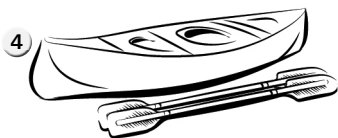


# 2

## A good sport

### VOCABULARY sports

1) Write the English names for these sports.



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

2) Choose the odd one out.

- 1 karate / boxing / cycling
- 2 ice hockey / surfing / skating
- 3 badminton / tennis / volleyball
- 4 weightlifting / canoeing / sailing
- 5 handball / golf / rugby

3) Complete the sentences with the missing words.

- 1 R \_ w \_ \_ g is a popular water sport in British and American colleges.
- 2 Handball and basketball are popular i \_ \_ o \_ r sports.
- 3 \_ e \_ m sports teach children how to work together.
- 4 Tim goes c \_ \_ o \_ i \_ g every day and he has even got his own boat.
- 5 The NBA is the best b \_ \_ k \_ \_ b \_ \_ l league in the world.
- 6 I'd like to go \_ y \_ l \_ \_ g today, but my bike is broken.
- 7 Tom is very good at \_ \_ \_ m \_ \_ n and goes to the pool three times a week.
- 8 I think \_ n \_ b \_ \_ r \_ \_ \_ g is a lot more difficult than skiing and many people aren't able to do it.

4) Read the text and choose the correct answers.



I've done sports for as long as I can remember. I started with baseball. At primary school my PE teacher noticed I could <sup>1</sup>catch / throw the ball pretty high and told me to go to the training sessions that the school organised. Sometime later I decided to learn how to swim, mainly in order to <sup>2</sup>keep / run fit. I was quite good and won a few races. When I was a teenager I once tried <sup>3</sup>long / ski jump. It was mainly for fun, but I got good results, because I could jump very far. In my free time I play <sup>4</sup>indoor / table tennis – it's great fun and is also very relaxing, but my dream sport is <sup>5</sup>motor / road racing. The problem is it's quite expensive – you can borrow a motorbike, but you need to have <sup>6</sup>special / outdoor clothes, which cost a lot. Who knows, perhaps one day ...



5) Complete the sentences with the correct form of the verbs do, play and go.

- 1 Do you know anybody who \_\_\_\_\_ handball regularly?
- 2 Not everybody can \_\_\_\_\_ gymnastics. You need to be extremely fit.
- 3 My brother and I \_\_\_\_\_ snowboarding every year.
- 4 Is the game they \_\_\_\_\_ now called rugby?
- 5 My dad \_\_\_\_\_ golf every weekend.
- 6 Pete's so strong that he could easily \_\_\_\_\_ weightlifting.
- 7 I really enjoy \_\_\_\_\_ cycling at weekends.
- 8 Tina \_\_\_\_\_ karate, which is rather unusual for a girl.

### Vocabulary challenge!

6) Complete the sentences with the correct form of the words below.

cycle athletics climb play wrestle gymnastics

- 1 Tom is a successful \_\_\_\_\_ who won a number of races, including the Tour de Pologne.
- 2 Who was the best football \_\_\_\_\_ of 2014?
- 3 As a child I wanted to become a \_\_\_\_\_ and fight in the ring.
- 4 Sheila is the top track \_\_\_\_\_ in the country. Recently she's won a gold medal in long-distance running.
- 5 \_\_\_\_\_ are not usually very tall – I guess it's easier to do the exercises if you're shorter.
- 6 To become a mountain \_\_\_\_\_, you mustn't be afraid of heights.

7) Answer the questions. Give reasons for your answers.

- 1 Which sport would you like to try?  
\_\_\_\_\_
- 2 Which winter sport do you like watching?  
\_\_\_\_\_
- 3 What can you learn by practising a sport?  
\_\_\_\_\_

1) Is the meaning of the sentences in 1–5 similar (✓) or different (x)?

- 1 a It's time for you to give up extreme sports.
- b It's time for you to start practising extreme sports.
- 2 a They are rivals.
- b They compete against each other.
- 3 a She managed to win the title three times.
- b She was World Champion several times.
- 4 a John Davis trains young athletes.
- b John Davis is a sports coach.
- 5 a The boxer injured somebody in a fight.
- b The boxer got hurt in a fight.

2) MP3 03 Listen to an extract from a TV programme. Are the sentences true (T) or false (F)?

- 1 *The Crash Reel* is about two sportsmen who compete against each other. T / F
- 2 In the film, one of the snowboarders has to end his sporting career. T / F
- 3 In *127 Hours*, the climber dies because he has no food and water. T / F
- 4 In *Million Dollar Baby*, Frankie is a boxing coach. T / F
- 5 Maggie got hurt before she managed to win any fights. T / F
- 6 Senna didn't manage to win a title before his death. T / F
- 7 The film focuses mainly on Senna's sporting career. T / F

3) Match the parts of the sentences. Then translate the expressions in bold into your own language.

- 1 More than one hundred sportspeople **took part**
  - 2 He stopped fighting after he **had**
  - 3 You need to be careful not to **fall**
  - 4 It's **thrilling**
  - 5 The new film about motor racing
  - 6 I won't tell you anymore. **You must**
- a to watch the two biggest rivals playing against each other.
  - b **see it yourself**.
  - c **a bad accident**.
  - d is **brilliant**.
  - e **down** this deep hole.
  - f **in** the event.

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4) Read the definitions and write the correct words.

