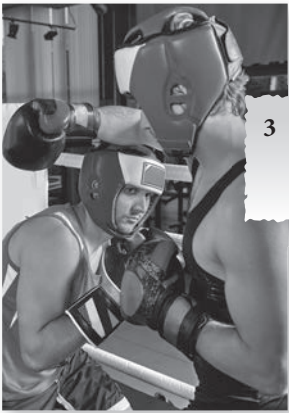


2

Success and failure

VOCABULARY describing levels of performance

1> Choose the correct option to complete each sentence.



1 Bolt and Stevens are neck **to** / **and** neck in the final round. It's hard to predict who is going to win this time.

3 Davidson used to be a top performer, but he's been on a losing **string** / **streak** since the beginning of this season.



5 After a few miles into the race, Tala fell **out** / **behind** and never managed to make up for the lost time.



2 After the first lap, Fraser is still in the **win** / **lead**, with the remaining runners some distance behind her.

4 Will a 1:1 **draw** / **equal** be enough to take England to the semi-finals?



6 As always, the Wizards fought to the **equal** / **finish** and never gave up.

7 You could see that Irinova was no **match** / **form** for Greene, and she still needs to learn a lot.

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

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

3> Complete the text with appropriate prepositions.



The best game I've ever watched was the Handball Championship finals.

Our team had only to win one more game in order to become the best team in Europe. Early on in the game, we were ¹ _____ the lead, ahead of our opponents by a few points. But then suddenly, our players started falling

² _____ and lost the ball a few times. From then on, the match was like a roller-coaster ride! As soon as the team had managed to catch ³ _____ a bit, they started losing again. I can't describe the emotions. The crowd went wild! As if this was not enough, the match ended ⁴ _____ a draw and went into extra time. We remained neck and neck ⁵ _____ the other team, but in the end we were in second place. Nevertheless, it was a game to remember!

Vocabulary challenge!

4> Choose the odd one out.

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

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

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

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

- 1> MP3 03 Complete the options (a–d) with the verbs below. There is one extra word. Then listen and choose the correct answer.

enumerate inform share tell encourage

What is Devin doing in the podcast?

- a _____ing listeners about different sporting activities he's taken up.
b _____ing listeners to take up parkour.
c _____ing listeners how to be more competitive.
d _____ing his opinions about success and failure.

- 2> Listen again. Are the sentences true (T) or false (F)?

The speaker	T	F
1 prefers sports which do not involve competing against each other.		
2 takes part in sports in which the aim is to beat your own personal best.		
3 believes that competing against others is negative.		
4 thinks that determination to improve matters the most.		

- 3> Complete the table with the correct forms of the verb *compete*.

verb	compete with / against somebody, compete in
nouns (abstract noun, person)	_____, _____, _____
adjective	_____

- 4> Complete the sentences with the words from exercise 3.

- 1 It's always been Tom's dream to compete _____ the Olympics _____ the best athletes in the world.
2 She's a highly _____ swimmer, who is determined to break the world record.
3 How many _____ participated in the final round of the Runmageddon?
4 Most journalists seem to believe that the team stands a good chance of winning the _____.
5 Lucy's _____ is truly impressive – she fights from start to finish in every match.

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- 5> Match the parts of the following sentences.

- 1 Before he retired from sports, Adams took ☐ ☐ a on
2 Sports drinks caught ☐ ☐ b out
3 Teenagers often take ☐ ☐ c into
4 She got injured, and as a result, dropped ☐ ☐ d part
5 Tamara has recently got ☐ ☐ e up

- 6> Insert five missing words in the text below.



Coach Jackson:

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



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

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

2 Which activity do you most regret having given up?

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

- I sports in order to impress their friends.
II in three Olympic games.
III in Poland as recently as a decade ago.
IV climbing and is planning a trip to the Alps soon.
V of the competition.

Past tenses

Czasu **past simple** używamy, aby opisać kilka wydarzeń z przeszłości, które nastąpiły po sobie.

