

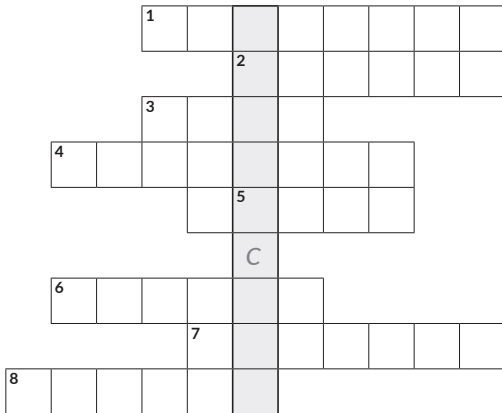
# 1

# WHAT A CHARACTER!

## VOCABULARY

### personality

#### 1 Complete the crossword. What is the hidden word?



- 1 a person who enjoys being with other people
- 2 a person who doesn't tell lies
- 3 somebody who doesn't like spending money
- 4 somebody who likes buying things for friends and family
- 5 extremely unkind
- 6 a person who always behaves properly towards other people
- 7 somebody who never jokes
- 8 somebody who is intelligent

#### 2 Choose the two adjectives which best complete each sentence.

- 1 It is very *kind* / *polite* / *confident* to give your seat to an elderly person on the bus.
- 2 He's very *hard-working* / *ambitious* / *lazy* and always does well in tests.
- 3 You can really trust him – he's the most *honest* / *sociable* / *reliable* person I know.
- 4 You can't be *shy* / *funny* / *modest* if you want to have a career in the show business.
- 5 If you are *sensitive* / *rude* / *nasty* to people, nobody will like you.
- 6 Chuck is always *helpful* / *friendly* / *bossy* – that's why he's got so many friends.

#### 3 Complete the sentences with the missing words.

- 1 Don't trust him – he's the most   i  h  n   person I know.
- 2 Sara is so   l  t  v   – she never stops talking.
- 3 Tim is very   o  s   as he never tells anybody about his medals.
- 4 You need to be really   c  v   to study medicine and become a doctor.
- 5 It's time to stop being so   st   to each other – say sorry and try to forget all the bad things you've said.
- 6 You need to be   p  i  n   to work with small children.
- 7 My older sister is very   s  y   – she keeps telling everybody what to do.
- 8 When she entered the exam room, she was very   c  f  n  , but this soon changed when she read the questions.

#### 4 Complete the text with appropriate words.

This is a picture of me and my best friend, Lilly.

She's the best! She's <sup>1</sup>**f**\_\_\_\_\_ and makes me laugh all the time. She's also very <sup>2</sup>**p**\_\_\_\_\_ – she always says 'good morning' to the teachers at school. She's a very <sup>3</sup>**s**\_\_\_\_\_ person – she's got almost 2000 friends on Facebook and she goes out a lot. I think that Lilly's also a very <sup>4</sup>**a**\_\_\_\_\_ person – she studies hard and when she gets a bad grade, she always retakes the test. What I find a bit annoying is that she's sometimes too <sup>5</sup>**s**\_\_\_\_\_

– for example, she always cries during sad films.

She can be quite

<sup>6</sup>**m**\_\_\_\_\_, too. For example, she doesn't like lending things. Still, I can't imagine a better friend.



#### 5 Find and correct a mistake in each sentence.

- 1 As far for the bad points, I must admit that I'm rather quiet.  
\_\_\_\_\_
- 2 Remember to always tell truth.  
\_\_\_\_\_
- 3 I can be quite nasty at the times.  
\_\_\_\_\_
- 4 You know what they say – you can't say a book by its cover!  
\_\_\_\_\_
- 5 He tends to lazy.  
\_\_\_\_\_
- 6 We shouldn't trust firstly impressions, as they're often false.  
\_\_\_\_\_

#### VOCABULARY CHALLENGE! Student's Book, p. 108, UNIT 1, ex. 1

#### 6 Complete the sentences with appropriate adjectives.

- 1 I'm quite \_\_\_\_\_. I can get angry for no reason.
- 2 Sally was very \_\_\_\_\_ when she saw her boyfriend with another girl.
- 3 Mark is quite \_\_\_\_\_ and often argues with his parents.
- 4 I think I'm usually quite \_\_\_\_\_ and try to respect other people's view.
- 5 Ruth always tries to understand how other people feel – she's very \_\_\_\_\_.