- 1 hurt i\_\_\_\_\_
- 2 like a particular sportsperson/team and cheer them on during competitions s\_\_\_\_\_
- 3 somebody who helps sportspeople perform better c\_\_\_\_\_
- 4 practise sport regularly t\_\_\_\_\_
- 5 people who watch a sporting event s\_\_\_\_\_
- 6 somebody who wins an important sports competition c\_\_\_\_\_

5) Complete the sentences with the words from exercise 4.

- 1 If you want to be the champion, you'll need to \_\_\_\_\_ more than others.
- 2 The team has a new \_\_\_\_\_ and has started to win more often.
- 3 After he was \_\_\_\_\_ last year he couldn't do any sports for three months.
- 4 All my family members \_\_\_\_\_ FC Barcelona.
- 5 Tom won the tennis match and is now a \_\_\_\_\_.
- 6 More than 50,000 \_\_\_\_\_ watched the finals on Friday.

Vocabulary challenge!

6) Complete the text with appropriate words.

When you <sup>1</sup> \_\_\_\_\_ up an extreme sport, remember you also <sup>2</sup> \_\_\_\_\_ a big risk. Before you <sup>3</sup> \_\_\_\_\_ a decision, consider all the positive and negative points of doing this sport. For example, people who regularly <sup>4</sup> \_\_\_\_\_ climbing or canyoneering, <sup>5</sup> \_\_\_\_\_ their lives at risk. A friend of mine once didn't <sup>6</sup> \_\_\_\_\_ his equipment before he went climbing and ended up falling off a rock. He <sup>7</sup> \_\_\_\_\_ his arm and couldn't do any sports for two months!



7) Describe the plot of a film about sport. Write 4–5 sentences, using the words below and your own ideas.

problems risk fast famous weather equipment exciting helmet

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## Used to and past simple

Czasu **past simple** używamy, aby opisać:

- czynności lub sytuacje, które wydarzyły się jeden raz w określonym momencie w przeszłości:  
*I **started** a Spanish course last week.*
- czynności lub sytuacje, które powtarzały się przez jakiś czas w przeszłości:  
*Our biology teacher never **gave** us homework for the weekend.*

Tworzenie regularnych form czasu **past simple**:

- Do większości czasowników dodajemy końcówkę **-ed**:  
*want – **wanted**, wash – **washed**, enjoy – **enjoyed**.*
- Jeśli czasownik kończy się na literę **-e**, dodajemy do niego końcówkę **-d**:  
*arrive – **arrived**, like – **liked**, live – **lived**, love – **loved**.*
- Jeśli czasownik kończy się na spółgłoskę + **-y (cry)**, **y** zamieniamy na **i** oraz dodajemy **-ed**:  
*study – **studied**, cry – **cried**, carry – **carried**.*
- W przypadku krótkich czasowników zakończonych spółgłoską, podwajamy ostatnią literę i dodajemy **-ed**:  
*plan – **planned**, stop – **stopped**.*

Wiele czasowników ma nieregularne formy czasu przeszłego np.:  
*write – **wrote**, give – **gave**, think – **thought**, come – **came**.*

W **past simple** często używamy następujących określeń czasu:  
*yesterday, the day before yesterday (przedwczoraj), last Monday/week/year, a few minutes/hours/days/weeks/years ago, in 1985, on 12th September 2009.*

## Zdania twierdzące i przeczące

I/You/We/They	arrived came	on time.
He/She/It	didn't arrive didn't come	

## Pytania i krótkie odpowiedzi

Did	I/you/we/they he/she/it	study yesterday?	Yes, I did. No, we didn't.
Why/Where/ When	did	I/you/we/they he/she/it	study?

Konstrukcji **used to + czasownik** używamy, aby opisać:

- przeszłe czynności lub sytuacje, które regularnie powtarzały się w przeszłości i uległy już zmianie:  
*I **used to study** a lot, but now I **don't have** to.*

## Zdania twierdzące i przeczące

I/You/We/They	used to	drink coffee.
He/She/It	didn't use to	

## Pytania i krótkie odpowiedzi

Did	I/you/we/they he/she/it	use to	drink coffee? be popular?	Yes, I did. No, he didn't.
Why/ How often	did	I/you/we/they he/she/it	use to	drink coffee?

## 1) Complete the table with the correct past forms.

INFINITIVE	PAST
study	
	went
	broke
log	
	read
swim	
	thought
want	
like	

## 2) Change the sentences into the past simple, using the time expressions in brackets.

- Do you go on holiday with your family? (*in August*)  
*Did you go on holiday with your family in August?*
- I'm in Rome and it's great! (*in 2006*)
- I don't know my parents' phone numbers. (*when I was a child*)
- When I see Jenny I stop to say hello to her. (*this morning*)
- Jane and her brother aren't at the party. (*yesterday*)
- They win lots of matches when coach Pete Green trains them. (*last year*)

## 3) Put the words in the correct order to make sentences and questions.

- as / I / a / French / child / studied / .
- finished / homework / few / my / a / ago / minutes / I / .
- you / when / John / call / last / did / ?
- did / weekend / go / not / away / Lucy / last / .
- 2010 / bought / the / in / Miles / house / .

4) Complete the sentences with the correct form of **used to**.

- I \_\_\_\_\_ (*play*) basketball for the school team.
- \_\_\_\_\_ (*you / learn*) Spanish? You speak it pretty well.
- My parents \_\_\_\_\_ (*not do*) any sport but they do Nordic walking now.
- What books \_\_\_\_\_ (*you / read*) as a child?
- There \_\_\_\_\_ (*be*) a drama club at our school but there hasn't been one for three years.
- I \_\_\_\_\_ (*not spend*) so much time studying when I was a child.



