into car races.
I am not _____ to running so much, could we please take a break?
The diver _____ up all the oxygen so he had to come up to the surface.
- _____ The _____ price of the device is €200 but with taxes it will be a bit more.
Volleyball is a game where two teams are separated by a _____.
She spent hours surfing the _____, but she finally found the recipe she was looking for.
- _____ Sam's knee was giving him problems, so he fell _____ the other runners.
The swimming pool is _____ the school – just go through the back door and you'll see it.
Mary thinks the hike in the mountains will be too demanding for the kids and I'm _____ her on this one.
- _____ Thousands of _____ came to Katowice to watch the Polish national team represent their country in the Volleyball World Championship.
I need to buy some new ski _____ before we go skiing this year.
His life goal is to visit the Arctic and Antarctica and walk to both the _____.



1 Przeczytaj dwa teksty związane z kontuzjami w sporcie. Następnie wykonaj zadania 1–7 zgodnie z poleceniami.

Tekst 1.

No one would deny that sport is part of a healthy lifestyle. Naturally, there's no avoiding muscle aches and bruises while practising a sport. Yet, it seems that the number of sport-related injuries among children has risen to alarming proportions. Two independent reports, released by the US Center for Disease Control (CDC) and Safe Kids Worldwide, confirm that millions of children every year need medical treatment as a result of sport injuries. These injuries range from twisted ankles and broken toes to brain damage. What both institutions stress, however, is that many of them could easily have been predicted, and CDC believes that more than half of them could have been prevented.

Of course, accidents will always happen, but a lot could be done to improve the situation. Statistics show, for instance, that despite the fact that only about half of the injuries take place during actual games, many parents fail to ensure that their kids obey health and safety guidelines during practice sessions. This is possibly the first thing that could be looked into – practice sessions contain the same risks as the game itself.

Besides accidents, there's another problem – overuse. This basically means training too much or too hard. Researchers have found that the number of hours a child trains each week should be equal to their age. If children exceed this limit, then the probability of injury increases to 70% and children are likely to develop problems common for their chosen discipline. According to the statistics, almost half the number of sport injuries among 11 to 18-year-olds are a consequence of overuse. That's why it's important that everyone – young athletes, their parents and their coaches alike – is made aware of the problem. They need to learn to recognise the early symptoms of overuse and, more importantly, learn how to prevent it. This means, among other things, remembering to warm up and cool down, correcting your technique and allowing your body a proper rest between training sessions.

W zadaniach 1–3 z podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstu. Zakreśl jedną z liter: A, B, C albo D.

- In the first paragraph we learn
 - various injuries are to be expected when doing sports.
 - CDC and Safe Kids Worldwide cooperated in investigating sport-related injuries in kids.
 - most injuries requiring medical treatment are sports-related.
 - stress is among the reasons why so many injuries happen.
- Which of the following is presented in the text as **an opinion**, and not a fact?
 - Overuse is the cause of over 50% of sport injuries among young people.
 - Over 50% of sport injuries need not have happened.
 - The amount of time children should spend on training depends on their age.
 - Many parents allow their kids to ignore advice on health and safety during practice sessions.
- The author of this text
 - criticises parents and coaches who ignore safety guidelines while children are doing sports.
 - explains who is responsible for so many sport injuries among young people.
 - expresses doubts on whether children should be encouraged to do sports.
 - highlights safety problems and suggests ways of avoiding them.

Tekst 2.

Late in the evening, on June 11, 2010, some shocking news was announced on the sports bulletins – one of the best Polish handball players, Karol Bielecki, had been badly injured. His eye had been damaged during a match with Croatia. Bielecki was immediately taken to a local hospital, where it was established that he had to be taken to Lublin in order to undergo surgery. To make matters worse, it was getting dark, so a helicopter was out of the question; the only option was a conventional ambulance. It was hours until the specialists in Lublin could finally examine him.

Like many other handball fans, I spent the next few days anxiously waiting for more information. Was he going to lose his eye? Was this going to be the end of his brilliant career? Bielecki's road to stardom had been impressive. Fascinated with handball since he was little, he applied to a high school specialising in the sport in order to come under the wing of a well-known coach who trained the Polish junior team. The school, however, believed him to be unsuitable for handball and asked him to leave. Karol promised himself that he would prove them wrong and within months he had become the youngest player in a regular second league club, Wisła Sandomierz, and then he was accepted by Iskra Kielce. By the time he was twenty, he'd participated in a number of national and European championships with these clubs and had been selected for the Polish national team.

