

# 1

# WHO WE KNOW

## VOCABULARY

character, feelings and emotions  
ethical problems in relationships

**1** Choose the correct adjective to complete the sentences (1–6). Then match the words you did not choose with their synonyms (a–f).

- 1 He struck me as an **affable** / **irascible** man, approachable and easy to talk to.
- 2 For the **off-putting** / **high-spirited** person that Tom usually is, he has been rather quiet and despondent recently.
- 3 Having won the gold medal, Jane was **affectionate** / **blown away** by the amount of public interest she received.
- 4 We've been concerned that John's school performance hasn't been **up to the mark** / **out of touch** this term so far.
- 5 I truly enjoyed my conversation with Pauline, who turned out to be extremely intelligent and **stuck-up** / **quick-witted**.
- 6 Paul's been so **preliminary** / **preoccupied** with his work that he hasn't noticed his marriage is falling apart.

- a not up to date / old-fashioned \_\_\_\_\_
- b happening before something \_\_\_\_\_
- c repellent \_\_\_\_\_
- d caring \_\_\_\_\_
- e arrogant \_\_\_\_\_
- f short-tempered \_\_\_\_\_

**2** Match the parts of the sentences. Then complete each gap with the correct preposition to join 1–6 and a–f.

- 1 He's always wanted to help others so no wonder he came
  - 2 Sarah keeps meddling
  - 3 She seemed rather shy at first, but she soon came
  - 4 Wearing jeans and a T-shirt, I felt completely
  - 5 The media alarm that more than 50 people have come down
  - 6 Should anything unexpected come \_\_\_\_\_,
- a \_\_\_\_\_ this strange illness within the last month.
  - b \_\_\_\_\_ as a donor when his niece needed a bone marrow transplant.
  - c \_\_\_\_\_ do not hesitate to call me.
  - d \_\_\_\_\_ of her shell and made lots of friends during the camp.
  - e \_\_\_\_\_ other people's affairs. It's so annoying!
  - f \_\_\_\_\_ of place in the ballroom, full of elegantly dressed guests.

**3** Complete the gaps (1–4) with the words below. Complete the remaining gaps (a–d) with the correct phrasal verbs or expressions with **come**.

self-reliant cutting-edge taken aback facilitate

Let me tell you a story how I <sup>a</sup> \_\_\_\_\_ the idea of using scientific research to find the love of my life. I was never much of a fan of dating sites or matchmaking services. I had always believed I'd be <sup>1</sup> \_\_\_\_\_ when it <sup>b</sup> \_\_\_\_\_ finding my soulmate, and I didn't intend to seek assistance. However, a few months ago, I read an interesting article which outlined some <sup>2</sup> \_\_\_\_\_ developments in

genetics. It suggested that our choice of a romantic partner is determined by our genes. In fact, genetic tests could greatly <sup>3</sup> \_\_\_\_\_ the process of finding your true love. I discussed the idea with a few friends, and they <sup>c</sup> \_\_\_\_\_ the idea heavily, saying it was completely implausible, but I decided to give it a go. I found a matchmaking agency which claimed to rely on genetic testing while pairing people up. It was a success

beyond my wildest dreams! I was <sup>4</sup> \_\_\_\_\_ by how fast they found a perfect match for me. I admit I was sceptical at first, but I'd been trying to find a partner for so long and had always <sup>d</sup> \_\_\_\_\_ empty that I really had to try it! When I met him ...



**VOCABULARY CHALLENGE!** Student's Book, p. 4–5, ex. 8&9

**4** Complete the sentences with the correct words. The first letters have been given.

- 1 I must say I find Bob rather arrogant and **p**\_\_\_\_\_. His goal is to get promoted at any cost.
- 2 I'm more self-assured now, but I used to be very **t**\_\_\_\_\_ as a child.
- 3 The journalist is known to be very **o**\_\_\_\_\_ in his criticism of the government. He always states his opinions very openly.
- 4 I was sure of my skills before the performance, but when I went on stage, my **c**\_\_\_\_\_ vanished.
- 5 My dad always plays basketball with his **m**\_\_\_\_\_ from the office on Thursdays.
- 6 The English are thought to be rather formal and **r**\_\_\_\_\_ in manner and have a reputation for avoiding close relationships.

**5** The words in bold are in the wrong form. Write the correct form of the words to complete each sentence.

- 1 As far as I know, the police haven't found a **definite** proof of his guilt yet. \_\_\_\_\_
- 2 I found it rather **intimidated** to give a speech in front of fifty people. \_\_\_\_\_
- 3 The research results have been rather **consist**, so we cannot draw any conclusions yet. \_\_\_\_\_
- 4 Make sure the software is **compatibility** with this operating system before downloading it. \_\_\_\_\_
- 5 Your previous predictions were incredibly **accurate**, so don't expect us to trust you again. \_\_\_\_\_
- 6 He showed a great deal of **lazy** and didn't even bother to open his books to find the information. \_\_\_\_\_
- 7 If you want constructive feedback, you'd better ask an **uninterested** observer, not someone involved in the matter. \_\_\_\_\_

# READING AND VOCABULARY

reading for gist and detail • real to virtual  
friendship crossover

1

1 How does your generation use the new media? Take the quiz. Then read the text in exercise 3 to check your answers.



QUIZ

The generation born after the turn of the millennium:

- 1 is often called *Generation Z / the Millennials*.
- 2 seems to focus on *virtual / real life* relationships.
- 3 approaches social media in a *more / less* practical manner.
- 4 *is / isn't* keen on sharing all the details of their lives.
- 5 would rather *photoshop / not photoshop* the pictures they post.

2 Match the definitions with the correct form of the words in bold from the text and the sentence in exercise 3.

- 1 use
- 2 want something very much
- 3 be attracted to
- 4 unsure of oneself
- 5 a private conversation between two people
- 6 go somewhere unpleasant or exciting
- 7 a face that one shows to the society
- 8 close relationship
- 9 a group of people who share some characteristic

3 Match the sentences (A–F) with the gaps (1–5). There is one extra sentence.

- A As adept at using the latest technology as their predecessors, they don't feel out of place in the real world.
- B To receive as many as possible, they reinvent themselves online by sharing pictures of themselves which have been carefully selected and then photoshopped to create the desired effect – the illusion of perfection.
- C *Tête-à-têtes* over caramel lattes were to be replaced with video chats and emoji messages for good.
- D That's why it took everyone some time to realise that such posts or pictures, called digital footprints, are difficult to erase and mean an end to one's privacy.
- E These factors caused the Millennials to be highly suspicious not only of the people they met online but even in the real world.
- F This is not to say that this generation does not maintain online connections with people across the world via the Internet.

## GENERATION CONCEPTS



Baby boomers



Generation X



Millennials



Gen Z

The Millennials are the demographic **cohort** born, roughly speaking, during the last two decades of the 20th century. They were the first generation to be connected to the world wide web from their early days. Glued to their screens, they had the psychologists and sociologists fretting about their social skills and future relationships. That's because, leading the better portion of their social life online, the Millennials were not learning to interact face-to-face.

**Self-conscious** to the point of being nicknamed *The Snowflake Generation* and getting hurt over the slightest negative comment, they **crave** attention more than anything else and have become addicted to collecting likes. <sup>1</sup> \_\_\_\_ As a result, while it seems like they are documenting their life, they are in fact creating and presenting better versions of it.

The online reality created by the Millennials turned out not to be a safe place to live in. The virtual **personas** of themselves as well as their friends were enhanced versions of reality. At the same time, the tendency to share absolutely everything not only about themselves, but also about everyone else meant that nothing remained a secret for too long. Whatever someone didn't post, his/her friends, especially ex-boyfriends/girlfriends, would. <sup>2</sup> \_\_\_\_ As a consequence, as psychologists noticed, building strong and healthy relationships based on trust could be potentially challenging.

The Millennials were followed by Generation Z – people with birthdays from the turn of the century onwards. Born into a world where permanent digital connectedness is a fact of life, they seemed even more likely to **venture** into the maze of virtual relationships. <sup>3</sup> \_\_\_\_ To everyone's relief and surprise, that apparently hasn't happened.

Members of Generation Z have active accounts on multiple social platforms, but they are more pragmatic about them than the Millennials. They appear to be taking their social life back to reality and **utilising** the social skills acquired during online interaction to strengthen real life **bonds**. <sup>4</sup> \_\_\_\_ They do. Yet it's offline that they prefer to interact.

Unlike the Millennials, Generation Z has a clear aversion to oversharing. They'd rather follow others than post. When they do post, they are proud to share original, unedited pics and **gravitate towards** newer sites and apps such as Whisper, where their privacy is better protected. All in all, Generation Z appears to have taken the best of both worlds. <sup>5</sup> \_\_\_\_ On the contrary, they seem to understand the importance of face-to-face interaction and embrace it, even if they do hide behind the screen in moments of weakness.



REVISION Student's Book, page 7

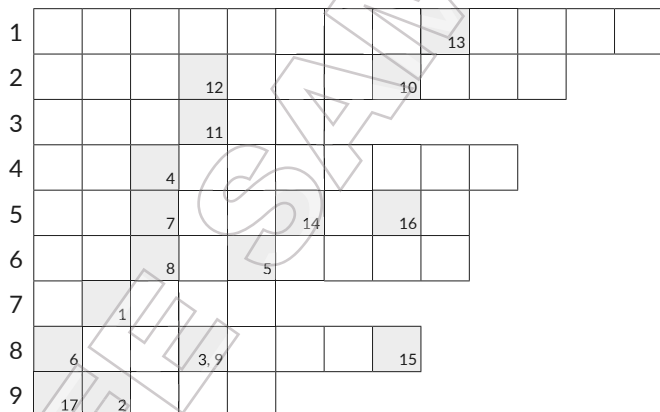
## 4 Complete the sentences with the correct form of the words below.

portion vulnerable alienate say fret front  
benign rife

- If you don't want to date her just say it up \_\_\_\_\_, don't lead her on.
- A good \_\_\_\_\_ of her posts is devoted to her culinary creations.
- Self-consciousness makes you more \_\_\_\_\_ to criticism.
- It goes without \_\_\_\_\_ that you shouldn't share any sensitive data online.
- Please do not switch to Polish! Sarah doesn't understand it, and it might \_\_\_\_\_ her when she doesn't know what we're talking about.
- The Internet is \_\_\_\_\_ with websites offering personality tests.
- The doctor told me that the changes on my skin were \_\_\_\_\_ and I didn't need to worry.
- If she doesn't reply immediately, don't \_\_\_\_\_. She's a very busy person and will get in touch eventually.



## 5 Complete the sentences below to solve the puzzle. What is the hidden message?



Hidden message:

--	--	--	--	--	--	--	--

1 2 3 4 5 6 7

--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

8 9 10 11 12 13 14 15 16 17

- Digital \_\_\_\_\_, that is staying in touch by means of various electronic devices, is a vital part of young people's lives.
- How many of your online \_\_\_\_\_ really know you?
- It was a very emotional speech, but he didn't present any \_\_\_\_\_ arguments to support his case.
- Kids should be taught that people with bad \_\_\_\_\_ often use social networks to find their victims.
- Dad will go \_\_\_\_\_ when he finds out you wrecked the car.
- My fears about meeting people online were \_\_\_\_\_, my new friends are great.
- My parents don't understand virtual reality and only see its possible \_\_\_\_\_ such as the fact that it's addictive and full of fake news.
- Taking the personal \_\_\_\_\_ and tailoring the services to the client's needs are increasingly important in business-client relations.
- You should take the things people post about their lives on social media with a \_\_\_\_\_ of salt.