5) Write questions, using **used to**.

When you were seven years old, ...

1 \_\_\_\_\_?

In a small cottage in the country, with a large backyard and a garden.

2 \_\_\_\_\_?

I guess, the same things that every other child had – you know, plastic toy soldiers, teddy bears and a football, of course.

3 \_\_\_\_\_?

I didn't really enjoy watching cartoons, but I watched a lot of sports.

4 \_\_\_\_\_?

We only did Polish, maths and an introduction to science.

5 \_\_\_\_\_?

Every summer we went to the seaside, but sometimes I stayed with my grandparents.

6 \_\_\_\_\_?

Free time? All sorts of things – playing football, climbing trees, swimming in the river. They were wonderful times.

## 6) Choose the correct answers.

1 Most of my friends \_\_\_\_\_ a lot of sport at primary school, but they no longer have the time.

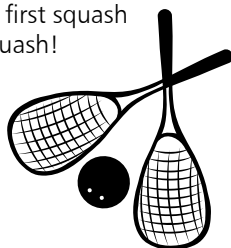
- a used to practise  
b practise  
c didn't use to practise

2 Our teacher \_\_\_\_\_ us homework twice last week.

- a used to give  
b gave  
c didn't use to give

3 I \_\_\_\_\_ tennis, but when I \_\_\_\_\_ my first squash lesson last year I decided to take up squash!

- a used to play, had  
b played, used to have  
c used to play, used to have



4 How \_\_\_\_\_ when the holiday ended?

- a did you use to feel  
b you felt  
c did you feel

5 My dad \_\_\_\_\_ sports on TV all the time, but last year he \_\_\_\_\_ swimming twice a week.

- a watched, used to start  
b didn't watch, started  
c used to watch, started

6 \_\_\_\_\_ the championship in 2005?

- a Didn't your team win  
b Didn't your team use to win  
c Did your team use to win

## 7) Complete the dialogues with appropriate words.

Put one word in each space.

A **Chris** <sup>1</sup>\_\_\_\_\_ you speak to the coach yesterday?**Pam** Yes, I did. He told me he <sup>2</sup>\_\_\_\_\_ to train the Washington Wizards.**Chris** Really? I thought The Wizards played basketball.**Pam** That's true, but he didn't <sup>3</sup>\_\_\_\_\_ to train just baseball teams.**Chris** That's interesting! <sup>4</sup>\_\_\_\_\_ he say anything else?**Pam** Yes, he <sup>5</sup>\_\_\_\_\_ an athletics champion at university.B **Kate** It's my second year in London, you know?I <sup>6</sup>\_\_\_\_\_ to live in America.**Bob** Really?**Kate** Yes, it was when I left school <sup>7</sup>\_\_\_\_\_ 2010 and moved to New York.**Bob** What <sup>8</sup>\_\_\_\_\_ you do there? Did you work in New York?**Kate** Yes, I <sup>9</sup>\_\_\_\_\_ – for a newspaper for three years.**Bob** When <sup>10</sup>\_\_\_\_\_ that?**Kate** From 2011 to 2014, and then I found a new job.

## Past continuous and past simple

Czasu **past simple** używamy, aby opisać:

- czynności lub sytuacje, które wydarzyły się w określonym momencie w przeszłości:

*I met John two years ago.*

- ciąg następujących po sobie wydarzeń z przeszłości:

*When they saw the smoke, they called the fire brigade and ran to help the victims.*Czasu **past continuous** używamy, aby opisać:

- zdarzenia lub sytuacje, które trwały w określonym momencie w przeszłości:

*I was watching TV at 5 p.m. yesterday.*

- zdarzenia i sytuacje, które stanowiły tło dla innych wydarzeń:

*While I was getting ready to leave, the door bell rang.*

## Zdania twierdzące i przeczące

I/He/She/It	was / wasn't	sleeping	at 2 a.m.
You/We/They	were / weren't		

## Pytania i krótkie odpowiedzi

Was	I/he/she/it	sleeping	when she came?	Yes, she was.
				No, I wasn't.
Were	you/we/they			Yes, they were.
				No, we weren't.
What	was	I/he/she/it	doing yesterday at 3 p.m.?	
	were	you/we/they		

## Grammar challenge!

Zwróć uwagę, że czas **past simple** opisuje czynności zakończone w przeszłości, a **past continuous** – czynności lub sytuacje, które trwały w określonym momencie w przeszłości:

*Dad left when I came.*

(Tata wyszedł, zanim przyszedłem/przyszłam; nie spotkaliśmy się.)

*Dad was leaving when I came.*

(Tata wychodził, kiedy przyszedłem/przyszłam; spotkaliśmy się.)

1) Complete the sentences with the past continuous form of the verbs below.

do drive not watch shave eat

- Jack \_\_\_\_\_ when I entered the bathroom.
- What \_\_\_\_\_ you \_\_\_\_\_ when the fire started?
- The TV was on, but I \_\_\_\_\_ it.
- How fast \_\_\_\_\_ she \_\_\_\_\_ when the accident happened?
- This time yesterday Tom and Jane \_\_\_\_\_ lunch at a café round the corner.

2) Write what you were doing at these times.

