

# 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

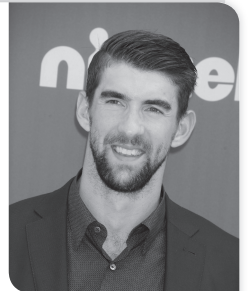
### 3) Choose the correct option.

- 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!

#### 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 \_\_\_\_\_.

### Vocabulary Revision ■ Student's Book pages 18–19

#### 2) Match 1–8 with a–h to make phrases.

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

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

- A The article touts sport as a panacea for depression.

B According to the article, sport is a great way to deal with depression.
- A Remember boys, being part of this volleyball team requires some give-and-take from every member.

B All the members of our volleyball team need to know how to both serve and receive the ball.
- A His winner-takes-it-all attitude does not make him a good team player.

B He wants to win at any cost, which made him unpopular with his team mates.
- A For people involved in this sport, the pressure is unrelenting.

B Pressure is not a huge part of this sport.
- A His lagging academic achievement might be due to the fact he is involved in many extracurricular activities.

B He's got so many activities outside school that it negatively affects his grades.

- A I find it surprising that she's running for school president given her subpar interpersonal skills.

B I'd expect a candidate for school president to be better at dealing with people.
- A In my opinion there's a lot to be said for team sports as a way to teach youth social skills.

B I don't think sports teach youth social skills as well as people claim they do.

#### Vocabulary challenge!

#### 4) Translate the Polish parts of sentences into English. Use the words in capitals. 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**



## Future forms

## 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 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 words given.

- 1 We will soon receive information who got a place in the school team.  
We \_\_\_\_\_ who got a place in the school team. **TO, INFORMED**
- 2 What time does the postal worker deliver the mail?  
What time \_\_\_\_\_? **DUE, DELIVERED**
- 3 Monica will ask her parents for help very soon.  
Monica \_\_\_\_\_ her parents for help. **ON, POINT**
- 4 In the near future, competitive sports will be more popular.  
In the near future, more and more people \_\_\_\_\_ competitive sports. **BE, 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, FOR**
- 6 We've decided to cancel the weekend match.  
We \_\_\_\_\_ the weekend match. **ARE, OFF**

**Grammar challenge!**

- 5) Use the pairs of verbs 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

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

- 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 superlatives 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, too much physical activity can prove to be just so as harmful as no workout at all. Overtraining isn't nowhere near as effective as a pre-planned weekly gym session.

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

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.

During times which are lot more physically demanding than usual, getting enough sleep is undoubtedly the more effective way to stay fit and healthy at the same time.

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

**Modifying comparatives and superlatives**

- 1) In 1–5, choose the sentence (a or b) which means the same as the first one.

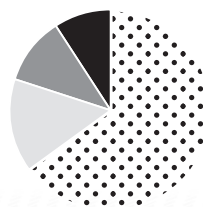
- My new workout scheme is nowhere near as effective as the previous one.
  - The new scheme is slightly less useful.
  - The new scheme is much less useful.
- The less you sleep, the more health problems you are likely to have.
  - Sleep deficit may lead to health problems.
  - Your health problems 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 yoyo effect.
  - pricey than joining a gym or buying specialised gear.

- 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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# 2

## LISTENING AND VOCABULARY

### listening for detail • healthy habits

1) Complete the gaps with the correct form of the words below.

obese deprive question guide relate concentrate

Recent research shows that sleep <sup>1</sup> \_\_\_\_\_ may result in a number of health problems, which might seem <sup>2</sup> \_\_\_\_\_ to sleep deficit. They include poor <sup>3</sup> \_\_\_\_\_, loss of memory, or even <sup>4</sup> \_\_\_\_\_, as chronic fatigue may negatively influence metabolism. So next time you're about to make a <sup>5</sup> \_\_\_\_\_ decision to spend half of the night in front of the screen, beware of all the long-term potential threats. And if you need <sup>6</sup> \_\_\_\_\_ on making conscious lifestyle choices, here is some advice.