*Laura **took part** in the competition, **won** the first prize and **joined** the national team.*

Czasu **past continuous** używamy, aby opisać czynność, która trwała, kiedy wydarzyło się coś innego. **Past continuous** używany jest wówczas często z czasem **past simple**.

*I **was exercising** in the gym when the lights **went out**.
We **were warming up** when someone **ran onto** the pitch.*

Czasu **past continuous** używamy również, aby opisać dwie czynności, które miały miejsce w tym samym czasie.

*While I **was waiting** for her, Ruth **was doing** her make-up.*

Czasu **past perfect simple** używamy, aby opisać czynności i wydarzenia, które miały miejsce przed innym wydarzeniem w przeszłości.

*When I **turned on** the TV, the match **had already started**.
They **were** tired because they **had just left** the gym.*

Czasu **past perfect continuous** używamy, aby opisać czynności, które trwały do pewnego momentu w przeszłości.

*I **was very tired** because I **had been jogging**.*

*He **had been playing** for the Bulls for five years before he **moved** to France.*

Czasu **past perfect simple** używamy do podkreślenia skutku czynności/ wydarzenia, a czasu **past perfect continuous** do podkreślenia jak długo ona trwała/ono trwało.

*They **knew** the score, because they **had watched** the game.*

*When I **arrived**, they **had been watching** the game for almost an hour.*

Zdania twierdzące i przeczące

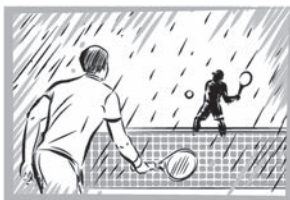
I/You/We/They/ He/She/It	had been playing	football.
	hadn't been playing	

Pytania i krótkie odpowiedzi

Had	I/you/we/they he/she/it	been playing	football?	Yes, she had. No, she hadn't.
-----	----------------------------	-----------------	-----------	----------------------------------

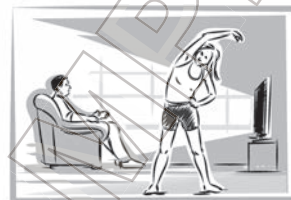
1) Complete the sentences about each picture, using the pairs of verbs below in the correct form.

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



1 When Tom and Bob _____, it _____.

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



3 Jeff _____ because _____ for two hours.

4 When Julia _____, her brother James _____ sport on TV.

2) Choose the correct verb forms in each sentence.

- The coach **had asked** / **asked** all players to come closer, **had stepped** / **stepped** onto a chair, and **began** / **was beginning** his speech.
- Sally **was working** / **worked** out when she suddenly **was feeling** / **felt** intense pain in her left knee.
- When Shaun **was waiting** / **waited** for his flight at the airport, he suddenly **had seen** / **saw** his favourite footballer, who **had been travelling** / **was travelling** with his family.
- Martha was very angry with me yesterday, as she **had waited** / **had been waiting** for hours for me to call her back.

- When we entered the room, everybody **was playing** / **played** a strange game that we **never saw** / **had never seen** before.
- When I **had wanted** / **wanted** to pay for the tickets, I **was realising** / **realised** that I **had had** / **had** no money on me because I **left** / **had left** my wallet at home.
- Before our team **had won** / **won** the championship, we **had been losing** / **had lost** several competitions.

3) Complete the text with the correct form of the verbs in brackets.

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

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

- _____ so I didn't know the rules of the game.
 - I had never played it before,
 - I wasn't playing water polo,
 - I hadn't been paying attention during PE classes,
- I wanted to believe him, but _____.
 - he didn't tell the truth before.
 - it seemed like he was lying.
 - he had already lied to me a few times.

- 3 When I woke up this morning, ____
 a my parents had already left for work.
 b it was raining heavily.
 c I had taken a shower.
- 4 ____ when our school team finally scored the first goal.
 a We had been thrilled
 b They had been playing for more than an hour
 c Unfortunately, I wasn't watching the match
- 5 The teacher was really irritated ____
 a because most of the students had forgotten to do their homework.
 b when we arrived late for class.
 c as she was marking our tests all night.

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

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

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

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

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

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

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

6> Complete the sentences with your own ideas.