- yesterday at 2 p.m. I was learning maths.
- at 5 p.m. last Sunday \_\_\_\_\_
- at 7 a.m. this morning \_\_\_\_\_
- last night at midnight \_\_\_\_\_
- three hours ago \_\_\_\_\_

3) Choose the correct option to complete each sentence.

- When I got back home everybody **slept** / *was sleeping*, so I tried to be very quiet.
- The lights suddenly **went out** / *were going out* when we **watched** / *were watching* a horror film on TV.
- It was a lovely morning. The sun **shone** / *was shining* and it was pleasantly warm.
- I **did** / *was doing* the shopping in the supermarket when somebody **stole** / *was stealing* my wallet.
- He tripped over and **fell** / *was falling* to the ground.
- My dad **left** / *was leaving* the house in the morning while I **still slept** / *was still sleeping*.
- We **played** / *were playing* football when suddenly a huge dog **ran** / *was running* onto the pitch.
- Mark didn't have the keys and when I **came** / *was coming* back he **sat** / *was sitting* in front of the house.

4) Write questions in order to ask about the missing information. Then complete the sentences with your own ideas.

a I was standing at <sup>1</sup>\_\_\_\_\_ when a man came over and asked me the time. I told him that <sup>2</sup>\_\_\_\_\_ and then he ran away.

b Peter was cleaning the <sup>3</sup>\_\_\_\_\_ when he found <sup>4</sup>\_\_\_\_\_. He took it downstairs and showed it to his mum.

c When Ann went into the <sup>5</sup>\_\_\_\_\_ she saw a man, probably a burglar. She tried to <sup>6</sup>\_\_\_\_\_, but he managed to run away.

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

5) Complete the sentences with the correct form of the verbs. Use the past simple or past continuous.

- Just as I \_\_\_\_\_ (*leave*) the house, the postman \_\_\_\_\_ (*arrive*) and \_\_\_\_\_ (*bring*) me a birthday card.
- We \_\_\_\_\_ (*knock*) at the door several times, but nobody \_\_\_\_\_ (*answer*).
- I \_\_\_\_\_ (*jog*) in the park last night when I \_\_\_\_\_ (*see*) a huge, black dog which \_\_\_\_\_ (*run*) about. It \_\_\_\_\_ (*see*) me, too and, of course, \_\_\_\_\_ (*start*) chasing me.
- Daniel \_\_\_\_\_ (*drive*) back home when he \_\_\_\_\_ (*hear*) his mobile phone ring. While he \_\_\_\_\_ (*talk*) on the phone, the police \_\_\_\_\_ (*stop*) him. He \_\_\_\_\_ (*pay*) a fine.
- Everybody \_\_\_\_\_ (*enjoy*) themselves at the party when suddenly the door \_\_\_\_\_ (*open*) and Mark's parents \_\_\_\_\_ (*come*) in just as he \_\_\_\_\_ (*kiss*) his girlfriend.

Grammar challenge!

6) Decide which sentence (a or b) follows the sentence in bold in 1-4.

- The guests left when I arrived at the party.**
  - I didn't have a chance to talk to anybody.
  - I only met them in the hall and said 'bye'.
- When I visited Ben, he was calling my sister.**
  - I had to wait for him to finish.
  - He did it, because I told him to.
- I was packing, when the taxi came.**
  - I just needed to put a few more things into my suitcase.
  - The driver didn't have to wait.
- Gina was doing her homework when I went to call on her.**
  - We could go to the cinema together.
  - She had some problems with it, so I helped her.

Cumulative grammar

7) Complete the sentences with the correct form of the verbs in brackets. Use the past simple, past continuous or used to.

- While we \_\_\_\_\_ (*have*) dinner, Mike \_\_\_\_\_ (*say*) he was getting married.
- I \_\_\_\_\_ (*not drink*) coffee but now I have three cups a day.
- Richard \_\_\_\_\_ (*break*) his leg when he \_\_\_\_\_ (*play*) football.
- Where \_\_\_\_\_ (*you / spend*) your holidays when you were a child?
- Everybody was busy – mum and dad \_\_\_\_\_ (*read*) and the children \_\_\_\_\_ (*play*).
- Mark \_\_\_\_\_ (*come*) to my house, \_\_\_\_\_ (*tell*) me the news and \_\_\_\_\_ (*run*) out.
- How many times \_\_\_\_\_ (*he / win*) the game?
- When I looked out of the window this morning, it \_\_\_\_\_ (*rain*).
- \_\_\_\_\_ (*she / swim*) regularly at primary school?
- Last year we \_\_\_\_\_ (*go*) to Mexico and \_\_\_\_\_ (*swim*) in the Pacific Ocean every day.

1) Do the quiz. Then read the text in exercise 2 to check your answers.

- 1 Michael Phelps is  
 a Canadian.    b American.    c English.
- 2 What is the largest number of Olympic medals anybody has won during their career?  
 a 8                b 16                c 22
- 3 How many calories does a swimmer who is training hard need to consume each day?  
 a 12,000        b 7,000            c 3,000