VOCABULARY CHALLENGE! Student's Book, p. 7, ex. 12

## 6 Complete the sentences with the missing words.

- Her spiteful remarks about my looks \_\_\_\_ me to the bone.
- The crumbling fence between our houses has always been a bone of \_\_\_\_\_ between me and my neighbour - we both say the other should fix it.
- The man is bone \_\_\_\_\_ and refuses to help his wife with housework.
- With everyone boning \_\_\_\_\_ maths and physics before the finals our social life is non-existent.
- My girlfriend says everything is OK, but she's not telling me everything, I can \_\_\_\_\_ it in my bones.
- When mum came back from the meeting with my teachers, I could see she had a bone to \_\_\_\_\_ with me.
- Jake \_\_\_\_\_ no bones \_\_\_\_\_ telling you what he thinks, so you always know where you stand with him.



# GRAMMAR 1

## perfect and continuous aspect

1

### 1 Complete each sentence with the forms below.

hadn't returned   won't be using   are rehearsing  
had been using   will have returned   had been going out  
were planning   will have cleared

- The school show's premiere is next month, and we \_\_\_\_\_ a lot these days.
- According to the weather forecast, the sky \_\_\_\_\_ by early evening.
- Ted's car looked rather shabby – it seemed he \_\_\_\_\_ it for quite a long time.
- The moment I realised my little sister \_\_\_\_\_ home, I called the police immediately.
- John and Beth \_\_\_\_\_ for eighteen months, and they \_\_\_\_\_ to get married in a few weeks.
- I \_\_\_\_\_ the tablet today so you can take it. But promise you \_\_\_\_\_ it by tomorrow morning.

### 2 Choose the correct option to complete the Grammar Tip.

#### Grammar Tip

- Tense / Aspect** refers to the location of an event or action in time: the present, the past, or the future.
- Tense / Aspect** refers to how an event or action should be viewed from a particular moment in time. For example, the **perfect / continuous** is used to focus on the duration of an activity.
- In the sentence 'She's been playing the flute', the **continuous / perfect continuous** aspect has been used.

### 3 Complete the sentences with either affirmative or negative form of the verbs in bold. Use the simple, perfect, continuous, or perfect continuous form of the verb.

#### 1 travel

- When we met in 2005, Steven \_\_\_\_\_ for almost four years.
- Last year, Ben bragged that he \_\_\_\_\_ to 15 different countries.

#### 2 clean

- Hopefully, by the time we get home, the kids \_\_\_\_\_ their rooms.
- When the kids come from school, I \_\_\_\_\_ the house for 6 hours.

#### 3 buy

- I \_\_\_\_\_ some groceries the other day when I bumped into Mike.
- I'm afraid we \_\_\_\_\_ any healthy snacks in the supermarket. Perhaps there will be some in the local grocery store?

#### 4 read

- It's a shame that you \_\_\_\_\_ any of his novels – I'm sure you'd love them.
- I've had enough – I \_\_\_\_\_ this chapter on quantum physics for hours and I'm only half-way through.

#### 5 lie

- Thursdays are really tiring for my mum – she just comes home and \_\_\_\_\_ down for an hour or so.
- Just look at Mike – he \_\_\_\_\_ on the sofa peacefully, completely unaware of what we are up to.

### 4 Decide which of the underlined parts of the sentences are incorrect. Write the correct forms in your notebook.

- Tom So how was your spring break, Karen?  
Karen Not so great, to be honest. I 1 have been looking forward to a few days off. I 2 was even planning to visit my best friend in London. But when I 3 packed my bag, my mum called to say that grandma 4 had been collapsing and that she was in hospital.  
Tom Oh my ... you must have been really worried!  
Karen I was! And so ten minutes later, instead of getting ready for the airport, I 5 had been going to the hospital. When I got there, all my family 6 had already turned up. We waited almost three hours for the doctor's diagnosis. After a series of tests, the doctor concluded that it was just a food poisoning. Can you imagine?  
Tom That's a relief, isn't it?  
Karen Yes, but my trip was ruined. 7 I've been trying to reschedule the flight, but it was simply impossible. And how are your preparations for the big trip?  
Tom Excellent! I don't mean to make you jealous, but this time next week, I 8 will have been lying on the beach and relaxing.

### 5 Complete the sentences to create convincing context corresponding to the verb tense used.

- I've been running \_\_\_\_\_.
- I've run \_\_\_\_\_.
- I had called \_\_\_\_\_.
- I had been calling \_\_\_\_\_.
- I will have watched \_\_\_\_\_.
- I will have been watching \_\_\_\_\_.
- I'm taking \_\_\_\_\_.
- I was taking \_\_\_\_\_.

### 6 Translate the Polish parts of the sentences into English, using the verbs below. Use the perfect, continuous, or perfect continuous aspects. There are three extra verbs.


try   learn   call   tease   study   forgive   teach   forget  
be   avoid

Let me tell you about a girl in my class, who 1 \_\_\_\_\_ (*nauczyła mnie*) that appearances can be very misleading. When she joined our class in September, we 2 \_\_\_\_\_ (*uczylismy się*) together for three years, and we were quite reluctant to let any outsider into our group. Plus, we found the way she looked rather off-putting. On her first day, she came to school wearing scruffy clothes and her hair was in a mess. She looked as if she didn't care about her appearance or making a good impression. So, we all made assumptions about her, and we 3 \_\_\_\_\_ (*unikalismy jej*) her for a few weeks. Then it turned out we 4 \_\_\_\_\_ (*bylismy*) wrong about her – she soon proved to be a bright student and a lovely person, always ready to help everyone with schoolwork and homework projects. I 5 \_\_\_\_\_ (*próbowałem*) to apologise to her, I 6 \_\_\_\_\_ (*nawet dzwoniłem*) her several times to say I was sorry for the way I had acted, but so far without much luck ... Hopefully, she 7 \_\_\_\_\_ (*wybaczy nam*) by the time we graduate.

1 Complete the sentences with the correct form of the phrasal verbs and idiomatic verbs from the box.

crop up   drive sb away   fall out over sth   make it  
have a go at sb   put up with sth   stand sb up

- I can usually \_\_\_\_\_ a few distractions when I'm working, but this is too much.
- If you keep treating your friends so badly, you're going to \_\_\_\_\_, and then you'll have none left.
- My mum \_\_\_\_\_ me when she saw my test results, but she calmed down when she realised I was still top of the class.
- Sorry, but I'll be late today. Something unexpected has \_\_\_\_\_ at school, and I need to stay late.
- I can't believe you guys \_\_\_\_\_ something so unimportant! Just say sorry to each other and make friends again!
- We arranged to go for a meal, but he \_\_\_\_\_ and I ended up eating alone.
- I'm afraid I'm not going to \_\_\_\_\_ for the beginning of the match. I'm stuck in a traffic jam, unfortunately.

2 **MP3 01**  Listen to a conversation between a brother and sister about a friend and complete the gaps in the sentences.

- Lucy's friend Rosie has claimed that \_\_\_\_\_ on at least three occasions recently.
- When Rosie and Lucy meet up, they usually spend their time \_\_\_\_\_.
- Jack advises Lucy against \_\_\_\_\_.
- Lucy suspects that Rosie might prefer to \_\_\_\_\_.
- Jack urges Lucy to become a \_\_\_\_\_.


**REVISION** Student's Book, page 9

3 Match the parts of the sentences.

- It seems as if she only wants to see me when she needs a shoulder
  - It's time you realised that any relationship is a two-way
  - Mike has finally spilled
  - I wish Jane was more up
  - I was sure that Jerry was my true friend, but he only wanted me to give him
  - When Paula finally woke up
  - My whole family is getting on
- a to the fact that Jane had been using her all that time, she cut her off immediately.
- b his guts to Lucy and confessed he's addicted to gambling.
- c to cry on because things have gone wrong at home.
- d my case for choosing to study Latin, but I won't change my mind.
- e front about her intentions, as sometimes I feel she's not entirely honest with me.
- f a leg up, which was rather disappointing.
- g street and you need to try harder than that.

4 Choose the correct option to complete each sentence.

- We were supposed to take a *collectible* / *collective* decision, but we couldn't reach any agreement.
- It was after Roland's *dismiss* / *dismissal* from the factory that the workers went on strike.
- With the trauma she experienced after the accident, Mary had no choice but to seek *counselling* / *counsellor*.
- I was flattered to hear so many *complement* / *complimentary* things about the curry I'd cooked.
- To be honest, I've never met such a soap-opera *addictive* / *addict* as Lucy.
- The research results confirmed the *occupier* / *occupational* risk of impaired hearing among workers.

5  Complete the text with the correct form of the words below. There are two extra words.

popular   confront   work   different   occupy  
complement   wealth

The story I'd like to tell you is about how a <sup>1</sup> \_\_\_\_\_ of opinion can ruin a friendship. After graduating from college, my dad and his best mate decided to go into business. They opened an inn by the seaside in the north of England. My dad was to run the restaurant, and his friend took responsibility for the guest rooms. Their business activities were supposed to be <sup>2</sup> \_\_\_\_\_ to each other, which they believed could help them win more customers. However, my dad's restaurant grew in <sup>3</sup> \_\_\_\_\_ while the hotel brought very little revenue. It turned out that my dad and his friend had their own visions of the company, and instead of cooperating, they were <sup>4</sup> \_\_\_\_\_ with their own ventures. When they tried to discuss the problem, they always got very <sup>5</sup> \_\_\_\_\_ and could not agree on anything. In the end, they were forced to close the inn, they lost a lot of money and their friendship in the process as well.



6 Write 3–4 sentences to answer the questions below.

- How do you react to flattery?  
\_\_\_\_\_
- What could make you break it off with your best friend?  
\_\_\_\_\_
- Have you or someone you know ever been taken advantage of by a friend?  
\_\_\_\_\_

# GRAMMAR 2

narrative tenses and structures: past simple, past continuous, past perfect continuous; future in the past

1

**1** Read the situations (1–5) below. Find and correct one incorrect verb form in each point.

- 1 We were discussing the details of the surprise party for Ian when Natalie suddenly showed up and started to order us around, even though she had no idea about what we planned so far. \_\_\_\_\_
- 2 One year before they got engaged, Tom and Lisa were introduced to each other at their friend's house. It was at that moment that Tom knew Lisa was to be a perfect match for him. \_\_\_\_\_
- 3 George left my place early last night, as he had to get up at dawn the next day and was going to go to bed early. But when I had been passed his house a few hours later, the lights in his room were still on.  
\_\_\_\_\_
- 4 As Monica was getting into the car, she dropped her purse, and all its contents spilt out into the street. This was when Mark noticed the watch he had given her and has started to wonder if she would ever start wearing it.  
\_\_\_\_\_
- 5 I bought some groceries the other day when I saw someone shoplifting. It was a young boy, who was putting some chocolate bars into his backpack. I was just about to stop him when he noticed me and ran away.  
\_\_\_\_\_

**2** Complete the sentences with the correct form of the pairs of verbs below.

join - plan	listen - take	hope - have to
lie - sleep	ring - stare	turn up - spend

- 1 Before he \_\_\_\_\_ the bell, Rowan \_\_\_\_\_ at the door for a long time, unsure whether he really wanted to go inside or not.
- 2 While I \_\_\_\_\_ to Grandpa's war story, I realised it \_\_\_\_\_ him many years to get over that horrifying experience.
- 3 Few of us knew that Lillie \_\_\_\_\_ at the dinner, as originally she \_\_\_\_\_ that day with her friends, not with family.
- 4 I couldn't believe my eyes! The flat was still dirty when I got back. Jennifer \_\_\_\_\_ on the sofa, and it seemed she \_\_\_\_\_ all the morning.
- 5 Initially, Michael \_\_\_\_\_ the rest of the group later that evening, but then he remembered that he \_\_\_\_\_ be somewhere else.
- 6 I \_\_\_\_\_ to receive an invitation to Ian's birthday party, but then I realised I \_\_\_\_\_ pretend to like his friends from school and didn't feel like going there anymore.