2) MP3 04 Listen to a video blog and note down three things the girl has recently done to improve her sleeping habits.

1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_

3) MP3 04 Listen again. Find five incorrect pieces of information in the email and correct them.

Hi Linda,



Remember how we always believed that we lead a pretty decent life when it comes to our health? Well, apparently, we don't! I've recently watched a riveting video blog by Casey. She normally discusses things like music and sports, but last time she talked about the problem of sleep deprivation among teenagers, which means they don't get enough sleep. It turns out that people our age should sleep eight hours, which seems completely unfeasible, right? On average, I barely sleep half this time, which explains why I'm so sleepy and never have enough energy.

Anyway, I've made up my mind to introduce some changes into my weekly routine based on what Casey advised. To begin with, I need to get up at exactly the same time at the weekend. Also, reading a school book before going to bed should help me feel more relaxed. Finally, I need to avoid physical exercise and try not to think too much about my problems in the morning because these activities keep my body awake.

I think you should try taking these steps, too. A bit of effort will not only do wonders for your energy levels, but it will also help you remember things better and even look better.

Let me know if it works for you.

Yours,

Mary

1 \_\_\_\_\_ 3 \_\_\_\_\_ 5 \_\_\_\_\_  
2 \_\_\_\_\_ 4 \_\_\_\_\_

4) Complete the dialogues with the appropriate words.

- 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 behavior patterns are not yet set in \_\_\_\_\_.
- 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.
- 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.
- 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.
- A Can you name some \_\_\_\_\_ diseases?  
B Chickenpox, mumps, pneumonia – anything that is transmittable to other people.

### Challenge!

5) Translate the sentences below into English. Use the words in capital letters.

- Usnąłem, kiedy tylko położyłem się do łóżka. **HEAD**
- Rozpracowanie tego zadania z matematyki zajęło mi dwa tygodnie. **OUT**
- Właśnie przysypiałem, kiedy usłyszałem alarm. **OFF**
- A może rozważysz chodzenie spać o stałej porze? **BEDTIME**
- Zdaję sobie sprawę z tego, że mój styl życia jest daleki od ideału. **ANYTHING**
- Nastolatki nie śpią wystarczająco dużo? Niemożliwe! **TELL**
- Moja jazda na nartach ciągle trochę kuleje. **BIT**



## SPEAKING

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

1) Complete the sentences with the correct forms 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 socialize 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.

**EXAM 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.



1  
**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

2

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 below. 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 **rozwprawkę** 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.

**EXAM TASK** Coraz więcej osób decyduje się na zakup karty członkowskiej w klubie fitness. Napisz **rozwprawkę** (200–250 słów), 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 forms of the words below. There are two extra words.

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



On my 18th birthday, I weighed 70 kg, and I promised myself that the following year would be about weight <sup>1</sup>\_\_\_\_\_. Unfortunately, feeling too lazy to get off the couch, I opted for drastic dieting. I set my <sup>2</sup>\_\_\_\_\_ 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 <sup>3</sup>\_\_\_\_\_ to the rules of this diet almost cost me my health. I ignored my increased anxiety and <sup>4</sup>\_\_\_\_\_ over the smallest things as well as the fact that I was often feeling very <sup>5</sup>\_\_\_\_\_. What I was doing wasn't healthy, but I wasn't about to <sup>6</sup>\_\_\_\_\_ 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 motivation. 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 <sup>7</sup>\_\_\_\_\_. 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, <sup>8</sup>\_\_\_\_\_ muscle strain, and dishearteningly slow progress. But I was <sup>9</sup>\_\_\_\_\_ 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 <sup>10</sup>\_\_\_\_\_, and half a year later crossed the finish line much slimmer, happier, and healthier.

2) Complete the sentences with the correct forms of the words in brackets. Add extra words where necessary.