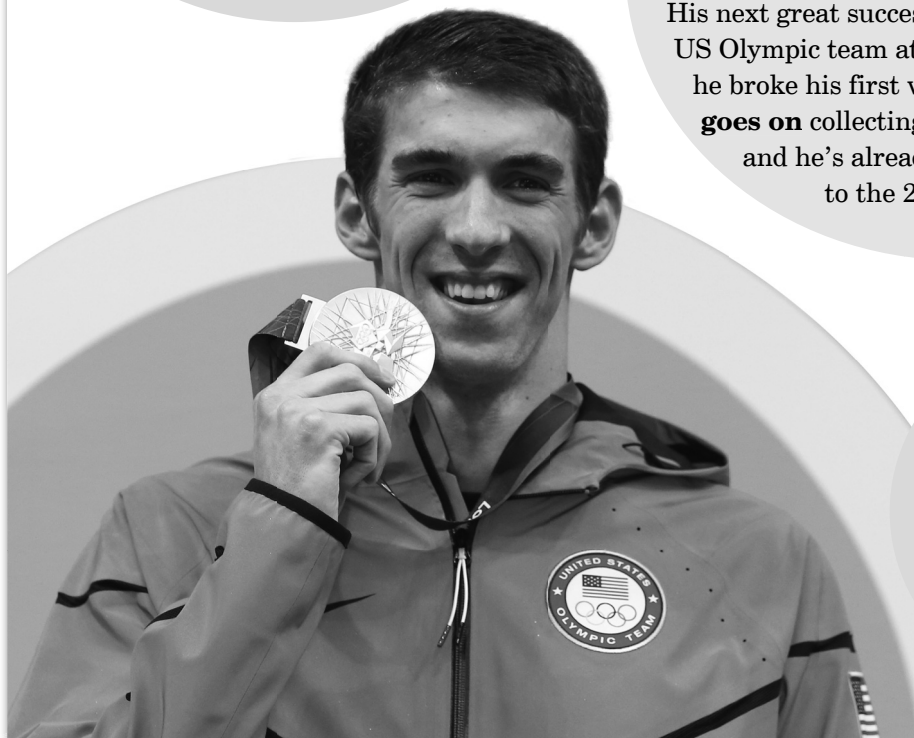
2) Read the text again. Complete gaps 1–3 with sentences a–e. There are two extra sentences.

# THE RECORD BREAKER

Michael Phelps is probably the best swimmer in the world. <sup>1</sup>\_\_\_\_\_ But maybe they should rather call him the Record Machine, because of his amazing collection of medals and records. So far, this American swimmer has won 77 medals! That includes 22 Olympic medals (18 gold) – more than any other athlete has ever won.

He was always a very energetic child, so when he was 7 years old his older sister suggested he should take up swimming. It **turned out** that the hyperactive child loved it. Michael later **found out** that he has ADHD and he always said that swimming helped him to control his energy. <sup>2</sup>\_\_\_\_\_ His next great success was becoming part of the US Olympic team at the age of 15. A year later he broke his first world record. Now he just **goes on** collecting the medals and records and he's already **looking forward** to the 2016 Olympics.

One surprising thing about Phelps is his diet. It **is made of** eggs, pancakes, sandwiches and pasta. This adds up to about 12,000 calories a day. <sup>3</sup>\_\_\_\_\_ However, runners and swimmers, who train 5 hours a day, need such a large amount.



- a His success is the result of hard work, good planning and the help of people like his trainer and sponsors.
- b He's so fast that some people call him the Baltimore Bullet, and others call him the Flying Fish.
- c That's why Michael now teaches children the importance of being active and healthy.
- d His first swimming success came when, aged just 10, he broke the national record for his age group in 1995.
- e Of course, for the average person this would be very unhealthy.

3) Complete the phrasal verbs. Check your answers in the text on page 19.

- 1 appear, become obvious – \_\_\_\_\_ out
- 2 learn – \_\_\_\_\_ out
- 3 continue (doing sth) – \_\_\_\_\_ on
- 4 consist of – be \_\_\_\_\_ up of
- 5 feel happy and excited about something that is going to happen in the future – \_\_\_\_\_ forward to sth

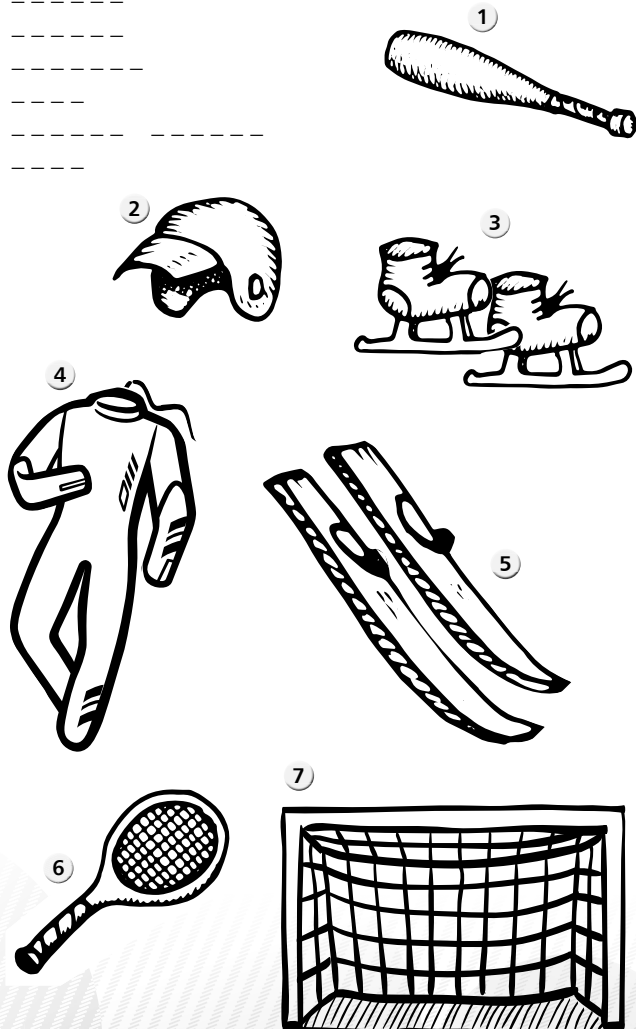
4) Complete the sentences with the correct form of the phrasal verbs from exercise 3.