**3** Complete the second sentence so that it means the same as the first. Use the word given in capitals. Do not change the form of the word given.

- 1 After a one-hour walk, Yuri realised he had left his mobile at home. **HAD**  
Yuri \_\_\_\_\_ realised he had left his mobile at home.
- 2 I had a gut feeling that it would be the year when my life would finally change. **TO**  
I had a gut feeling that my life \_\_\_\_\_ that year.
- 3 I wrote about fifty letters to Monique before I decided to visit her in person. **WRITTEN**  
By the time \_\_\_\_\_ about fifty letters to her.
- 4 When I was a teenager, it was never my intention to become a world-famous gamer. **WAS**  
As a teenager, \_\_\_\_\_ a world-famous gamer.
- 5 There was a power cut in the middle of the film. **WHEN**  
I \_\_\_\_\_ there was a power cut.
- 6 It was their 40th wedding anniversary that we celebrated last month. **BEEN**  
Last month we celebrated the fact that \_\_\_\_\_ forty years.



**4** Read the sentences. Write 1–2 sentences to continue the story. Use a variety of different past tenses.

- 1 The guests were about to arrive, and everything seemed ready.  
\_\_\_\_\_
- 2 As we were leaving the house, we thought it would be a perfect evening.  
\_\_\_\_\_
- 3 Mary was sitting in the waiting room, wondering what news she would hear.  
\_\_\_\_\_
- 4 I knew we had never been very fond of each other, although we'd been playing for the same team.  
\_\_\_\_\_
- 5 When Ben arrived home, the whole family was waiting for him, except for one person.  
\_\_\_\_\_

# 1

## SPEAKING

discussing your strengths and weaknesses • expressing importance

1 Write questions using the prompts. Add any other necessary words. Then answer the questions about yourself.

1 you / tend / learn / by / look at pictures / or / through hands-on experiments?

2 you / come across / very / active person?

3 you / capable / recognise / layouts / buildings?

4 be / nonverbal communication / your strong point?

5 you / call / you / a person who / good / take care of / plants and animals?

6 you / consider / you / person / ecologically aware?

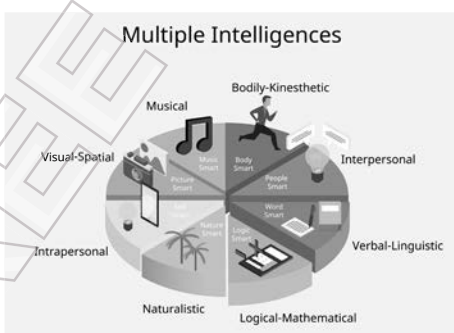
2 Complete the sentences (1–6) with the phrases below. There are two extra phrases.

turns out to be central in handy key factor when  
turn out to be particularly relevant decides  
paramount importance indispensable in the case  
fundamental in the case of

- Coordination and good motor skills are of \_\_\_\_\_ for tasks which require precision.
- Awareness of one's body \_\_\_\_\_ to jobs involving performing arts.
- A talent for drawing and spatial imagination are \_\_\_\_\_ creative jobs and hobbies.
- A knack for geometry comes \_\_\_\_\_ in engineering and architecture.
- Good manual skills \_\_\_\_\_ for people who construct things such as aircraft models or furniture.
- A good sense of direction is \_\_\_\_\_ of activities connected with navigation such as sailing.

3 Prepare a short presentation about Howard Gardner's theory of multiple intelligences. Use ideas from exercises 1–2 and do some research on the Internet to find out information about the theory. Include the points below:

- Describe the different intelligences, and outline the skills and abilities connected with each.
- Explain what type of intelligence you think you possess. Include some examples from your life.
- Present your opinion about this theory. Remember to include its strengths as well as weaknesses.



## WRITING

narrative elements • sequence and flow

1 Read the Chinese story about character building. Complete the gaps (1–9) with the phrases below. Then write the verbs (a–g) in the correct past tense.

while on the day even before afterwards only when  
once upon a time when several months passed  
as soon as



1 \_\_\_\_\_, a boy from a little village made up his mind to learn martial arts at the Shaolin Temple. He travelled a long way, but when he knocked on the door of the temple and stated his wish, the monks turned him away. The boy <sup>a</sup> \_\_\_\_\_ (*sit*) there all night, and <sup>2</sup> \_\_\_\_\_ the dawn broke, he was ready to leave. Suddenly, the door opened, and he was invited inside. The boy couldn't wait to join the monks, whom he could see perfecting their Kung Fu techniques. To his surprise, however, he was told to bring a bucket of water from the stream instead. <sup>3</sup> \_\_\_\_\_ he returned with it, he was told to slam the surface of the water with his hand and keep doing so until all the water splashed out of it. <sup>4</sup> \_\_\_\_\_, he was to repeat the whole process, again and again.

<sup>5</sup> \_\_\_\_\_ and the boy <sup>b</sup> \_\_\_\_\_ (*still / do*) the same task. He <sup>c</sup> \_\_\_\_\_ (*get*) desperate, thinking he was being made fun of, when his instructor told him to visit his village.

<sup>6</sup> \_\_\_\_\_ of his arrival, all the villagers gathered for a celebration, setting up a clear space in the main square with tables laden with food all around it. <sup>7</sup> \_\_\_\_\_ anyone said anything, he knew they expected him to show off his skills. Ashamed, he wanted to leave but was dragged to where the elders of the village were seated. They asked for a demonstration and kept pushing until the frustrated boy yelled that they <sup>d</sup> \_\_\_\_\_ (*not teach*) him anything and slammed his fist into the table.

It was <sup>8</sup> \_\_\_\_\_ he <sup>e</sup> \_\_\_\_\_ (*look*) down and saw the stone surface broken in two that he realised how much he <sup>f</sup> \_\_\_\_\_ (*learn*) over the months spent with the monks. <sup>9</sup> \_\_\_\_\_ he <sup>g</sup> \_\_\_\_\_ (*feel*) sorry for himself, he'd not only been taught a physical skill but patience, perseverance, and humility.

2 Write a fairy tale, using at least eight time expressions from exercise 1.

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## 1 Find and correct mistakes in the use of continuous and simple tenses. Two sentences are correct.

- Tom has lost a lot of weight lately, and now he's weighing 180 pounds.  
\_\_\_\_\_
- The gossip I'm hearing about you leaving our school, is it true?  
\_\_\_\_\_
- We've been knowing each other for years.  
\_\_\_\_\_
- Mandy was depending on us to get her place decorated, and we didn't disappoint her.  
\_\_\_\_\_
- I'm really appreciating your help!  
\_\_\_\_\_
- I'm considering you one of my best friends.  
\_\_\_\_\_

## 2 Choose the correct option to complete the text.

When romantic relationships go wrong, people usually start wondering why. One possible explanation is that we often enter relationships with plenty of **1** that have nothing to do with reality. We have a subconscious image of our ideal partner and relationship, and we often fail to notice it is **2** with the person standing in front of us and with their values. Worse than that, any signs that our partner might not exactly match our ideals are often **3** as unimportant. Or you might, for instance, believe that opposites attract and that **4** personalities actually make the relationship richer. In the long run, however, personality differences may mean that you'll end up spending a good **5** of your time together fighting over things. For instance, your introverted partner might not want to share their feelings with you while you'd rather talk everything out. **6** the years, such differences might eclipse everything else. One person wants to have an active weekend while the other wishes to relax on the couch. One believes in giving children a strict upbringing while the other is more lenient, and so on, until one day you wake up **7** the fact that you have nothing in common. So **8** both of you are really willing to compromise, avoid relationships with people with a very different character and personality.

- |                    |              |
|--------------------|--------------|
| 1 a preconceptions | 5 a piece    |
| b predispositions  | b portion    |
| c preliminaries    | c section    |
| d predicaments     | d percentage |
| 2 a intimidating   | 6 a Over     |
| b inconsistent     | b After      |
| c inquisitive      | c For        |
| d inexplicable     | d While      |
| 3 a crushed        | 7 a to       |
| b blown away       | b for        |
| c rife             | c with       |
| d dismissed        | d in         |
| 4 a counselling    | 8 a when     |
| b confrontational  | b since      |
| c complementary    | c unless     |
| d considerate      | d if         |

## 3 Complete the sentences with the correct form of the words in brackets. Add any other necessary words.

- \_\_\_\_\_ (when / come / intimidate) unruly clients at the club, there's nothing like a good security guard.
- \_\_\_\_\_ (everyone / glue) the TV during the last minutes of the game.
- You mentioned your friends were initially opposed to this idea - \_\_\_\_\_ (they / come round) it now?
- My neighbours tend \_\_\_\_\_ (meddle / other people) business, which is annoying.
- \_\_\_\_\_ (she / ever / strike) a conversation with him before that fateful night?
- I can't visit you in July, \_\_\_\_\_ (I / sail) around the Caribbean with my friends then.
- That's strange - she seems \_\_\_\_\_ (take aback) the news. I thought she had already heard it.

## VOCABULARY CHALLENGE! Student's Book, p. 4, ex. 8

### 4 Decide if the sentences are true or false. Give reasons to explain your answers.

- If you're having emotional problems and attend therapy, your counsellor should remain disinterested.  
\_\_\_\_\_
- A timid person is usually the life of the party.  
\_\_\_\_\_
- Reserved people tend not to be outspoken.  
\_\_\_\_\_
- A pushy person needs to be encouraged to present their views.  
\_\_\_\_\_

### 5 Complete each set of sentences with one word.

- \_\_\_\_\_ I was totally \_\_\_\_\_ away when I heard about their break-up - they seemed so good together. Hold on to your hat if you don't want it to be \_\_\_\_\_ away by the wind. The old tower was \_\_\_\_\_ up during the French Revolution and it was rebuilt in a different style.
- \_\_\_\_\_ The first \_\_\_\_\_ phones on the market weren't even remotely similar to the smartphones we use today. After the criminal was released from prison, the guards found he'd been digging a tunnel from his \_\_\_\_\_. Before the bone marrow transplant, the doctor explained the stem \_\_\_\_\_ donation procedure to us.
- \_\_\_\_\_ At the beginning, Ron resented any form of socialising, but after a while he \_\_\_\_\_ out of his shell. It took us hours of heated debates, but she finally \_\_\_\_\_ round to my point of view. Our firstborn was rather quiet, but when the second baby \_\_\_\_\_ along, he became much more sociable.
- \_\_\_\_\_ Sally is so out of \_\_\_\_\_ with the current shows that she hasn't even heard of the most popular ones. The spaghetti tastes a bit bland, I think it could use a \_\_\_\_\_ of garlic and pepper. We felt our house was rather boring and needed an artist's \_\_\_\_\_, so we hired a professional interior designer.