- 1 Before I arrived in class this morning

- 2 I was just leaving the house yesterday when

- 3 I was exhausted last night because

- 4 While I was getting ready to school yesterday I suddenly realised

Talking about present and past habits

Aby opisać czynności i sytuacje, które w przeszłości powtarzały się regularnie używamy konstrukcji **used to / would + czasownik**.

*My sister **used to / would go** to a dietician once a month.*

*The team **used to / would fight** to the finish, but now they give up easily.*

Uwaga!

Would nie używamy w zdaniach przeczących oraz do opisywania stanów i uczuć.
*He **didn't use to study** hard, but now he's top of the class.*

Aby podkreślić, że przeszłe nawyki obecnie nie mają już miejsca, używamy **used to**.
*I **used to be** a fan of the Chicago Bulls, but now I support the Washington Wizards.*

*He **used to be** a very popular tennis player when he was young.*

Do opisanja czynności powtarzających się regularnie w teraźniejszości używamy czasu **present simple** z przysłówkami **always / every day / often** etc.

*Barry **always warms up** for at least an hour before a match.*

*I **often take part** in sports competitions.*

Aby opisać czynności, które powtarzają się w określonym okresie czasu, stosujemy czas **present continuous**.

*This month I **am going swimming** every day in order to get back in shape.*

Do opisanja czynności powtarzających się w przeszłości lub teraźniejszości, które nas irytują, używamy czasu **past continuous** lub **present continuous** (z **always, constantly**)

*As a teenager, Helen **was always losing** everything.*

*You're **always arriving late** for practice sessions.*

*Tim is **always refusing** to be goalkeeper!*

Grammar challenge!

Konstrukcji **be used to + czasownik + -ing** używamy, aby powiedzieć, że jesteśmy do czegoś przyzwyczajeni.

*I'm **used to jogging** early in the morning.*

Konstrukcji **get used to + czasownik + -ing** używamy, aby powiedzieć, że przyzwyczajamy się do czegoś, do czego wcześniej nie byliśmy przyzwyczajeni.

*As a popular sportsperson, he will soon **get used to giving** autographs.*

1> Match the parts of the sentences.

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

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

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

3> Find and correct the mistakes in the sentences.

Two sentences are correct.

- 1 There would be two cinemas in our town, but one closed down last year.
- 2 Did Fiona used do martial arts in the past? She fights well.
- 3 You're always calling me when I am already in bed.
- 4 Ian doesn't go jogging this month, he's twisted his ankle.
- 5 My mum would not wear long hair when she was little.
- 6 At primary school, Lisa was always eating during lessons, which made all the teachers angry.

4> Translate the Polish parts of the text into English.

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

5> Write sentences about the following things.

- 1 something you used to do with pleasure, but which you no longer do
- 2 something you didn't use to do as a child, but now you quite enjoy it
- 3 something you do very often, which your parents do not approve of
- 4 something your friend is always doing, which you find rather irritating

Grammar challenge!

6> Complete the sentences with the correct form of the verbs in brackets and either **be used to**, **get used to** or **used to**.

- 1 Even after having lived in London for six months, I _____ still _____ (*drive*) on the left.
- 2 I'm not looking for a flatmate, as I _____ (*live*) alone.

- 3 John _____ (*jog*) three times a day, but now he only goes once a day.
- 4 I hope one day my daughter _____ (*eat*) fresh vegetables. At the moment, she refuses to eat her greens.
- 5 As a teenager, I used to sleep in a lot, but a few years ago I _____ (*get*) up early.
- 6 Sheila _____ (*study*) at night ever since we were at college, and I guess she still prepares for exams when everyone else is sleeping.
- 7 I know that winning the cup has made me famous, but I _____ never _____ (*be*) the centre of attention.

Cumulative grammar

7> Complete the second sentence so that it has a similar meaning to the first. Use the words given.