- 1 Our class is \_\_\_\_\_ 13 boys and 18 girls.
- 2 Mr McGabe looked scary at first, but he \_\_\_\_\_ to be a great coach and a very nice man.
- 3 I'm \_\_\_\_\_ tonight's match – Radwańska is in great form, so the match should be exciting.
- 4 Please, \_\_\_\_\_ doing your exercises until the bell rings.
- 5 Tom was very excited, when he \_\_\_\_\_ that Manchester United were coming to play at his local football stadium.

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5) Write the English names for the sports equipment below.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_
- 7 \_\_\_\_\_



6) Find six nouns, four verbs and one adjective connected with sport in the wordsearch.

Y	S	A	V	E	S	I	R	T	U	U	L
N	U	J	Z	K	C	U	L	G	V	T	J
R	P	A	X	N	O	N	T	L	U	K	Y
E	P	T	S	B	R	K	R	O	I	G	L
F	O	H	J	O	E	J	A	V	F	G	U
E	R	L	O	U	P	W	I	E	E	R	G
R	T	E	F	N	D	G	N	S	C	X	V
E	E	T	V	C	Y	Y	E	O	I	Z	X
E	R	E	U	E	P	H	R	O	H	I	T
K	G	G	F	H	N	O	S	D	S	Q	J
M	Q	C	O	M	P	E	T	I	T	O	R
C	O	M	P	E	T	I	T	I	V	E	Z

7) Complete the sentences with the appropriate words from exercises 5 and 6. Use the correct form of the verbs.

- 1 The **s**\_\_\_\_\_ of the winning team welcomed the players at the airport on their return to the country.
- 2 These days cameras and microphones help **r**\_\_\_\_\_ decide if somebody should get a point.
- 3 The basketball player **b**\_\_\_\_\_ the ball a few times before throwing it into the basket.
- 4 I need some new **t**\_\_\_\_\_ before the next game, my old ones are too small and hurt my feet.
- 5 Germany won after their football player **s**\_\_\_\_\_ the only goal of the game.
- 6 Mark is very **c**\_\_\_\_\_ and always tries to be the best in the team.
- 7 It wasn't a good day – first I lost my **g**\_\_\_\_\_, so my hands were really cold and then I hit another skier and broke one of my **s**\_\_\_\_\_.
- 8 100 **c**\_\_\_\_\_ ran in the marathon, but only 77 finished it.

Vocabulary challenge!

8) Translate the sentences into English.

- 1 Nasza szkolna drużyna koszykówki wygrała mecz jednym punktem.  
\_\_\_\_\_
- 2 Polska nie wygrała Mistrzostw Europy w piłce nożnej w 2012 roku.  
\_\_\_\_\_
- 3 Michał Kwiatkowski pokonał rywali i został mistrzem świata.  
\_\_\_\_\_
- 4 Usain Bolt pobił trzy rekordy na Olimpiadzie w Pekinie.  
\_\_\_\_\_
- 5 Polska zdobyła sześć medali na Olimpiadzie w Soczi.  
\_\_\_\_\_
- 6 George Groves planuje wkrótce pokonać mistrza boks, Carla Frocha.  
\_\_\_\_\_

# SPEAKING

talking about a past event

## 1) Match the parts of the sentences.

- |                    |                          |                   |
|--------------------|--------------------------|-------------------|
| 1 I'm so sorry     | <input type="checkbox"/> | a went wrong?     |
| 2 What             | <input type="checkbox"/> | b be joking.      |
| 3 How was          | <input type="checkbox"/> | c day of my life. |
| 4 That was just    | <input type="checkbox"/> | d disaster.       |
| 5 It was the worst | <input type="checkbox"/> | e the beginning.  |
| 6 It was a total   | <input type="checkbox"/> | f to hear that.   |
| 7 You must         | <input type="checkbox"/> | g your weekend?   |

## 2) Complete the dialogue. Put one word in each gap.

**Jake** So, <sup>1</sup> \_\_\_\_\_ was your party?  
**Greg** Don't <sup>2</sup> \_\_\_\_\_ ask! <sup>3</sup> \_\_\_\_\_ the beginning everything was OK. 16 of my friends came and they gave me lots of presents. We were dancing and playing games. After <sup>4</sup> \_\_\_\_\_ we ordered pizza and my friends had also made a huge birthday cake. I couldn't <sup>5</sup> \_\_\_\_\_ my eyes – it looked like Mount Everest! They know I love climbing and want to climb it one day. It was amazing!  
**Jake** That <sup>6</sup> \_\_\_\_\_ pretty cool! So, what happened next?  
**Greg** Well, Susie was putting the cake on the table when <sup>7</sup> \_\_\_\_\_ somebody pushed her and it landed on the floor. Unfortunately, the carpet caught fire from the candles.  
**Jake** So, what did you do?  
**Greg** I was scared like never <sup>8</sup> \_\_\_\_\_! We used an old sweater to put it out, but there was a huge hole in the carpet and the floor was ruined. The <sup>9</sup> \_\_\_\_\_ day, when my parents came home, you can imagine what they said ...