- 1 **MP3 02** Complete the phrases with the words and expressions below. Then listen and check.

genetic from social inequalities slate nature to bias  
discredited unresolved environmental

- 1 the debate remains \_\_\_\_\_
- 2 come to the world as a blank \_\_\_\_\_
- 3 the research has been \_\_\_\_\_
- 4 lead \_\_\_\_\_
- 5 differences in test scores stem \_\_\_\_\_
- 6 hereditary \_\_\_\_\_ of our personalities
- 7 twins have identical \_\_\_\_\_ makeup
- 8 our behaviour depends on \_\_\_\_\_ conditioning

- 2 **MP3 03** Usłyszysz dwukrotnie wywiad z psychologiem. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią nagrania. Zakreśl literę a, b, c albo d.

- 1 What does Sandra say about the nature versus nurture debate?
  - a It can be seen as a disagreement between scientists and philosophers.
  - b John Locke's arguments were in favour of nurture.
  - c It helped to support Darwin's explanation of inheritance.
  - d It was formerly known as the upbringing debate.
- 2 The research concerning intelligence of particular races
  - a did not receive enough credit from the scientists.
  - b was used to determine their access to education.
  - c is no longer regarded as reliable.
  - d focuses mostly on analytical skills.
- 3 The scientists from Queensland and Amsterdam
  - a recently completed their 50-year study of twins.
  - b couldn't agree on how big the role of environment is.
  - c based their results mostly on other people's work.
  - d started out believing in the 'genes' theory.
- 4 According to Sandra, people with 'warrior genes'
  - a enjoy manifesting their physical fitness.
  - b like to seek sensation and excitement.
  - c often come from foster families.
  - d might never act violently.
- 5 While answering the last question, Sandra explains
  - a the reasons why it is impossible to switch off some genes.
  - b possible interaction between genes and environment.
  - c her doubts concerning the idea of switching genes on and off.
  - d the influence of genes on our emotional intelligence.



- 3 Read the instructions and do the speaking task.

4 minuty

Chcesz wyjechać na rok do pracy w USA jako au-pair i zaproszono Cię na rozmowę wstępną. W rozmowie z organizatorem wyjazdu porusz następujące kwestie:

dotychczasowe  
doświadczenie w pracy  
z dziećmi

predyspozycje do pracy  
z dziećmi

twoją słabą stroną i jak  
sobie z nią radzisz

oczekiwania  
dotyczące rodziny, u której  
zamieszkaż

Rozmowę rozpoczyna egzaminujący.



- 4 Complete the table with the correct words and expressions below.

affection solitary show interest in somebody  
desolate companionship all by yourself feel isolated/  
misunderstood lend a helping hand belong somewhere  
turn to somebody long for company keep company  
be there for somebody on the outside looking in  
miserable not fit in befriend be homesick  
feel out of place

Friendship	Loneliness

- 5 Read the instructions and do the writing task.

Gdy młodzi ludzie zmieniają szkołę średnią lub idą na studia, często borykają się z samotnością, zanim nawiążą nowe znajomości. Napisz artykuł na portalu internetowym dla młodzieży, w którym opiszysz sytuację, w której ktoś wyciągnął do Ciebie pomocną dłoń, oraz poradzisz internautom, jak szukać nowych przyjaciół.

Wypowiedź powinna zawierać od 200 do 250 wyrazów.



▶ VIDEO 01

# THE WORLD TODAY VIDEOS

## Man's new best friend?



### COMPREHENSION

1 Work in pairs. Look at the pictures (a–c) from the video. What tasks do you think these robots do?

2 Watch the first part of the video. Put the items below in the order you see them.

- |  |   |
|--|---|
| <input type="checkbox"/> mechanical arms       | <input type="checkbox"/> a child with a robot   |
| <input type="checkbox"/> a robot with red eyes | <input type="checkbox"/> two robots by a hole   |
| <input type="checkbox"/> a robot with a screen | <input type="checkbox"/> a robot with a headset |

3 Watch the first part of the video again. For questions 1–4, choose the correct options (a, b or c).

- The mechanical arms are able to work with ...
  - a moral conscience.
  - social robots.
  - surgical precision.
- What is Ling's opinion on the rise of artificial intelligence?
  - Robots will demand jobs from humans.
  - She doesn't say.
  - Humans will award jobs to robots.
- Nao, the small social robot, is ...
  - a little more limited than an iPhone.
  - limited by the programmes it writes.
  - restricted by the apps created for it.
- Ling says that robots ...
  - can't make moral decisions now but perhaps should be able to.
  - can make moral decisions now but not as quickly as humans.
  - could make more practical decisions if they had a conscience.

4 Watch the second part of the video. Make notes about these robots:

- Casper
- Inka
- Kodomoroid

### Glossary

**autism (n)** a problem in the development of a child's brain that can cause serious difficulty in communicating and forming relationships with other people

**creepy (adj)** unpleasant in a way that makes you feel nervous or frightened

**newscaster (n)** a person who reads the news

### AUTHENTIC ENGLISH

1 Read the sentence from the video and the information in the box. Which use (a or b) of *effectively* is being used in the sentence?

*Effectively, it makes a very practical one.*

*effectively*  
*effectively* is used in two ways:

- for saying what the situation really is, although its appearance or official description might be different.
- for saying that something works well and produces the result that you intended.

2 Which use of *effectively* is used in the sentences?

- Robots can do a lot of mundane jobs more effectively than humans.
- The computer hasn't saved the document. Effectively, you'll have to start from scratch.
- For the tablets to work effectively, you have to take them before you eat breakfast first thing in the morning.

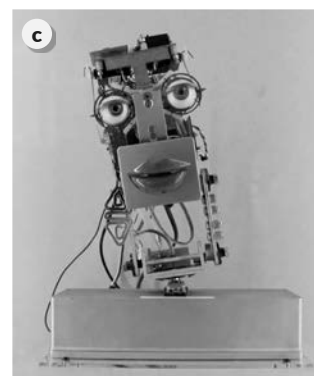
3 Work in pairs. Respond to the situations with a sentence using *effectively* to describe the real result of the situation.

- They spend all their time at her house.  
*They effectively live with her.*
- Barcelona were beating Real Madrid 5–0 by half time.
- He'll have to resign or he'll be fired.
- They can ring him at any time and he has to go to work.

### SPEAKING

Work in pairs. What does Ling mean in the quote below from the video? Do you agree with her?

*'Down the line when we get to a point where we're capable of creating hyper-realistic robots that are indistinguishable, there is a real issue of deception that would arise then.'*



## READING

1 Read about three people's 'dream robots'. Which person ...

- 1 wants a robot for stimulating conversations?
- 2 wants a robot to help them relax after work?
- 3 wants a robot that can respond to voice commands without replying?
- 4 does not care about a robot performing practical tasks?
- 5 is not confident doing repairs in their house?

## #MyDreamRobot

a



## Bethany, Cambridge

My dream robot wouldn't necessarily have to be humanoid. It'd be stronger than me so that it could do all the heavy lifting. It'd also be much handier than me so that it could do all the DIY around the house as I'm useless at all of that. As I can't stand housework, I'd like a robot which did all the household chores such as vacuuming, dusting and cleaning the windows. It'd be able to understand my spoken instructions, but I wouldn't want it to be able to talk back to me as that would be too weird.

b



## Sam, Toronto

My dream robot would be human-like and I wouldn't want it to do menial things. Instead, I'd like it to have Artificial Intelligence capacities which would allow it to talk to me about art, literature, politics and philosophy. As I live alone, it'd be good to have intelligent and cultured discussions with my robot. I suppose I'd want my dream robot to be more like a friend rather than a helper.

c



## Jill, Cape Town

My ideal robot would be a pet robot dog. I've read that there are therapeutic benefits of having a dog, but I work such long hours that I just wouldn't have time to look after it properly and take it for walks. My pet robot would look like a real dog, have some Artificial Intelligence and be able to learn and remember its own name. If I had a cute, cuddly and intelligent robot dog, it would reduce my stress levels and help me to unwind after a long day at the office.

## Glossary

**menial (adj)** work that is boring and is considered to be of low status

**therapeutic (adj)** helping to make you feel better or calmer

2 Are any of the speakers' ideas similar to your 'dream robot'? Which person's idea do you prefer?

## SPEAKING

1 **PLAN** Work in small groups. You are going to design a robot for your classroom. Consider the following ideas.

- appearance
- mobility
- functionality
- artificial intelligence
- moral conscience

2 **PREPARE** You are going to present your robot in a product launch. Use the expressions in the box to help you prepare.

## Introducing a product

Today we're going to present a new product ...

We've been tasked with coming up with a new product ...

## Talking about a product

The main features of the robot are ...

We think the greatest challenge will be ...

## Talking about the robot

Our robot is going to be a real game-changer.

This robot is state-of-the-art.

3 **PRESENT** Choose one person from your group to present your robot.

4 **DISCUSS** Work as a class. Decide which was the most successful presentation. Think about practicality, originality and functionality.

## BEYOND THE CLASS

## Why not try ...

recording your presentation on your phone? Be ready to comment on what you did well and what you would like to improve.



# SPOTLIGHT ON SOCIETY VIDEOS

## A musical soul



▶ VIDEO 02

### BEFORE WATCHING

- 1 Work in pairs and discuss the meaning of the quote by a Chinese artist.

*'Life is art. Art is life. I never separate it.'*  
Ai Weiwei



- 2 Work in pairs. Look at the words and phrases below and discuss the questions.

life event   book   strangers   memories   nature

- 1 Could these things inspire an artist?
- 2 What else could become an inspiration?

### WHILE WATCHING

- 3 Watch the video and decide who...

- 1 expressed surprise at Ana's decision. \_\_\_\_\_
- 2 plays guitar in *Echoes in Smoke*. \_\_\_\_\_
- 3 grew up in Bolivia. \_\_\_\_\_
- 4 told Ana she should sing. \_\_\_\_\_
- 5 spent their childhood in Sweden. \_\_\_\_\_

- 4 Watch again and complete Ana's bio.

Hi, my name is Ana. I am.... Well, that's tricky. My parents were of two different <sup>1</sup>\_\_\_\_\_. When I was little we lived in Sweden, <sup>2</sup>\_\_\_\_\_ that I belonged there. I wanted to experience <sup>3</sup>\_\_\_\_\_, that's why I went to Spain to study Art. But I didn't consider becoming a musician until I met these guys, who are now <sup>4</sup>\_\_\_\_\_, and they talked me into it. I love singing and I write my own songs too. My two main inspirations are <sup>5</sup>\_\_\_\_\_. Books or movies can also inspire me but they're not enough, you see. Then again, many things can become main ideas for songs. For instance, "The Dessert Song" was inspired by travels, but "Behind the teeth" is based on my <sup>6</sup>\_\_\_\_\_.

### FOLLOW-UP

- 5 Complete the dialogue with the correct forms of the words and phrases below.

diverse   end up   path   for as long as   follow  
wrap up   shell   strike up

- A** Don't you think acting classes did Sammy a lot of good? She used to be so shy, but she's clearly coming out of her <sup>1</sup>\_\_\_\_\_ now, isn't she?
- B** It might be the classes or it might be her new friends at university. They all come from <sup>2</sup>\_\_\_\_\_ backgrounds, so there's no judgement or expectations of a particular behaviour in this group. I know she <sup>3</sup>\_\_\_\_\_ a couple of friendships there, so that might have helped too.
- A** Well, whatever it is, I'm glad she <sup>4</sup>\_\_\_\_\_ following her own <sup>5</sup>\_\_\_\_\_ rather than becoming an accountant as her parents kept insisting.
- B** I guess it's always a good idea to <sup>6</sup>\_\_\_\_\_ your heart. Look at me - I've wanted to be a vet <sup>7</sup>\_\_\_\_\_ I can remember. And now that I'm in actually studying to become one, I'm as happy as can be, even though there's so much work that I hardly have time to catch some sleep.
- A** Well, don't get too <sup>8</sup>\_\_\_\_\_ in books because we've got Jacob's birthday to plan next week.
- B** I know, I know, don't worry. I've got that on my agenda. And our trip to the movies this Saturday as well.