- The image with a sweating body builder is \_\_\_\_\_ (*far / little / likely*) to command people's attention.
- Ryan was \_\_\_\_\_ (*point / give*) up when he heard his mates rooting for him and knew he had to push on.
- 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.
- The match \_\_\_\_\_ (*be / way / tough*) I'd thought it would be, and I was exhausted afterwards.
- \_\_\_\_\_ (*They / open*) a new yoga studio here tomorrow.
- Whenever I have problems, I \_\_\_\_\_ (*look / my sensei\**) advice.
- 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 two extra words.

convey moan pep stark fracture nod off peer flip fret

- You probably won't lose any weight within the first weeks, but don't \_\_\_\_\_ (*worry*), it takes time and patience.
- This poster doesn't \_\_\_\_\_ (*communicate*) the message as well as the other one.
- The kids are so tired many will probably \_\_\_\_\_ (*fall asleep*) on the bus on the way home.
- The coach gave us a \_\_\_\_\_ (*motivational*) talk before the game to encourage us to do our best.
- She fell off the horse and suffered a \_\_\_\_\_ (*broken bone*).
- There's a \_\_\_\_\_ (*visible*) contrast between this fashionable fitness club and my old gym.
- 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.

- These sneakers are *nothing like / nowhere near* as comfortable as my old ones.
- After yesterday's workout, I've got *stiff / rigid* muscles in my back.
- We're a very closely *knit / stitched* family.
- Being familiar with the terrain gave the Norwegian cross-country skier *a leg / an arm* up in the race.
- My step-counting app is going *ballistic / haywire* – there's no way I've walked 20 km today.
- 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.
- If you need to transfer files from your phone, talk to Mikey – is a *geek / whiz* at phone apps.
- Got any painkillers? I've got *a nasty / an excruciating* headache.

Challenge!

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) **EXAM TASK** 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?              |  |
| 2 express her attitude towards her son's 'giving up' on some sports?             |  |
| 3 give an example of tailoring physical activities to one's needs and abilities? |  |
| 4 admit not everyone agrees on what exactly physical literacy stands for?        |  |

## 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),



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

**EXAM TASK** ⌚ 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.

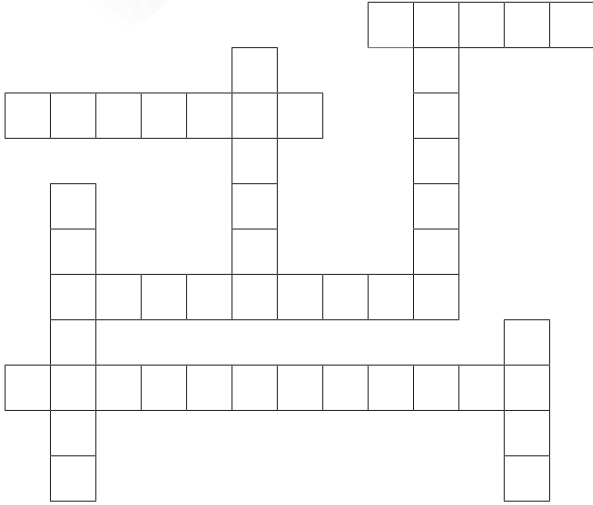
**EXAM TASK** Uprawianie sportu uważane jest za istotny element zdrowego trybu życia. Napisz do gazetki szkolnej **artykuł** (200–250 słów), w którym opisziesz, jak Ty zacząłeś/zacząłaś uprawiać jakiś sport i przedstawisz płynące z tego korzyści.



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 recognizing 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.



- 1) Complete the crossword puzzle with the words which match the definitions below.