And now all that was hanging in the balance. The whole Polish handball community held its breath. Bielecki was transferred from Lublin to a clinic in Germany. Finally, a week after the horrible accident the worst scenario turned out to be true. Bielecki announced that he had lost one of his eyes and he would quit sports. Luckily, however, he did not allow his disability to ruin his career and reconsidered his decision within days. Despite warnings from his doctors, he decided to return to the court. Wearing special protective goggles, Bielecki took part in a friendly competition. The fans were amazed and ecstatic. The goggles worked and over a month later, he returned to play in the Bundesliga. When his German club came to Poland for a match, hundreds of fans greeted him back on his home court in Kielce with banners saying 'Hats off to the pride of handball!'

*Cały kraj, cała hala chyli czoła przed dumą handballa

Uzupełnij luki w zdaniach 4–9 zgodnie z treścią tekstu, tak aby jak najbardziej precyzyjnie oddać jego sens. Luki należy uzupełnić w języku angielskim.

- When Bielecki got injured, it wasn't possible _____ to take him to the hospital.
- Bielecki chose a high school which had _____ among their staff.
- When he was forced to leave this school, Bielecki decided to show them _____.
- He started playing for the Polish national team _____ years old.

2 Read the instructions and do the writing task.

Przeczytałeś/Przeczytałaś ostatnio artykuł sugerujący, że liczba godzin lekcji WF powinna być ograniczona. Napisz artykuł (200–250 wyrazów), w którym wyjaśnisz dlaczego nie należy tego robić, oraz zaproponujesz, co mogłoby sprawić, że uczniowie będą bardziej angażować się w lekcje WF.

SPOTLIGHT ON SOCIETY VIDEOS

2

Shona faces her fears



▶ VIDEO 03



BEFORE WATCHING

- 1 Work in pairs. Answer the questions.
 - 1 What kind of activities or situations make you scared?
 - 2 What kind of sport activities can make people scared?
 - 3 Why would someone be afraid to ride a horse?
- 2 Look at the words connected with horses. Explain their meaning. Look up any words you don't know and add any other words that you do.

saddle the gallops galloping horse reins
stable mount bounce

WHILE WATCHING

- 3 Name Shona's feelings/attitudes as they changed over time.
 - 1 Shona when she first started riding.
 - 2 Shona after the accident.
 - 3 Shona when she started riding again.
 - 4 Shona when she's talking to her mum.
 - 5 Shona at the end of the film.
- 4 Complete the sentences with the information from the video.
 - 1 In the countryside, Shona likes _____.
 - 2 She _____ for two years now after she _____ her horse.
 - 3 In order to face her fears, she has recently gone back _____.
 - 4 On her first day, as she remembers her accident, Shona doubts whether she _____ her horse.
 - 5 The gallops are dangerous because even a _____ can cause the rider to fall.
 - 6 As a result of the course, Shona _____.

FOLLOW-UP

- 5 Use the words below to create collocations. Then explain their meanings in English.

receive one's fears balance give up creep in confront
an obstacle

- 1 become _____ - _____
- 2 _____ one's doubts - _____
- 3 doubts _____ - _____
- 4 _____ on a first attempt - _____
- 5 loss of _____ - _____
- 6 overcome _____ - _____
- 7 _____ a confidence boost - _____

- 6 Complete the email Shona's mum sent her with the words below.

inner extraordinary overcome persevere scars pay off

Dear Shona,

I know you're scared and the ¹_____ on your arm remind you of that horrible accident. I also realise what an ²_____ effort it is for you to try to get on a horse again. But I just wanted to let you know how happy I am you're doing this. Remember how you used to love riding? How exhilarated it made you feel? I want that for you again. You're a person with such a(n) ³_____ strength that I'm sure you'll be able to ⁴_____ all obstacles. Just ⁵_____ and it will ⁶_____ - believe me. And then you can ride like you used to. Call me whenever you need me!

Love,
Mum

AFTER WATCHING

- 7 Think about a fear you have and how you could try to overcome it. Then write a blog entry to describe how your attempt has gone.