### AFTER WATCHING

- 6 Work in groups. Choose an object, person or event from your school life and brainstorm ideas for a work of art that it could create. If you're up for the challenge - create it.
- 7 Choose an artist and research what inspired their works. Prepare a short presentation or a poster about this work and its inspiration.



# 2

# A HEALTHY GOAL

## VOCABULARY

competing and achieving success in sports  
• body parts, injuries and illnesses

- 1 Replace the words in bold with their synonyms below. There are three extra words. Write your own sentences to illustrate the meaning of the extra words.

nauseous punishing gauge agonising unrelenting  
pinnacle come down with brevity suffered  
dizziness splitting

- I don't think you can **measure** a person's happiness by looking at how much money they have. \_\_\_\_\_
- Within just half an hour after boarding the ship, I began to feel **sick**. \_\_\_\_\_
- By the age of 25, Sandra had reached the **top** of her sport career. \_\_\_\_\_
- She gained acclaim for her **persistent** struggle against the discrimination of minorities. \_\_\_\_\_
- Back in those days, we would read a lot of poetry and ponder the **shortness** of life. \_\_\_\_\_
- Perhaps if I had taken vitamin C regularly, I would not have **caught** a cold. \_\_\_\_\_
- ★ Ten hours in front of the screen gave me such a **very bad** headache that I had to lie down. \_\_\_\_\_
- ★ He must have suffered **extreme** pain after such a severe fracture. \_\_\_\_\_

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- 2 Find and correct one wrong word in each idiomatic phrase. Then match the idioms with their meanings (a-g).

- I have no idea how their team have done the cut for the semi-finals – they aren't terribly good! \_\_\_\_\_
- The sports commentators are skipping the gun as I haven't decided if I am going to take part in the tournament yet. \_\_\_\_\_
- I admired my maths teacher who would always run the extra mile to help us understand the most difficult equations. \_\_\_\_\_
- 'I've been quite understanding so far, but unless you hand in all your essays by Friday, I might have to switch tack,' the teacher said. \_\_\_\_\_
- Ian used to study hard and achieve top scores, but for some reason, he seems to have dropped the book recently. \_\_\_\_\_
- ★ Ever since I remember, Bea has been deadly set on studying abroad. \_\_\_\_\_
- ★ John has been chosen as the team captain again, but with his skills that was just par to the course, right? \_\_\_\_\_

- give up
- make it to the next level
- be determined to do something
- normal, expected
- do more than necessary
- do something earlier than you should (e.g. talk about sb as your girlfriend/boyfriend without asking them out)
- take a different approach

- 3 Choose the correct option to complete each sentence.

- After the accident, Mark realised that he'd **scraped** / **sprained** his elbow pretty badly, and now it was bleeding.
- Telling everyone about her illness just to be treated better in the competition was a hit **below** / **under** the belt.
- It is a **blooming** / **sobering** fact that only one in four teenagers practices sport regularly.
- Tom was lying by the pool, naked from the **waist** / **abdomen** up, soaking up the sun.
- I've been suffering from repetitive cramps in my left **calf** / **shin**, but I have no idea why.
- ★ Three people are reported to have **endured** / **contracted** a deadly virus.
- ★ If you want to **shed** / **take** a few pounds, there is no better way than exercising.

### VOCABULARY CHALLENGE! Student's Book, p. 19, ex. 6&7

- 4 Translate the Polish parts of the text into English. Use the words given in bold.

I have recently had the chance to meet Michael Phelps, an American Olympic swimmer and a top medallist. It was at a sports fair in my hometown. He had been invited as a guest speaker to promote his foundation and talk at length about the programme he's launched for gifted kids. Apart from introducing the project, he talked a lot about his career. He had a very challenging training regime: every day he would <sup>1</sup> \_\_\_\_\_ (**ćwiczył jak wariat**) fiend for a few hours, and then he would <sup>2</sup> \_\_\_\_\_ (**natychmiast zasypiał**) out the moment he came home from practice. It was inspiring to hear about the moments when he <sup>3</sup> \_\_\_\_\_ (**czuł się, jakby go walec przejechał**) lorry but forced himself to train even harder. He also talked about his problems with drug addiction and the rehab which had helped him <sup>4</sup> \_\_\_\_\_ (**obrócić o 180 stopni**) about-turn in his life. 'I decided I had to make changes to improve my life, so I <sup>5</sup> \_\_\_\_\_ (**bardzo się zaangażowałem**) feet. He said he realised how various problems <sup>6</sup> \_\_\_\_\_ (**spowalniały go**) back in the past. Well, it was definitely a talk to remember!



- 5 Write 2–3 sentences to answer the questions.

- Describe a situation which you found overwhelming.  
\_\_\_\_\_
- What might happen to you as a result of a bike crash?  
\_\_\_\_\_
- Describe a situation in which you felt like the underdog.  
\_\_\_\_\_

- 1 Read the text below. Complete the sentences (1–7) with appropriate phrases. If possible, use your own words rather than expressions from the text.

## RUNNING A MARATHON: A HEALTHY GOAL?

I've always wanted to run a marathon, I just didn't want to end up like the first marathon runner – dead at the finish line. Legend has it that in 490BC, Pheidippides ran the 26 miles from Marathon to Athens with the news of his army's victory over Persians and dropped dead as soon as he delivered it. He went down in history for inspiring the idea of the marathon and even his untimely death didn't take away from his glory. Yet the deaths of modern marathon runners have resulted in running getting a lot of bad press. The media generate huge hype around such incidents, focusing solely on the negative consequences of excessive training. So what risks am I running (pun intended), and are they worth taking?

There's no denying the strain that running 26.2 miles puts on our body, forcing many organs to work much harder than normal. With the increased work of our muscles, our heart needs to pump much harder and our metabolism speeds up. These factors, combined, can cause the body to

overheat. Studies show that an average marathon runner sweats out about 1.2 liters per hour, which is why it's so crucial to drink during a race. Not too much, however, as water flushes out sodium from our blood. Then, there are all the injuries and muscle strain and inflammation which occur during and after the marathon in up to 90% of runners and can take up to 12 weeks to heal. The immune system is also compromised, causing many people to be vulnerable to catching all kinds of infections a week or so after the race. Recent studies have also revealed temporary abnormalities in kidney and heart functions, but they all seem to pass after a day or two. So, what about the sudden cardiac arrests that have occurred during marathons? Scientific literature on the subject suggests that they are not only rare (about 50 cases to date among the millions of people who've run marathons the world over), but they can usually be traced back to underlying heart conditions. So as long as you go about running in a reasonable manner and get yourself

checked out by a physician, you shouldn't worry about the day of the marathon being your last.

A "reasonable manner" may mean many things. Start your preparations weeks in advance, from small distances, to gradually build your physical and mental endurance. Attempt the greatest number of miles about 3 to 4 weeks before the marathon and then *decrease* the distances. While this might not sound logical, it helps conserve strength for the marathon. Another tactic is to include conditioning workouts and interval training in your training program. Proper gear and nutrition, e.g. a high carb diet, are equally important. It's also advisable to drink about a 30 fl. oz. of water before the race and then about 8 fl. oz. every 10–20 minutes as you run. Most importantly – listen to your body! Conquering this distance is as much a mental accomplishment as it is physical. Slow down or even walk if you're getting tired. Experienced runners report that while listening to their bodies helps maintain the right pace, focusing on surroundings prevents them from hitting the wall (marathon runners' term for suddenly losing all energy) when fatigue sets in.

Making it through to the finish line is said to be an amazing feeling. Many runners confess that this sense of accomplishment and self-satisfaction helps carry them through many difficult moments in their lives. And, provided you've prepared wisely, when your body recovers you will enjoy the physical rewards of stronger bones, heart, and muscles. So, since for smart runners the benefits definitely outweigh the risks, I'm all in! I'm taking my first run tonight!



- The author suggests that the media portray running mainly in \_\_\_\_\_.
- Drinking too much water while running can lead to \_\_\_\_\_ in the blood.
- During the first few days following the marathon, runners may \_\_\_\_\_ more easily due to the reaction of their immune system to such intensive exercise.
- Getting examined by a doctor in order to make sure you don't suffer from \_\_\_\_\_ should make running a marathon a safe experience.
- During the last few weeks before the marathon you should run less and less in order to have \_\_\_\_\_ on the day of the marathon.
- In order to continue running in the most difficult moments, many runners start thinking about things \_\_\_\_\_ instead of focusing on their bodies and fatigue.
- Marathon runners say that one of the greatest psychological benefits of completing the marathon is that they are able to \_\_\_\_\_.

**REVISION** Student's Book, page 21

**2 Match 1-8 with a-h to make phrases.**

- |                            |                          |                               |
|----------------------------|--------------------------|-------------------------------|
| 1 sense                    | <input type="checkbox"/> | <b>a</b> against the pricks   |
| 2 the flip                 | <input type="checkbox"/> | <b>b</b> around a common goal |
| 3 relentless / unrelenting | <input type="checkbox"/> | <b>c</b> impulse              |
| 4 knit                     | <input type="checkbox"/> | <b>d</b> of oppression        |
| 5 inevitable               | <input type="checkbox"/> | <b>e</b> outcome              |
| 6 kick                     | <input type="checkbox"/> | <b>f</b> pressure             |
| 7 guiding                  | <input type="checkbox"/> | <b>g</b> side                 |
| 8 competitive              | <input type="checkbox"/> | <b>h</b> sport                |

**3 For each pair, decide if the second sentence has a similar meaning to the first one. Write S (=similar) or D (=different).**

- The article touts sport as a panacea for depression.
  - According to the article, sport is a great way to deal with depression.
- Remember boys, being part of this volleyball team requires some give-and-take from every member.
  - All the members of our volleyball team need to know how to both serve and receive the ball.
- His winner-takes-it-all attitude does not make him a good team player.
  - He wants to win at any cost, which made him unpopular with his team mates.
- For people involved in this sport, the pressure is unrelenting.
  - Pressure is not a huge part of this sport.
- His lagging academic achievement might be due to the fact he is involved in many extracurricular activities.
  - He's got so many activities outside school that it negatively affects his grades.

- I find it surprising that she's running for school president given her subpar interpersonal skills.
  - I'd expect a candidate for school president to be better at dealing with people.
- In my opinion, there's a lot to be said for team sports as a way to teach youth social skills.
  - I don't think sports teach youth social skills as well as people claim they do.