## 3) Write a short dialogue. Use the phrases from exercises 1 and 2 to help you.

**EXAM TASK** ⌚ 4 minuty

W Twojej szkole podczas ostatniego weekendu miała miejsce ciekawa impreza. Opowiadasz o niej koledzce z USA. W rozmowie porusz poniższe cztery kwestie.

przebieg tej imprezy

uczestników

nieoczekiwany problem

Wasze wspólne plany na spędzenie następnego weekendu

Rozmowę rozpoczyna egzaminujący.

# WRITING

an email

# 2

## 1) Write adjectives formed from the words below.

Use: **-ing, -ic, -ful**. Then complete sentences 1–4 with appropriate adjectives a–f.

- a amaze \_\_\_\_\_  
 b entertain \_\_\_\_\_  
 c wonder \_\_\_\_\_  
 d fascinate \_\_\_\_\_  
 e fantasy \_\_\_\_\_  
 f excite \_\_\_\_\_

- 1 It was an \_\_\_\_\_ show! I'd never had so much fun.  
 2 Our team scored a goal in the first minute and played so well that they finally won the game 7:1. What an \_\_\_\_\_ day!  
 3 He's not only a great athlete, he's also a \_\_\_\_\_ man.  
 4 The atmosphere was \_\_\_\_\_ – everybody laughed and had a great time.

## 2) Look at the list of reasons for doing sports. Match each point (a–c) with one of the sports (1–3). Then write a sentence to describe the benefits of the last sport.

- a It makes me feel safe, because I can learn how to protect myself.  
 b I love winter and being in the fresh air.  
 c Doing something a bit dangerous makes me feel excited.

- d \_\_\_\_\_  
 1 bungee jumping   
 2 skiing   
 3 judo   
 4 cycling

## 3) Read the exam task in exercise 4 and the students' answers a–d. Match the sentences (a–d) with the points (1–4) in the task. Which of the points are only mentioned and which are developed further?

- a I'm going to start basketball lessons with my PE teacher at school.   
 b I need to become more active, so I thought 'why not start doing some sport?' My best friends play basketball and told me I should try it too, so I did!   
 c I think you should try it too!   
 d My first practice session was very difficult, because I didn't know the rules. Also, after 25 minutes I was so tired I had to sit down and rest. But it was a lot of fun too!

## 4) Read the instructions and do the writing task. Use phrases and ideas from exercises 1 and 2 to help you.

**EXAM TASK** Postanowiłeś/Postanowiłaś uprawiać sport. W liście (80–130 słów) do kolegi/koleżanki z Anglii:

- 1 wyjaśnij, czemu podjąłeś/podjęłaś taką decyzję i jaką dyscyplinę sportu wybrałeś/wybrałaś;  
 2 napisz, gdzie i z kim będziesz trenować;  
 3 opisz swój pierwszy trening;  
 4 zachęć kolegę/koleżankę do uprawiania tego sportu.

Rozwiń swoją wypowiedź w każdym podpunkcie.



## 1) Find and correct a mistake in each sentence.

- Last winter my family did skiing in the Alps.  
\_\_\_\_\_
- The swimmers competed at the title of World Champion.  
\_\_\_\_\_
- Lewandowski got a goal and the Polish team won.  
\_\_\_\_\_
- She broke her hand while she played tennis.  
\_\_\_\_\_

## 2) Read the text and choose the correct answer a, b or c.



Last summer I participated in a sports camp. Imagine my surprise when I saw it was only 3 km from my grandparents' house! I used to <sup>1</sup>\_\_\_\_\_ swimming in the lake there when I was a child. The teachers at the camp divided us into 5 groups and every day we had competitions. My group was the best! During the first two weeks we <sup>2</sup>\_\_\_\_\_ most of the competitions. The final one was held during the last weekend: we had to find our way through a forest till we reached the lake. Then we had to sail back to the camp. My team had some bad luck. We got lost, so my friend, Jake, climbed a tree to see where we were. Unfortunately, he's <sup>3</sup>\_\_\_\_\_ of spiders. So, when a huge spider climbed on his hand he screamed, jumped back and fell <sup>4</sup>\_\_\_\_\_ the tree. To make things worse, he hit one of the branches when he was falling and <sup>5</sup>\_\_\_\_\_ himself. We had to help him walk back to the camp.

- |             |          |             |
|-------------|----------|-------------|
| 1 a do      | b make   | c go        |
| 2 a brought | b won    | c scored    |
| 3 a scary   | b afraid | c shame     |
| 4 a out     | b of     | c off       |
| 5 a injured | b broke  | c in danger |

## 3) Choose the answer which means the same as the underlined phrase.

- At this sports club students pay less.  
a students have a price.  
b there's a student discount.  
c students get in free.
- Jake hurt himself really badly in the cycling accident.  
a was seriously injured  
b was very frightened  
c didn't feel well
- The weather was really bad, so we decided to do some indoor sports that day.  
a join a club  
b go back home  
c play something inside
- When I was little, I always rode my bike around the lake.  
a used to ride  
b gets used to riding  
c was used to riding
- It's normal for sportspeople to do a lot of exercise.  
a Sportspeople used to do  
b Sportspeople are doing  
c Sportspeople are used to doing

## Challenge!

## 4) Complete the text with the correct form of the words in brackets.

I joined our school <sup>1</sup>\_\_\_\_\_ (*athlete*) team in September. But I didn't think I would be competing just three months later! Last month our town organised a <sup>2</sup>\_\_\_\_\_ (*compete*) for local high schools and we decided to take part in it. Some of the other teams were really good, so we thought it was <sup>3</sup>\_\_\_\_\_ (*possible*) to win against them, we just wanted to have some fun. But our coach was <sup>4</sup>\_\_\_\_\_ (*confidence*) we could win. He always says the most important thing is to work hard, be <sup>5</sup>\_\_\_\_\_ (*compete*) and highly motivated. So, we trained really hard and guess what?! We won! We were so happy! Our <sup>6</sup>\_\_\_\_\_ (*support*) were cheering and chanting the name of our school. It was the most <sup>7</sup>\_\_\_\_\_ (*excite*) day of my life!