▶ VIDEO 04



COMPREHENSION

- Work in pairs. Discuss the questions.
 - Are there any famous Olympians from your country?
 - What personal qualities do you think an Olympian needs?
- ▶ Watch the first part of the video (up to 1:25) about the British Paralympian, Sarah Storey. Do you think she has any of the qualities you discussed in exercise 1?
- ▶ Watch the first part of the video again. Complete the sentences with one word.
 - In Sarah's opinion, structure and organisation are more important than _____ for success.
 - For Sarah, psychological training is something you should constantly _____.
 - Your pressure to perform is the same whether the stadium is empty or _____.
 - It's important to remain _____ in each specific race.

Glossary

- blinkered (adj)** limited or inflexible
breakaway (n) in cycling when a small group of riders or an individual has successfully opened a gap ahead of the main group of riders

- ▶ Watch the second part of the video (1:25–3:00). Choose the correct option (a, b or c) to answer the questions.
 - What is Sarah's attitude to technology in cycling?
 - It helps you to deal with whatever the other team does.
 - It means you don't have to rely on your instincts.
 - It is useful, but you have to think for yourself during the race.
 - How does Sarah feel about emotions in a race?
 - They can prevent you from concentrating.
 - They can help you break through a difficult situation.
 - They can't be controlled.

- Why is visualising what you are capable of useful?
 - It can help you to calculate how much time you have.
 - It can help you keep ahead of the other riders.
 - It allows you to hear when people are shouting at you.
- What is the secret of a long and successful career in sport according to Sarah?
 - using your emotions in the race
 - being cool and focused
 - making time to party

- ▶ Watch the whole video again. Answer the questions.

- Which Olympic Games does Sarah mention?
- How many sports does Sarah mention? What are they?
- What does Sarah say she used to be good at?

AUTHENTIC ENGLISH

- Work in pairs. Read the sentence from the video. Why do you think the speaker uses the phrase in bold?

*I think over the course of a long breakaway, **you know**, a couple of hours away on your own ...*

- Read the information in the box and check your answer to exercise 1.

you know

We use *you know* in natural spoken English:

- to clarify a point,
- to tell the listener they already know the answer,
- to check understanding,
- as a filler when we are thinking of what to say next.

- Decide why *you know* is used in the following sentences.

- Rugby is more dangerous than tennis, you know, because it is a contact sport.
- Success is partly luck and partly talent, you know. Does that make sense?
- Who is David Beckham? You know, he's that English footballer. Everybody has heard of him.
- I like that game, you know, that they play indoors with rackets.

- Work in pairs. Clarify an idea to your partner using *you know*. Use the ideas below or your own idea.

- fixing a problem with your computer
- the rules for a particular sport
- the rules of a video game

DISCUSSION

Work in small groups. Do you agree with Sarah's scientific approach to success? Why? / Why not?



READING

- 1 Work in pairs. What advice would you give to someone who wants to be successful?
- 2 Read the article. Match the headings (a–e) with the paragraphs (1–3). There are two extra headings.
 - a Focusing on what you can actually change
 - b Taking a scientific approach
 - c Learning from successful people
 - d Preparing for the unexpected
 - e Setting clear goals

THREE STEPS TO SUCCESS

1) ___

The acronym TCUP stands for ‘Thinking Correctly Under Pressure’. What it means is that you have to perform well at the critical moment to ensure success. You will have to work through every eventuality so that you go through the thought processes needed to overcome any stressful situation. This process reduces the chances of coming up against something you haven’t anticipated and allows you to use the little time you have at the critical moment to think through the problem.

2) ___

If we want to be successful, we have to stay focused. A highly effective way of staying focused is to set specific goals. This makes them less abstract and more real. The SMART goalsetting technique will help you do this. The acronym SMART refers to goals that are Specific, Measurable, Achievable, Relevant and Time-bound. By forcing you to evaluate and readjust your approach, the SMART approach helps you to stay focused on achieving your goals.

3) ___

Essentially, you have two choices: to focus on things you can control or to focus on things you can’t control. Focusing on what you can’t control will most likely lead to a lot of wasted time and energy. But focusing on what you can control will make you feel more positive and confident and you will have a greater chance of achieving success. If something is in your control, think of some simple actions you can do to increase your chances of achieving your goals.

Glossary

eventuality (n) something that might happen, especially something bad that people might have to deal with

SPEAKING

- 1 **PLAN** Work in pairs. You are going to tell your partner about a time when you did something successfully and what strategies helped you achieve this. Choose one of the following topics or use your own idea.
 - education
 - work
 - sport
 - hobbies
 - family
 - relationships
- 2 **DISCUSS** Work in pairs. Tell your partner about your success story. Listen carefully to your partner’s story.