**VOCABULARY CHALLENGE!** Student's Book, p. 21, ex. 7&8

**4 Translate the Polish parts of the sentences into English. Use the words given. Do not change the form of the words given.**

- I'm not a huge fan of water sports, but I do go kayaking \_\_\_\_\_ (*od czasu do czasu*). **OCCASION**
- Lewandowski \_\_\_\_\_ (*jest świetny w strzelaniu*) goals even under intense pressure. **GREAT**
- The school basketball team \_\_\_\_\_ (*zawsze szuka*) new talented players. **LOOKOUT**
- \_\_\_\_\_ (*Jeśli chodzi o rozciąganie*), I'd recommend some yoga exercises. **COMES**
- Our PE teacher \_\_\_\_\_ (*rozważa*) the possibility of having some of our classes at the local swimming pool. **LOOKING**
- A** Sporadic workouts are useless, you need to exercise \_\_\_\_\_ (*regularnie*). **BASIS**
- B** I know, it's just that \_\_\_\_\_ (*jestem z natury leniwa*). **NATURE**
- If you're looking for a dance studio for little Steffy, go to Ms Sanders – \_\_\_\_\_ (*świetnie radzi sobie z dziećmi*). **IS**



### 1 Match the meanings of various future forms (a-j) with example sentences below (1-10).

- a a definite plan
- b a promise
- c a scheduled event
- d an action to take place very soon
- e a prediction
- f a decision made at the moment of speaking
- g an arrangement
- h an action in progress at a moment in the future
- i an activity that will continue until a particular moment in the future
- j a future event completed by a stated time

- 1 That's a great idea! We'll **focus on strengthening** the defence instead of attacking all the time.
- 2 I'm afraid I can't join you tomorrow as I **have** tennis practice at 5.
- 3 The teams are getting ready, and the coaches **are about to give** them a pep talk.
- 4 I can't believe she isn't here yet. Ten more minutes, and we **will have been waiting** for her for an hour.
- 5 When **are you going to tell** your parents about your poor test results?
- 6 I'll **give** you a call as soon as the plane has landed, ok?
- 7 Looking at the statistics, I bet Johnson **will win** the title of the best striker for the third time in a row this year.
- 8 **Will you have managed** to send all the emails by the end of the day?
- 9 Have you heard that Tina **is opening** her own gym next month?
- 10 This time next week, **we'll be competing** in the championships.

### 2 Complete the sentences with the correct future form of the verbs in brackets.

- 1 Because of the competition next week, the coach \_\_\_\_\_ (**organise**) an extra training tomorrow morning.
- 2 The semi-finals \_\_\_\_\_ (**take**) place on Friday at 5.
- 3 You have lost every match this season. \_\_\_\_\_ (**you / do**) anything about it?
- 4 I need to change my diet, but I don't know how. I guess \_\_\_\_\_ (**ask**) my GP for some nutrition tips, for a start.
- 5 Whether I finish the chapter or not, by 8 o'clock I \_\_\_\_\_ (**study**) for 6 hours, which is a whole lot of time.
- 6 Can you see that red sports car? I \_\_\_\_\_ (**save**) enough money to buy a similar one by the end of the year.

### 3 Complete the dialogues with your own ideas. Use various future forms.

- 1  
Mum Why, on earth, do you need all these magazines?  
Rob Well, I \_\_\_\_\_.
- 2  
Leila Is it true about you and Mark?  
Jane Yes, we \_\_\_\_\_ next weekend.
- 3  
Paul Did you manage to find Bob?  
Tom Yes, but I almost missed him. He was \_\_\_\_\_ when I came in.

- 4  
Student Have there been any changes to the programme?  
Teacher No, the competition \_\_\_\_\_ at 10, as planned.
- 5  
Dad Don't you think it's high time you started helping out at home?  
Ben Don't worry! By the time mum comes home, I \_\_\_\_\_.
- 6  
Interviewer So, how long have you been training the local team?  
Coach Well, in October I \_\_\_\_\_ for five years.

### 4 Complete the second sentence so that it means the same as the first. Use the word in capitals. Do not change the form of the word given.

- 1 We will soon receive information who got a place in the school team.  
We \_\_\_\_\_ who got a place in the school team. **INFORMED**
- 2 What time does the postal worker deliver the mail?  
What time \_\_\_\_\_? **DUE**
- 3 Monica will ask her parents for help very soon.  
Monica \_\_\_\_\_ her parents for help. **POINT**
- 4 In the near future, competitive sports will be more popular.  
In the near future, more and more people \_\_\_\_\_ competitive sports. **UP**
- 5 Theresa and Tom are going to celebrate their 30th wedding anniversary next month.  
By the end of next month, Theresa and Tom \_\_\_\_\_ 30 years. **WILL**
- 6 We've decided to cancel the weekend match.  
We \_\_\_\_\_ the weekend match. **ARE**

### GRAMMAR CHALLENGE! Student's Book, p. 22, ex. 6&7

### 5 Use the pairs of words below to complete the sentences. Remember to use the correct future form of the verbs.

be - have    suppose - replace    mean - invite  
suppose - meet    be - play    due - retire

- 1 My mum \_\_\_\_\_ two years ago, but she seems to like her job so much that she decided to continue working.
- 2 Paul arrived at 'La Bouffe' at 3, where he \_\_\_\_\_ dinner with his future father-in-law.
- 3 It's a shame Ben didn't show up for the game. He's the best defender, and he \_\_\_\_\_ with us.
- 4 Sandra \_\_\_\_\_ James, so I was surprised not to see him at the reunion.
- 5 We were all waiting for Mary, as she \_\_\_\_\_ us in order to go to the café round the corner.
- 6 Last year, the school \_\_\_\_\_ all of the old computers in the lab, but they ran out of money.




1 Decide if the statements are true (T) or false (F). Use a dictionary to check the words in bold if necessary.

- 1 Your **posture** is the way you stand or sit. T / F
- 2 **Chronic** pain appears suddenly and disappears quickly. T / F
- 3 Your **joints** are the places where two or more bones are connected. T / F
- 4 If you **lean** forward, you bend your waist so the top of your body moves down. T / F
- 5 Your **spine** is the technical name for the set of bones that form a line in your back and neck. T / F
- 6 If something is in a **vertical** position, it is lying flat on the ground. T / F
- 7 If you put **immense strain** on your muscles, you risk damaging them. T / F
- 8 If you **hunch** over something, you sit or stand with your back bent and your head down. T / F
- 9 If your **centre of gravity** is directly above your feet, you'll lose your balance. T / F
- 10 If you **shift your weight**, you change your position slightly, for example by putting more weight on a different foot. T / F
- 11 If you **sway**, you move slightly from side to side, like a tree moving in the wind. T / F
- 12 If you **slouch**, you sit or stand very straight. T / F

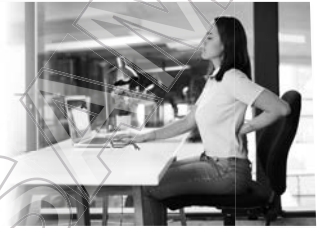
2 Complete the sentences with the correct form of the words from exercise 1.

- 1 The student common room was full of people sitting on benches \_\_\_\_\_ over their phones, or \_\_\_\_\_ on giant beanbags.
- 2 She spoke so quietly that I had to \_\_\_\_\_ forward to hear a word of what she was saying.
- 3 When I started doing yoga, I found it hard to stand on one foot. After a few seconds, I started \_\_\_\_\_ from side to side, and had to \_\_\_\_\_ my \_\_\_\_\_ constantly to avoid falling over.
- 4 Football is one of the few sports where shorter players often have an advantage because their lower \_\_\_\_\_ of \_\_\_\_\_ allows them to move around quickly without losing their balance.
- 5 To prevent damage, the TV must always be stored in a \_\_\_\_\_ position.
- 6 When you're lifting heavy objects, always bend your knees, not your back. Otherwise, you'll put \_\_\_\_\_ on your \_\_\_\_\_.
- 7 My grandmother suffers from arthritis, which means she has \_\_\_\_\_ pain in her knees, wrists and other \_\_\_\_\_.
- 8 Not only is good \_\_\_\_\_ important for your health, but it can also make you look (and feel) more confident and professional.

3 **MP3 04**  Listen to a radio interview about the importance of posture and complete the gaps in the fact file.

### THE IMPORTANCE OF POSTURE

- Poor posture may lead to chronic back pain and 1 \_\_\_\_\_.
- Pay attention to the possible 2 \_\_\_\_\_ and plan how to prevent them from becoming worse.



#### Two bad posture habits:

- 3 \_\_\_\_\_ for long periods  
Imagine a bowling ball attached to a hosepipe with strong tape, which represent your 4 \_\_\_\_\_ respectively. To avoid damage, keep them as vertical as possible. You should position your 5 \_\_\_\_\_ or even slightly above your eye level. Text neck comes from 6 \_\_\_\_\_ and hunching over it.
- **Staying in the same position for too long**  
Move around the room every 7 \_\_\_\_\_ at least. Use a standing desk if possible.

#### Tips for improving posture:

- Avoid lazy habits (e.g. slouching over a shopping trolley or taking the lift) in order to make 8 \_\_\_\_\_.

**REVISION** Student's Book, page 23

4 Complete the dialogues with the appropriate words.

- 1 **A** So how can we help teenagers develop healthy habits?  
**B** Well, it's best to start educating young people as early as possible, during the formative \_\_\_\_\_ when their behaviour patterns are not yet set in \_\_\_\_\_.
- 2 **A** Why did you stop the diet you were so fascinated with the last time we spoke?  
**B** To be honest, my metabolism went \_\_\_\_\_, and I started gaining weight instead of losing it.
- 3 **A** When some people start dieting they try to \_\_\_\_\_  
\_\_\_\_\_ a few apples a day. And there's the \_\_\_\_\_ - they are not going to lose any weight this way.  
**B** I totally agree with you - a diet needs to be balanced.
- 4 **A** I was truly surprised to learn about the close link between a person's sleeping habits and their health.  
**B** So was I. And I have to admit that my sleeping habits are in \_\_\_\_\_ contrast to what most health experts recommend.
- 5 **A** Can you name some \_\_\_\_\_ diseases?  
**B** Chickenpox, mumps, pneumonia - anything that is transmittable to other people.

**VOCABULARY CHALLENGE!** Student's Book, p. 23, ex. 8

5 Translate the sentences into English. Use the words given.

- 1 Usnąłem, kiedy tylko położyłem się do łóżka. **HEAD**  
\_\_\_\_\_
- 2 Właśnie przysypiałem, kiedy usłyszałem alarm. **OFF**  
\_\_\_\_\_
- 3 A może rozważysz chodzenie spać o stałej porze? **BEDTIME**  
\_\_\_\_\_
- 4 Zdaję sobie sprawę z tego, że mój styl życia jest daleki od ideału. **ANYTHING**  
\_\_\_\_\_

### 1 Choose the sentence (a or b) which means the same as the first one.

- My new workout scheme is nowhere near as effective as the previous one.
  - The new scheme is slightly less useful.
  - The new scheme is much less useful.
- The less you sleep, the more health problems you are likely to have.
  - Sleep deficit may lead to health problems.
  - Your health problems may result in sleep deficit.
- These new jogging trainers are nothing like as comfortable as my previous ones.
  - The new trainers are a bit more comfortable.
  - The old trainers are far more comfortable.
- The gym fee was far higher than I'd expected.
  - The fee was as high as I'd thought.
  - I expected the fee to be a lot lower.
- The less flexible the opening hours are, the fewer members will join the gym.
  - The gym will have fewer members if it has flexible opening hours.
  - There will be far more members if the gym has flexible opening hours.

### 2 Complete the gaps with one word. Then match the parts of the sentences.

- My sports outfit didn't cost \_\_\_\_\_
  - It's a myth that the more weight you want to lose, the \_\_\_\_\_
  - Drinking two litres of water a day is by \_\_\_\_\_
  - Drastic reduction of food intake is undoubtedly the \_\_\_\_\_
  - Let's face it! Taking up jogging is infinitely \_\_\_\_\_
  - The gym that Paul attends is \_\_\_\_\_
- the poshest place in the city, so no wonder the fee he pays is exorbitant.
  - reliable method of weight loss and always leads to a yo-yo effect.
  - pricey than joining a gym or buying specialised gear.
  - calories you should take in. In fact, what you eat is just as important.
  - the best way to keep your body well-hydrated.
  - as much as yours - I just wanted to find something comfy and cheap.