## Translation

## 5) Translate the Polish parts of the sentences into English.

- When I was younger \_\_\_\_\_ (*nie jeździłam na narty*) much, but now I do.
- \_\_\_\_\_ (*Czy on miał na sobie kask*) when he fell off his bike?
- \_\_\_\_\_ (*Kiedy ona zdobyła*) the World Champion title?
- The handball player jumped very high and \_\_\_\_\_ (*rzucił piłkę*) into the goal.
- Ruth hurt her leg while \_\_\_\_\_ (*jeździła na łyżwach*).
- When James lost the fight, he \_\_\_\_\_ (*podjął decyzję*) to stop boxing.
- \_\_\_\_\_ (*Nie byliśmy przyzwyczajeni do wspinania się*) for such a long time, so we soon became very tired.

Rozumienie pisanego tekstu *Prawda/Falsz* • Mówienie *Rozmowa z odgrywaniem roli* • Wypowiedź pisemna *E-mail*

1) Read the exam task in exercise 2 and answer the questions.

1 Who is Erwan Le Corre?

\_\_\_\_\_


2 What is MovNat?

\_\_\_\_\_

3 What can MovNat help you with?

\_\_\_\_\_

2) **EXAM TASK** Przeczytaj poniższy tekst i określ, które zdania są zgodne z jego treścią (T), a które – nie (F). Zaznacz znakiem X właściwą rubrykę w tabeli.



Erwan Le Corre was born in France and he spent his childhood in the countryside. He never went to the gym. Instead, he loved playing outdoors: running, climbing trees and jumping from rock to rock. When he was grown up, he took up karate and other popular sports such as weightlifting, climbing on an indoor climbing wall and jiu-jitsu. Yet he didn't feel satisfied. He used to be close to nature all the time and now he was shut in by the four walls of the gym. So, Erwan decided to create his own way to keep fit. A way inspired by the natural world. He called it MovNat from the words 'Natural Movement'.

MovNat is a system of training which goes back to ancient ideas of harmony between the body and mind, people and nature. Erwan believes that fitness should have a purpose, so he does not understand people who go to the gym to get a six-pack stomach. Thousands of years ago people used to climb trees, jump over fallen trees and rocks, crawl in and out of caves or dive in the sea to find food. Erwan realises that nowadays we're not used to doing such activities, so our bodies simply don't remember how to do them. We may go to the gym, but it's not the same. But if we re-learn how to do it, everything we do in our everyday lives, from running to catch a bus to carrying heavy shopping, will become much easier. According to MovNat, everybody should use their surroundings to become fitter. Ideally, people should train in natural environments such as forests, but cities also offer many possibilities. You can even learn with Erwan during weekend sessions and sports camps that he organises.

	T	F
1 As a child, Erwan was very active.		
2 Erwan found some popular sports uninteresting.		
3 MovNat was developed in ancient times.		
4 Erwan thinks that people in the modern world are often so busy that they forget to exercise.		
5 It's only possible to do MovNat in a forest.		
6 This text is about a man who wants to change the way we think about fitness.		

3) Which of the phrases describe positive and which negative sides of extreme sports? Complete the table with the expressions below.

dangerous awesome crash relaxing injure yourself  
a great adventure break your arm hurt your back  
exciting scary

GOOD SIDES	BAD SIDES



4) Read the instructions and do the speaking task.

**EXAM TASK** ⌚ 4 minuty

Twój kolega postanowił uprawiać sport ekstremalny, a Ty uważasz, że to niezbyt dobry pomysł. W rozmowie z kolegą porusz cztery następujące kwestie:

- sposób i miejsce uprawiania tego sportu
- powody takiej decyzji
- zagrożenia
- doświadczenia Twoich znajomych


Rozmowę rozpoczyna egzaminujący.

5) Read the instructions and do the writing task.

**EXAM TASK** Na urodziny znajomi kupili Ci bilet na imprezę sportową, w której bierze udział Twój ulubiony sportowiec/Twoja ulubiona drużyna sportowa. Napisz do koleżanki e-mail (80–130 słów) i:

- wyjaśnij, jaki prezent dostałeś/dostałaś i powiedz, gdzie i kiedy to wydarzenie miało miejsce;
- wyjaśnij, za co podziwiasz tego sportowca/tę drużynę;
- opisz przebieg imprezy;
- podziel się wrażeniami z imprezy.

Rozwiń swoją wypowiedź w każdym z czterech podpunktów. Oceniana jest umiejętność pełnego przekazania informacji (4 punkty), spójność i logika wypowiedzi (2 punkty), bogactwo językowe (2 punkty) oraz poprawność językowa (2 punkty).



Dear Michele,  
How are you? I have a story to tell you.

\_\_\_\_\_

\_\_\_\_\_

Write back soon!