- 1 Ted left the stadium before I arrived. **ALREADY**
When I arrived, _____ left the stadium.
- 2 This room was once my older brother's bedroom. **SLEEP**
My older brother _____ in this room.
- 3 Ann's recently become quite selfish! **USE**
Ann _____ so selfish!
- 4 During dinner, the phone rang. **WE**
While _____, the phone rang.
- 5 I started cooking two hours before you came home. **FOR**
When you came home, I _____ two hours.
- 6 I often went fishing with my grandad. **WOULD**
My grandad _____ me fishing with him.
- 7 In the past, people had to live without electricity. **USE**
In the past, people _____ have electricity.
- 8 It's common for Helen to start crying for no reason. **OFTEN**
Helen _____ for no reason.
- 9 I don't usually eat such a big breakfast! **USED**
I'm _____ such a big breakfast!
- 10 He still finds it difficult to speak English all the time. **GOT**
He still hasn't _____ English all the time.

8> Complete the sentences with the correct form of the words in brackets. Add any extra words where necessary.

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

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

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

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

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

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

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

SWIMMING THE ENGLISH CHANNEL

1 _____

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

2 _____

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

3 _____

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

4 _____

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

SPEAKING

agreeing and disagreeing •
developing points in the task

1> Correct one mistake in each sentence by adding, crossing out or replacing a word.

- How would you prefer to let the students to know?
- Oh no, I can't be along with that.
- OK, we're with agreement about that.
- So we're here to discuss ideas at the Sports Day.
- That's the excellent idea!
- We need to decide how promote our competition.

2> Complete the mini-dialogues with appropriate words. Then read the speaking task in exercise 3 below and decide which bullet points they refer to.

- A I think one of the teachers should be the referee.
B I am not sure I _____ because he might not be objective. ☐
- A Then who do you suggest?
B What would you _____ of asking the hotel owner to be the referee? ☐
- A What if the teachers don't want to participate?
B I am sure that the teachers _____ love to show that they are unbeatable. ☐
- A Do you think we need some prizes for the winners?
B I do. What _____ buying some local souvenirs for the winning team? ☐
- A We need to decide where to organise the match.
B I would _____ that the pitch behind the hotel is an ideal place. ☐

3> Read the instructions and do the speaking task.

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

zachęcenie opiekunów
do udziału w meczu

sędziowanie

czas i miejsce
mecz

nagrody dla
zwycięzców

Rozmowę rozpoczyna zdający.



WRITING

an article

2

1> Read the following writing task and the article below.

Complete the text with the words given. There is one extra word.

Lokalna gazeta ogłosiła konkurs na artykuł zatytułowany 'Learning from the mistakes of others.' Napisz swój **artykuł** na ten konkurs, w którym przedstawisz sylwetkę sportowca, który okazał się nieuczciwy oraz napiszesz, jakie wnioski mógłby wyciągnąć młody człowiek, dla którego ten sportowiec był idolem.

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

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



Armstrong was into running and swimming, and as a teenager, combined these passions by taking up the triathlon – a very ¹ _____ discipline. He soon became the US champion. However, his love for cycling ² _____ won, and at 18, he became a professional cyclist. Getting to the top took a few years, but ³ _____ he was 21, he was winning many of the world's most important championships. Diagnosed with cancer at 25, he never gave up. After successful therapy, he returned to professional sports to reach the top again. However, it turned out he ⁴ _____ victory so much, he was taking performance-enhancing drugs. ⁵ _____ he was stripped of all his Tour de France medals and banned from cycling for life. Armstrong ⁶ _____ denied all the accusations, but later admitted to everything. ⁷ _____, foul play does more ⁸ _____ than good, as athletes who are found to be involved in doping lose their medals. Trying to win by cheating is not worth it because when your medals are taken away someone else will be the winner anyway. ⁹ _____, you risk losing more than your medals – you're endangering your entire career.

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

Problems: _____
Ways of dealing with problems: _____

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

3> Read the instructions and do the writing task.

EXAM TASK Młodzieżowa gazeta sportowa ogłosiła konkurs na artykuł pt.: 'Failure can lead to success'. Napisz **artykuł**, w którym opiszysz czyjąś sportową porażkę oraz wyjaśnisz, jak na dłuższą metę pomogła ona tej osobie osiągnąć sportowy sukces.