### 3 Complete the sentences with the correct forms of the words below. Use comparative and superlative forms of adjectives.

doubt - fast    more - popular    almost - crucial  
more - effective    far - important

- If you want to improve your performance, choosing the right exercise programme is \_\_\_\_\_ being consistent with following it.
- The report says that the healthy snacks market is \_\_\_\_\_ growing category of the food industry.

- My personal trainer says that setting manageable goals may prove \_\_\_\_\_ than I think as without them I'll have no motivation.
- \_\_\_\_\_ water you drink throughout the day \_\_\_\_\_ your evening workout will be.
- The ever increasing popularity of pedometers proves that counting steps is becoming \_\_\_\_\_ all over the world.

### 4 Find one incorrect word in lines 1-7. Where necessary, correct the mistake.

While regular exercise is possible the most important element of a healthy lifestyle, **1** \_\_\_\_\_

too much physical activity can prove to be just so as harmful as no workout at all. **2** \_\_\_\_\_

Overtraining isn't nowhere near as effective as a pre-planned weekly gym session. **3** \_\_\_\_\_

It's important to remember that the more you sweat, the most time you need for your body to recover. **4** \_\_\_\_\_

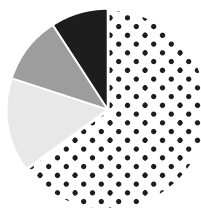
In other words, a break is any bit as vital for your fitness plan as workout sessions. What is more, never underestimate the importance of sleep. **5** \_\_\_\_\_

During times which are lot more physically demanding than usual, getting enough sleep is **6** \_\_\_\_\_

undoubtedly the more effective way to stay fit and healthy at the same time. **7** \_\_\_\_\_

### 5 Write a few sentences to describe teenagers' gym habits as shown in the graph. Use some of the modifiers below.

slightly    by far    far    nearly    not so



**GYM HABITS**

- skip workout
- follow consistent routine
- do cardio training occasionally
- do weights occasionally

When it comes to sport habits among people my age,

---

---

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---

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---

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# 2

## SPEAKING

a stimulus-based discussion • expressing preference • giving arguments • comparing • showing cause and effect

- 1 Complete the sentences with the correct form of the words below. Some sentences require a pair of synonyms.

feasible come grab submit leave catch bear  
do command prompt spring

- When I look at it, what \_\_\_\_\_ / \_\_\_\_\_ to mind is the idea of sport as a way to socialise with people.
- What may \_\_\_\_\_ people to choose this gym is the possibility of getting professional advice.
- A \_\_\_\_\_ explanation for so many cases of depression is the fact that school can be very stressful.
- The visual which I'd like to \_\_\_\_\_ would picture people having fun. This image, by contrast, doesn't \_\_\_\_\_ me at all / \_\_\_\_\_ me cold.
- The way we approach obstacles has a significant \_\_\_\_\_ on how much stress they cause us.
- The picture of a body builder may \_\_\_\_\_ people's attention / \_\_\_\_\_ the job.
- It \_\_\_\_\_ my eye because of the colours.

- 2 Complete the sentences with the prepositions below.

from of off for to

- The fact that our lives seem to get busier and busier has given rise \_\_\_\_\_ a situation in which we have no time for ourselves.
- Such health problems may result \_\_\_\_\_ a lack of exercise.
- The fad for marathon running is what might push inexperienced runners to bite \_\_\_\_\_ more than they can chew.
- The popularity of jogging may be a direct result \_\_\_\_\_ the fact that you can do it almost anywhere.
- Another underlying reason \_\_\_\_\_ students' dislike of PE classes could easily be the lack of suitable sport facilities at schools.

- 3  Read the instructions and do the speaking task.

Chcesz zacząć ćwiczyć na siłowni. W Internecie znalazłeś/znalazłaś dwie siłownie, które znajdują się blisko Twojego miejsca zamieszkania.

- Wybierz tę, która bardziej Ci odpowiada, i uzasadnij swój wybór.
- Wyjaśnij, dlaczego odrzucasz drugą opcję.



Our free outdoor gym is fun for everyone!

### 2 POWER HOUSE GYM



Professional Equipment  
Friendly Trainers • Interesting Classes

## WRITING

opinion and for and against essays

- 1 Complete the sentences with the missing words.

- From the s \_ \_ \_ dp \_ \_ nt of a person who doesn't have a lot of money, jogging or swimming seem the best and the most practical options.
- There are some \_ \_ r \_ \_ g arguments to \_ \_ pp \_ \_ t the idea of exercising in a group, like the fact that sharing any experience, even a daunting one, with friends makes it more pleasurable. It is also t \_ \_ that seeing others push on is a great motivator to persist when one is tempted to give up.
- There are several points \_ \_ \_ v \_ \_ r of lower intensity workouts such as Pilates, which tone muscles without too much strain. A \_ \_ rn \_ \_ v \_ \_ ly, it can be \_ r \_ \_ d that these activities do not lead to burning as many calories as intensive workouts.
- The risk of sustaining injuries can be an argument against taking up particular forms of exercise. F \_ r \_ \_ rm \_ \_ e, not everyone likes to push themselves to the limit physically.

- 2 Read the writing task. Are any of the thesis statements below good for the essay? Why? / Why not?

Wiele osób woli ćwiczyć samodzielnie w dowolnym miejscu i czasie, niż brać udział w zajęciach w klubie sportowym. Napisz **rozprawkę** o dobrych i złych stronach samodzielnego trenowania.


- I think that working out by yourself has its disadvantages, but don't the advantages outweigh them?  
\_\_\_\_\_
- Exercising by yourself has both advantages and disadvantages.  
\_\_\_\_\_
- Working out by yourself has advantages and disadvantages, but so does joining a gym. I believe both ideas are worth considering.  
\_\_\_\_\_

- 3 Read a student's conclusion to the essay in exercise 2. Is the conclusion written in an appropriate style? If not, how could you improve it?

*So, obviously, there are some good and bad things about working out by yourself. You're free to do whatever exercises you want whenever you like. But exercising by yourself is not so much fun, and you might not be determined enough to motivate yourself.*

- 4  Read the instructions and do the writing task.

Coraz więcej osób decyduje się na zakup karty członkowskiej w klubie fitness. Napisz **rozprawkę** (200–250 wyrazów), w której przedstawisz swoją opinię na temat tego, czy warto zapisać się do takiego klubu, biorąc pod uwagę finansowy i psychologiczny aspekt takiego rozwiązania.


**1**  Complete the text with the correct form of the words below. There are two extra words.

found adhere irritate take lose relent wish  
die repeat nausea see motivate



On my 18th birthday, I weighed 70 kg, and I promised myself that the following year would be about weight **1** \_\_\_\_\_. Unfortunately, feeling too lazy to get off the couch, I opted for drastic dieting.

I set my **2** \_\_\_\_\_ on size XS, found some miracle diet on the Internet, and followed it to the letter for a few months. Looking back, I realise that I deprived my body of all the important nutrients, and my blind **3** \_\_\_\_\_ to the rules of this diet almost cost me my health. I ignored my increased anxiety and **4** \_\_\_\_\_ over the smallest things as well as the fact that I was often feeling very **5** \_\_\_\_\_. What I was doing wasn't healthy, but I wasn't about to give up on obtaining my dream figure. Then one day I was asked to help at a drinks station in a charity marathon. Handing out the drinks, I had a revelation: I could get fit in a healthy way while helping others! I'd found my **6** \_\_\_\_\_. The next day I went to our school running coach. I was scared he'd send me home, but my fears turned out to be **7** \_\_\_\_\_. He told me to have a doctor's checkup and set me up with a proper diet. The next few months were all about sweat, **8** \_\_\_\_\_ muscle strain, and dishearteningly slow progress. But I was **9** \_\_\_\_\_ set on achieving my goal. It was difficult not to give up, but coach Beiste kept reminding me of my own words 'I know I can do this. I MUST do this!' So, I pushed on **10** \_\_\_\_\_, and half a year later crossed the finish line much slimmer, happier, and healthier.

**2**  Complete the sentences with the correct form of the words in brackets. Add extra words where necessary.

- 1 The image with a sweating body builder is \_\_\_\_\_ (*far / little / likely*) to command people's attention.
- 2 Ryan was \_\_\_\_\_ (*point / give*) up when he heard his mates rooting for him and knew he had to push on.
- 3 The swimmer is in the middle of the lake already, which is over two miles from this shore. When he makes it all the way to the other side, he \_\_\_\_\_ (*swim*) five miles.
- 4 The match \_\_\_\_\_ (*be / way / tough*) I'd thought it would be, and I was exhausted afterwards.
- 5 \_\_\_\_\_ (*They / open*) a new yoga studio here tomorrow.
- 6 Whenever I have problems, I \_\_\_\_\_ (*look / my sensei\**) advice.
- 7 I \_\_\_\_\_ (*suppose / participate*) the last championship competitions, but a sprained ankle prevented it.

\* coach and mentor in martial arts

**3** Complete the sentences with the words below that have a similar meaning to the words or phrases in brackets. There are three extra words.

convey moan pep stark fracture  
nod off peer flip fret

- 1 This poster doesn't \_\_\_\_\_ (*communicate*) the message as well as the other one.
- 2 The kids are so tired many **will** probably \_\_\_\_\_ (*fall asleep*) on the bus on the way home.
- 3 The coach gave us a \_\_\_\_\_ (*motivational*) talk before the game to encourage us to do our best.
- 4 She fell off the horse and suffered a \_\_\_\_\_ (*broken bone*).
- 5 There's a \_\_\_\_\_ (*visible*) contrast between this fashionable fitness club and my old gym.
- 6 Please take this leaflet. Here's our aerobic schedule, and on the \_\_\_\_\_ (*other*) side, you'll find information about our fitness instructors.

**4** Choose the correct option. Sometimes both options are correct.

- 1 These sneakers are **nothing like** / **nowhere near** as comfortable as my old ones.
- 2 After yesterday's workout, I've got **stiff** / **rigid** muscles in my back.
- 3 We're a very closely **knit** / **stitched** family.
- 4 Being familiar with the terrain gave the Norwegian cross-country skier **a leg** / **an arm** up in the race.
- 5 My step-counting app is going **ballistic** / **haywire** - there's no way I've walked 20 km today.
- 6 The commentator jumped the **extra mile** / **gun** when he pronounced the winners 10 minutes before the end of the game, because everything changed in the last quarter.

**VOCABULARY CHALLENGE!** Student's Book, p. 28, ex. 6

**5** Match the questions/statements (1-7) with the correct responses (a-g).

- |   |                          |
|---|--------------------------|
| 1 He broke his wrist at work.                                   | <input type="checkbox"/> |
| 2 Does he exercise regularly?                                   | <input type="checkbox"/> |
| 3 Will he be playing tomorrow?                                  | <input type="checkbox"/> |
| 4 He won't be able to go to the Olympics because of his injury. | <input type="checkbox"/> |
| 5 He lost two balls in the last set.                            | <input type="checkbox"/> |
| 6 He must be dizzy with exhaustion.                             | <input type="checkbox"/> |
| 7 Will he be ready for the big game?                            | <input type="checkbox"/> |
- 
- a That happens to every player. It's par for the course when you've been playing for hours.
  - b After he acted so rudely on the pitch last week? It's out of the question.
  - c I guess it wasn't on the cards for him this time. Maybe next time.
  - d He's probably entitled to compensation.
  - e You're probably right. He looks as if he can't tell up from down.
  - f We'll see. He's honed in on his areas of weakness and is working hard to improve them.
  - g Unfortunately, only once in a blue moon, which is definitely not enough.