Setting the scene

Let me give you a little background ...
This all happened when ...

Talking about your experience

I found the key thing was ...
One thing I would take away from the experience was ...

Active listening

What happened next?
So what did you do?
How did you feel then?

- 3 **REFLECT** Work with another pair. Tell your success stories to each other and reflect on the strategies used. Which are the most common strategies? How could you use these strategies in other areas of your life to be successful?

BEYOND THE CLASS

Why not try ...

... finding another inspirational success story online? Make notes of any strategies used. Report your findings to the class.

VOCABULARY

1 Choose the correct option to complete each sentence.

- I'd start party preparations by **writing** / **putting** together a guest list.
- It's our last night in Monaco, let's **do** / **make** a night of it!
- Do you think Barry's ex will **turn** / **come** up at his wedding?
- Did you send **away** / **out** all the invitations as promised?
- Our boss is retiring after 35 years with us. Should we throw him a big **do** / **thing**?
- We booked a **local** / **venue** for our prom a year in advance.

2 Translate the Polish parts of the sentences into English.

- Let's raise our glasses! _____
(*Wszystkiego dobrego dla nowożeńców!*)
- The school is almost over. Would you like us to throw you a _____ (*przyjęcie z okazji ukończenia szkoły*)?
- What kind of gift would you suggest for a _____ (*przyjęcie z okazji nadchodzących narodzin dziecka*)?
- He's passed yet another difficult exam, so I think we should have a banner that says " _____ " (*Gratulacje z okazji dotychczasowych sukcesów*).
- Jake, we hope that job in Japan is everything you've dreamed of, so let me raise my glass and say: " _____ " (*Powodzenia w przyszłości!*)!
- What do you think about having a _____ (*przyjęcie weselne*) on a river boat?

3 Complete the sentences, using the words below.

big countless crave fad life noughts scavenger

- Instead of going on a regular sightseeing tour, we've decided to take part in a _____ hunt around Paris.
- I've seen Disneyland on TV _____ times, but I was still amazed by it when I went there for the first time.
- Our family is _____ on board games and we usually play them together every weekend.
- New York has exceeded all of my expectations - it's not only beautiful, but also fascinating, so I'm having the time of my _____ here.
- It seems to me that horror films are for people who _____ excitement and fear.
- If you're bored on the train, we can always play a game of _____ and crosses.
- I think that cold press juicers, like many other fashionable household appliances, are a _____ that will soon go away.

4 Complete the sentences with the correct prepositions.

- Natasha had been _____ the lead for the first half of the race, but then her knee started hurting and she fell _____ other competitors.
- This is James's third gold medal _____ a row - he undoubtedly is _____ a winning streak.
- You guys ride ahead and I'll catch _____ with you in a few minutes, I'll just pump up the front tyre.
- The Belgium team was winning 1:0 for 80 minutes but despite their efforts, the game eventually ended _____ a draw.
- To everyone's surprise, Mueller came _____ second in the end.

5 Complete the sentences with phrasal verbs created with the correct forms of the verbs below.

catch drop get give give take warm

- If you want to _____ a new sport, how about trying yoga?
- Our PE teacher had tried to organise a rowing team in our school, but it didn't _____ and after two years he _____ trying to convince us it was fun.
- Doing a hard workout without _____ beforehand can cause muscle injury.
- I twisted my ankle and had to _____ of the race.
- If you don't succeed the first few times, don't _____ but keep trying - that's how champions are made.
- How did you _____ archery? It's such an unusual discipline.

6 Complete the sentences, using the words and phrases below.

banned boost their performance competitive disclose mistakenly performance-enhancing stripped

- It later turned out that Davies did not commit a foul, so the referee _____ awarded a penalty to the Swedes.
- When they found out he was using _____ drugs, they _____ him from professional cycling for life.
- Unfortunately, there are more and more ways in which athletes illegally _____.
- The national team's coach didn't want to _____ his strategy for the next game.
- Figure skating is a very _____ sport so you need to have nerves of steel if you want to do it professionally.
- Marion Jones was _____ of all her medals when it turned out she had used steroids.

VOCABULARY CHALLENGE!