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



Hi TJ,

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

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

All the best,

K.

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

2> Translate the Polish parts of the sentences into English.

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

Challenge!

3> Complete the sentences with the correct form of the words in brackets.

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

4> Complete each pair of sentences with one word.

- If the game ends in a _____, we will not qualify for the quarter finals.
We need a bigger venue, I'm sure his concert will _____ a crowd.
- Carnet was no _____ for Radwańska, who easily beat her in three sets.
These trousers and that shirt don't _____ – I need to change.
- Małysz _____ to be a ski jumper before he got into car races.
I am not _____ to running so much, could we please take a break?
- Volleyball is a game where two teams are separated by a _____.
She spent hours surfing the _____, but she finally found the recipe she was looking for.
- Sam's knee was giving him problems so he fell _____ the other runners.
The swimming pool is _____ the school – just go through the back door and you'll see it.
- I need some new ski _____ before we go skiing this year.
His life goal is to visit the Arctic and Antarctica and walk to both the _____.



- 1) **EXAM TASK** Przeczytaj dwa teksty związane z kontuzjami w sporcie. Z podanych odpowiedzi wybierz właściwą, zgodną z ich treścią.

Tekst 2.

Tekst 1.

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

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

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

* Cały kraj, cała hala chyli czoła przed dumą handball'a

- Which is true about Bielecki's accident?
 - It was a result of foul play.
 - Bielecki underwent surgery immediately after the accident.
 - It was impossible to take Bielecki to Lublin by air.
 - It took a few days before the news reached the media.
- During his early sporting career Bielecki
 - played for a club that won many championships.
 - trained in a junior team with a famous coach.
 - was told he wasn't fit enough to be a handball player.
 - made some bad decisions when choosing clubs.
- Soon after it was announced that Bielecki had lost his eye
 - doctors forbade him from participating in sports.
 - the handball fans helped him get into a German clinic.
 - his fans displayed banners around his home to cheer him up.
 - he thrilled his fans by changing his mind about his career.

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

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

Besides accidents, there's another problem – overuse. This basically means training too much or too hard. Researchers have found that the number of hours a child trains each week should be equal to their age. If children exceed this limit the probability of injury increases to 70% and children are likely to develop problems common for their chosen discipline, for example, tennis elbow or swimmer's shoulder. These injuries do not happen overnight, but develop gradually. According to the statistics, almost half the number of sport injuries among 11 to 18-year-olds are a consequence of overuse. That's why, it's important that everyone – young athletes, their parents and their coaches alike – is made aware of the problem. They need to learn to recognise the early symptoms of overuse and, more importantly, learn how to prevent it. This means, among other things, remembering to warm up and cool down, correcting your technique and allowing your body a proper rest between training sessions.

- Which of the following is presented in the text as **an opinion**, and not a fact?
 - Overuse is the cause of over 50% of sport injuries among young people.
 - Over 50% of sport injuries need not have happened.
 - The amount of time children should spend on training depends on their age.
 - Many parents allow their kids to ignore advice on health and safety during practice sessions.
- The author of this text
 - criticises parents and coaches who ignore safety guidelines while children are doing sports.
 - explains who is responsible for so many sport injuries among young people.
 - expresses doubts on whether children should be encouraged to do sports.
 - highlights safety problems and suggests ways of avoiding them.

2) Read the instructions and do the writing task.

EXAM TASK W gazecie młodzieżowej przeczytałeś/ przeczytałaś artykuł, którego autor twierdzi, że uczniowie nie lubią lekcji WF w szkole i należałoby je zlikwidować, dając uczniom czas na uprawianie sportów we własnym zakresie. Napisz **list do redakcji**, w którym nie zgodzisz się z autorem artykułu, wyjaśniając, dlaczego ważne jest, aby w szkole były zajęcia WF oraz na przykładzie swojej szkoły opisz, jakie zmiany sprawiłyby, że uczniowie bardziej polubiliby te zajęcia.

Wypowiedź powinna zawierać od 200 do 250 słów.