- 1 Przeczytaj poniższy tekst. Do każdego pytania (1–4) dopasuj właściwą część tekstu (A–C). Jeden akapit pasuje do dwóch pytań. Wpisz odpowiednie litery w każdą rubrykę tabeli.

In which paragraph (A–C) does the author

- |   |  |                          |
|---|--|--------------------------|
| 1 | compare physical literacy to a strategy for difficult situations?              | <input type="checkbox"/> |
| 2 | express her attitude towards her son's 'giving up' on some sports?             | <input type="checkbox"/> |
| 3 | give an example of tailoring physical activities to one's needs and abilities? | <input type="checkbox"/> |
| 4 | admit not everyone agrees on what exactly physical literacy stands for?        | <input type="checkbox"/> |

## FIT FOR LIFE



A

My Star Wars fan son was keen on fencing, so I signed him up for some lessons last September. He wasn't going to become a world champion, but was making decent progress. Then in December we were passing the ice rink, and my avid fencer turned into a passionate ice-skater just like that. We ended up signing out of fencing and spending the winter on skates. Now he's beginning to drop the subject of swimming into our conversations, and that's fine by me. Because while it might seem like Jeremy can't find his element, he's actually intuitively doing exactly what the UNESCO is urging physical policy makers around the world to do.



B

What they are promoting is a new approach to physical activity called physical literacy. As a quick internet search of the topic reveals, while there's no global consensus as to the precise definition of the term, there's a general understanding of what it means and more and more physical education teachers are getting behind it. Physical literacy is about being able to responsibly develop your skills and tailor your physical activity to fit your needs and abilities. People should be able to perform as wide a variety of physical activities as possible, which is exactly what my son has been doing. Fencing and skating helped him develop different skills as one requires more agility and reflexes, the other – more balance. These competences will hopefully result in him having greater self-confidence in his physical abilities and motivate him to develop even further by taking on diving, karate, or anything he desires. Naturally, the more physical challenges he tackles, the easier mastering new skills will become. Physical literacy is not only a way to become very fit, but it's also like having a backup plan for any nasty surprises life throws our way.



C



Thanks to the skills required to perform different tasks in various environments (Jeremy has done indoors and outdoors, land, water, and ice), we become more aware of our strengths and weaknesses, thus becoming more in tune with our bodies. Physical literacy is not just about being able to balance on a ladder while fixing a lamp or not slipping on icy pavements. It's not just about being less prone to accidents because we're confident movers and can think quickly on our feet or roll safely down a slope if we trip while skiing; it's also about recognising what's best *for us*. That's how I know when the challenges my cross-fit instructor pushes on me will do me good and when to confidently and politely say 'thanks, but no thanks'. Finally, physical literacy is both about understanding that we *must* move because being active is beneficial to our body even when we're sick or old and about being able to choose which activities are the most suitable.



- 2 Describe the picture and answer the three questions below.

3 minuty



- 1 What do you think will happen next?
- 2 Do you prefer to do team sports or individual sports?
- 3 Describe a situation when someone got seriously hurt while doing sports.

- 3 Read the instructions and do the writing task.

Uprawianie sportu uważane jest za istotny element zdrowego trybu życia. Napisz do gazetki szkolnej **artykuł** (200–250 wyrazów), w którym opisziesz, jak Ty zacząłeś/zacząłaś uprawiać jakiś sport, i przedstawisz płynące z tego korzyści.





▶ VIDEO 03

## Smart clothes



### COMPREHENSION

- 1 Work in pairs. Look at the pictures from the video. Discuss the questions.
  - 1 What is the man wearing?
  - 2 What is he doing?
- 2 Watch the video about an experiment without the sound on. What do you think the experiment is about?
- 3 Watch the video with the sound on and check your answers to exercise 2.

### Glossary

**demographic (n)** a particular sector of a population  
**empathise (v)** to understand and share the feelings of another person  
**peripheral vision (n)** the ability to see areas outside of a direct line of sight  
**simulation (n)** something that produces the features of a situation in a way that seems real but is not

- 4 Watch the first part of the interview again. Are the sentences true (T) or false (F)? Correct the false sentences.
  - 1 The number of people aged over 65 is decreasing. T / F
  - 2 The journalist has to wear the suit, go up to the floor above and fetch a cup of coffee. T / F
  - 3 Your ability to move, see and reach for things is reduced by wearing the suit. T / F
  - 4 The journalist is exhausted after walking down the stairs in the suit. T / F
  - 5 The most important part of the training is to sit with patients and listen to what they say about ageing. T / F
- 5 Watch the second part of the video again. Answer the questions.
  - 1 How well can Josh read the signs in the café?
  - 2 Did Josh know if he had the correct change?
  - 3 How does Josh feel crossing the road?
  - 4 What does Sheelagh say Josh was doing to manage the situation?
- 6 Work in groups. What did you find most interesting or surprising about the video?

### AUTHENTIC ENGLISH

- 1 Read the sentence from the video. Why is the adverb **fully** used?  
*I had to **fully** swivel my body there.*
- 2 Read the information in the box and check your ideas from exercise 1.

#### Adverbs of emphasis

We often make adjectives stronger by putting an adverb of emphasis in front of them. The most common ones are *very* and *extremely*.

For adjectives that already have a strong meaning, we don't use *very* and *extremely*. For these, the most common ones are *absolutely*, *completely*, *totally* and *utterly*.

- 3 Add an adverb of emphasis to complete the sentences. More than one answer is possible.
  - 1 Luke was \_\_\_\_\_ out of breath when he arrived.
  - 2 In this job, you've got to stay \_\_\_\_\_ calm no matter what happens.
  - 3 The film we watched last night was \_\_\_\_\_ terrifying.
- 4 Work in pairs. Look at the sentences and respond with a stronger sentence using an adverb of emphasis.
  - 1 You look tired.  
*I'm **absolutely** exhausted.*
  - 2 The lecture was difficult to understand.
  - 3 Venice is a pretty town.
  - 4 The concert was good.
  - 5 The new rules are very strange.
  - 6 Her new boyfriend isn't like John.

### SPEAKING

Work in pairs. Discuss the questions.

- 1 Can you think of other ways you can empathise with people you work with or for?
- 2 Can you think of other examples of wearable technology, like the age simulation suit?



## READING

- 1 Look at the pictures (a and b). What examples of wearable technology are being used?
- 2 Work in pairs. Read the article about wearable technology. Discuss the questions.
  - 1 Which wearable do you think is the most useful? Why?
  - 2 Can you think of any disadvantages or problems with any of the wearables mentioned?

# WEARABLES FOR ALL AGES

When we think of wearable technology, a huge range of products, from fitness trackers to virtual reality headsets, now spring to mind. Wearables are fast becoming essential items to keep people safe, healthy and active.

## Keeping fit

A vast array of wearables help with our everyday fitness goals, from counting how many steps you walk to training for races. Fitness trackers and GPS watches already mean that runners can access a vast amount of information just by looking at their wrists. Taking things a step or two further, wearables integrated into clothing, like smart socks, can measure how fast and how far you run.

## Seeing better

Tech designers have developed wearables to aid blind and partially sighted people. Sensors that emit ultrasound waves to detect obstacles can be woven into clothing. The impending objects can be indicated through vibrations. These wearables also tell people which way to face and when to turn.

## Staying safe

Wearables are also being used to keep people safe. Smartwatches working through voice control notice if the wearer has been immobile for a long time and ask if they're OK. If there's no response, the devices contact designated people or the emergency services.

### Glossary

- deploy (v) to begin to work  
 medication (n) medicine that you take to treat or cure an illness  
 spring to mind (phr) to suddenly remember or start to think about something

## SPEAKING

- 1 **PLAN** Work in small groups. You are going to design an item of wearable technology. Consider the following points.
  - functionality
  - target market
  - practicality
  - comfort
  - style
- 2 **PREPARE** Prepare to present your design. You can use the phrases in the box to help you.

### Presenting ideas

Let me go over the main points.  
 We plan to ... We intend to ... We envisage ...  
 Our proposal can be divided into / broken down into five parts.

### Giving positive feedback

I think that's an excellent / a brilliant idea!  
 That's a really well-thought-out proposal.

### Asking for clarification

I don't quite follow you.  
 I'm not quite with you.  
 Could you give more specific details about ...?

- 3 **PRESENT** In small groups, present your design to the rest of the class. Listen to the other students and give feedback on their designs.
- 4 **REFLECT** Which were the most interesting and useful designs? Why?

## BEYOND THE CLASS

### Why not try ...

creating a blog or a poster to promote your design?



▶ VIDEO 04

# SPOTLIGHT ON SOCIETY VIDEOS

## Spencer's vlog – how to be a standout football player

# 2

### BEFORE WATCHING

1 Work in pairs. Look at the box below and discuss the questions.

being unrelenting ability to change tack agility  
winner-takes-it-all attitude physical strength social skills  
healthy diet compassion rivalry self-awareness stamina



- 1 How important are the following qualities for an athlete?
- 2 Can you think of any others?
- 3 What are the reasons why people fail, even if they really want something?

### WHILE WATCHING

2 Watch the video and answer the questions.

- 1 Who is Steve?  
\_\_\_\_\_
- 2 How long has he been playing?  
\_\_\_\_\_
- 3 What was his career path?  
\_\_\_\_\_
- 4 Who helped him in the past?  
\_\_\_\_\_

3 Watch the video again and choose the correct answer (a-c).

- 1 This vlog is targeted at ...
  - a teenagers.
  - b people who have performance problems.
  - c professional football players.
- 2 Steve's problems stemmed from ...
  - a wrong coaching.
  - b incorrect technique.
  - c emotional issues.
- 3 Steve suggests that the first difficulty in fixing his problems was ...
  - a admitting something was wrong.
  - b adjusting his dreams to reality.
  - c finding a good coach.
- 4 Which of the following was not true about Steve's path?
  - a He needed to become a stronger person.
  - b He wouldn't have done it without the people close to him.
  - c He realised what his weaknesses were and eliminated them.

- 5 The main lesson he wants to share is that ...
  - a a plan of action is a key to realising your dreams.
  - b it's all about being a compassionate person in sport and in life.
  - c if you're unstoppable and stand out, people will trust and respect you.

### FOLLOW-UP

4 Complete the text below with the correct form of the words from the box.

comfort master shoe scale lack  
struggle good

I 1 \_\_\_\_\_ determination on the pitch which led to many poor performances early in my career. When your dream is to kick a ball around a grass field for ninety minutes and you're 2 \_\_\_\_\_ to complete a single pass and perform a quality touch, you realise something needs to change. I got out of my 3 \_\_\_\_\_ zone and found the courage to admit I had a problem. Along the way I found a mentor, who was a former coach, to help me 4 \_\_\_\_\_ my mind. As my mental strength grew, so did my self-confidence. I became more determined as a player to not let my emotions get the 5 \_\_\_\_\_ of me. Once you start understanding your strengths and weaknesses as a player and a person, and you create a plan of action to try to balance the 6 \_\_\_\_\_, you'll eventually become unstoppable. You're going to need a lot of guidance and direction from somebody who's been in your 7 \_\_\_\_\_.

### AFTER WATCHING

5 In groups, discuss your ideas about Steve's life lesson. Do you agree with it? To what extent? Why? / Why not? Then write a post under Steve's vlog telling him about it.

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6 In pairs, research a famous person who failed and then succeeded despite difficulties. Prepare a presentation about them.