7 Find and correct a mistake in each sentence.

- My parents always nudged me to playing intellectually stimulating games.
- Do you have some expensively mountain bikes? I'd like to buy a new one, but I've got a fairly limited budget.
- The player was punished for his respectful behaviour towards the referee.
- All her attempts to jump further than 5 metres were successful, so the disappointed girl finally gave up trying.
- Look, there's George, swimming ahead of all the others in line number 3!
- No wonder no one wants to play with Sammy; he's such a wet eye.

GRAMMAR

8 Choose the correct answers. Sometimes more than one answer is correct.

- When ___ as a wedding planner?
a you had worked b did you work c have you worked
- I knew his strategy well because I ___ chess with him many times before.
a had played b have been playing
c was used to playing
- As children we ___ hopscotch all the time.
a played b have been playing c used to play
- If the doping accusations turn out to be true, he ___ for life from swimming.
a must be banned b might be banned c could be banned
- They ___ the wedding reception on a boat because she's a very traditional person.
a couldn't have b might be c must have
- When he was little, my brother ___ films for us by telling us the ending.
a was always spoiling b would always spoil
c had always spoiled

9 Choose the correct translation to complete the sentences.

- I think Sara ___ (*może przyjść*) to the party with her new boyfriend.
a might have come b would come c might come
- This week ___ (*ćwiczymy*) twice as hard because of the competition.
a we exercise b we're exercising
c we have exercised
- I was surprised that it had turned out to be so easy, because I ___ (*nie próbowałam*) paragliding before.
a hadn't tried b couldn't have tried c didn't use to try
- He's fantastic! How long ___ (*on ćwiczy*) with you?
a does he practise b has he been practising
c did he use to practise
- He's a world champion, he ___ (*nie mógł przegrać*) to an amateur!
a mustn't lose b might not have lost
c couldn't have lost
- After the tests, the athlete admitted he ___ (*brał*) performance boosting drugs for the past 3 years.
a used to take b was used to taking c had been taking

10 Complete the sentences with the correct forms of the words in brackets. Add any other necessary words.

- Felix _____ (*always / bend*) the rules to his advantage. That's unfair!
- How many movies _____ (*Fred Astaire and Ginger Rogers / make*) together?
- I used to hate giving autographs but now I _____ (*be / use*) it.
- Look at their gowns and tuxedos! They _____ (*can / not / go*) to a simple dinner dressed like that.
- How many dance championships _____ (*Mandy / win*) so far?
- The grass was soaking wet because it _____ (*rain*) for hours.
- While everyone else was playing shooter games, Sammy _____ (*sit*) alone and reading his book.

11 Complete the sentences using the correct forms of the verbs below. Add any necessary words.

sit go out end fall take give get up organise

- I can't see our favorite among the racers. She must _____ behind.
- I'm used to _____ early, so I can drive you to the airport at 6 a.m. without any problems.
- Please ask the kids to come inside, they _____ in the sun for hours now.
- Both teams are so strong that the game could _____ in a draw.
- Our club _____ seven Sweet Sixteen parties recently.
- I can't find my keys. Do you think mum might _____ them?
- The groom _____ a speech when the lights _____.

ENGLISH IN USE

12 Complete the second sentence so that it means the same as the first, using the word given. Do not change the word given. Write no more than five words in each gap.

- When my mum told me to turn the lights off, I always continued reading with a flashlight. **CONTINUE**
When my mum told me to turn the lights off, I _____ with a flashlight.
- It's the first time they're playing battleships. **BEFORE**
They _____.
- I'm sure the runners are warming up now, as the marathon is about to begin. **MUST**
The runners _____ right now, as the marathon is about to begin.
- I think it's possible he won't be allowed to participate in future games. **SUSPENDED**
I think he _____ future games.

13 Complete the text with correct forms of the words in brackets.

My parents always ¹ _____ (**COURAGE**) me to do sports. For some reason they always thought I should ² _____ (**PURSUIT**) some sort of a team sport. And if not that, it had to involve racing. Anything that would push me to compete against others. The thing is, I hate ³ _____ (**COMPETE**) sports. There's something very depressing about those rankings, where the three people at the top are treated as ⁴ _____ (**STAND**) athletes and everyone else is looked down on. And then there's everyone's ⁵ _____ (**BELIEVE**) when you don't succeed. When a good team suffers a ⁶ _____ (**LOSE**), everyone seems to be an expert on what happened and why. So, this year I finally told my parents that I had had enough and started going to the gym instead. What a relief!