**Across**

- the body part between hand and arm **w** \_\_\_\_\_
- being famous for something bad **n** \_\_\_\_\_
- tiredness **f** \_\_\_\_\_
- connected with one's profession **o** \_\_\_\_\_

**Down**

- the longer of the two bones that connect your wrist to your elbow **u** \_\_\_\_\_
- a situation in which people, teams, or businesses compete with one another **r** \_\_\_\_\_
- below a normal or expected level **s** \_\_\_\_\_
- a medicine that can cure any illness **p** \_\_\_\_\_

- 2) Complete the gaps with the correct prepositions. Then complete the second sentences so that they explain the meaning of the phrase in bold.

I can feel you didn't talk to Tina, so why don't you say it up **front**. You should always be honest.

- 1 The journalist **came down** \_\_\_\_\_ the mayor very hard. It was not the first time she \_\_\_\_\_ him so badly.
- 2 Will you be there on Saturday to **root** \_\_\_\_\_ me? I need someone to \_\_\_\_\_ me in that game.
- 3 I'm afraid your performance wasn't \_\_\_\_\_ **to the mark**. If it had been \_\_\_\_\_, you would have earned the place in the team.
- 4 The athlete's popularity does not only **stem** \_\_\_\_\_ the fact that she always has time for her fans. I'd say her fame \_\_\_\_\_ her outstanding accomplishments as well.
- 5 Even if we are not satisfied with it, we must **adhere** \_\_\_\_\_ the terms of the contract. If we don't \_\_\_\_\_ the agreement, we will have to pay a penalty.
- 6 It's now my priority to **hone in** \_\_\_\_\_ my writing skills – if I don't \_\_\_\_\_ them, I might fail the exam.

- 3) Find and correct two mistakes in each sentence (a grammatical and lexical one).

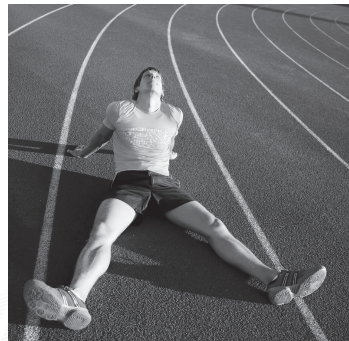
- 1 Stiffed neck muscles are usually accompanied by repetitive headaches, which are by far more unpleasant.  
\_\_\_\_\_
- 2 I was on the verge to ask the sports star for an autograph, but I felt too intimidating.  
\_\_\_\_\_
- 3 I'm afraid her speech was including too many founded arguments to be taken seriously.  
\_\_\_\_\_
- 4 Look at her bloodshed eyes! You can easily say she wasn't sleeping for many hours.  
\_\_\_\_\_
- 5 Helen was competing in international championships for six years before she managed to top the pinnacle.  
\_\_\_\_\_
- 6 When it goes to the research on depression, scientists from this university are soon publish some very interesting results.  
\_\_\_\_\_
- 7 Laura was standing in the corner of the ball room, imagining she will never manage to overcome her timid.  
\_\_\_\_\_

- 4) Translate the Polish parts of the sentences into English. Use the words below.

**lagging less intend about compatible swings**

- 1 \_\_\_\_\_ (*Im bardziej martwisz się zawodami, tym mniej*) effective you seem to be on the pitch.
- 2 The player \_\_\_\_\_ (*wkrótce podpisze kontrakt*) with the club he's always wanted to play for.
- 3 Can you tell me how exactly \_\_\_\_\_ (*masz zamiar pozbyć się swoich huśtawek nastroju*)?
- 4 You knew all along that career in sport \_\_\_\_\_ (*jest prawie nie do pogodzenia*) with family life.
- 5 As a part of my personal development plan, \_\_\_\_\_ (*zamierzam stawiać sobie realistyczne cele*).
- 6 Tom admitted he \_\_\_\_\_ (*był niezadowolony ze swoich słabych osiągnięć*) for months but felt too intimidated to talk to anyone about it.

- 5) Write a short interview with the sportsperson in the picture. Use some of the phrases below.



- inevitable outcome
- on a regular basis
- think he was going to have made the cut
- subsequent years
- be on the point of letting go
- nothing nearly as ... as
- will be enduring