#### 7 Describe somebody you admire. Write 4–5 sentences.

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### 1 Put the words in the correct order to make sentences.

- biology / having / maths / today / we / instead / of / are / .  
\_\_\_\_\_
- usually / he / get / does / up / when / ?  
\_\_\_\_\_
- am / with / grandparents / at / living / the moment / I / my / .  
\_\_\_\_\_
- Jane / does / at school / on time / arrive / ?  
\_\_\_\_\_
- like / her / do / new / not / boyfriend / we / .  
\_\_\_\_\_
- go / week / times / jogging / I / three / a / .  
\_\_\_\_\_

### 2 Put the time expressions in the correct place in the sentences.

- She goes to the gym. (*twice a week*)  
\_\_\_\_\_
- I don't go to school by car. (*often*)  
\_\_\_\_\_
- Tim is ready for tests. (*always*)  
\_\_\_\_\_
- I'm late for meetings. (*sometimes*)  
\_\_\_\_\_
- My brother chats online. (*every day*)  
\_\_\_\_\_

### 3 Find and correct a mistake in each sentence.

- Where you are going after school?  
\_\_\_\_\_
- I know she come here regularly.  
\_\_\_\_\_
- She doesn't never go on holiday abroad.  
\_\_\_\_\_
- Jake and Laura usually are away at weekends.  
\_\_\_\_\_
- Mark and his dad is watching TV.  
\_\_\_\_\_
- Kevin once a month visits his grandparents.  
\_\_\_\_\_
- I meeting Joe tomorrow evening.  
\_\_\_\_\_
- Look at Mike! He carrying such a heavy bag.  
\_\_\_\_\_

### 4 Write questions in order to ask about the missing information. Then complete the gaps in the text with your own ideas.

Diego is a very successful businessman and he works for <sup>1</sup>\_\_\_\_\_. He earns a lot of money, so he lives in a <sup>2</sup>\_\_\_\_\_ in the town centre. He usually goes to <sup>3</sup>\_\_\_\_\_ in the afternoon, but tonight he's working on <sup>4</sup>\_\_\_\_\_. He's meeting <sup>5</sup>\_\_\_\_\_ from Japan tomorrow, and he has to prepare <sup>6</sup>\_\_\_\_\_.

He usually works very hard, and so he is often tired, but next week he's going away on holiday to <sup>7</sup>\_\_\_\_\_. He's looking forward to it very much. Unfortunately, his girlfriend isn't going with him because <sup>8</sup>\_\_\_\_\_ and Diego feels very <sup>9</sup>\_\_\_\_\_ about the situation.

### 1 What company does Diego work for?

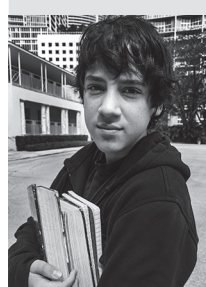
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### 5 Complete the sentences with the correct form of the verbs in brackets. Use the present simple or present continuous.

- Do you know anybody who \_\_\_\_\_ (*come from*) Ireland?
- Quiet, please! Can't you see I \_\_\_\_\_ (*watch*) TV?
- My classmates \_\_\_\_\_ (*meet*) twice a week after school.
- What \_\_\_\_\_ (*she/do*) in her free time?
- Haven't you heard? Bella and Ray \_\_\_\_\_ (*go*) on a date tonight!
- \_\_\_\_\_ (*you/like*) your new school, Mike?
- Next month my favourite band \_\_\_\_\_ (*give*) a concert in Warsaw - I have to go!
- Polly \_\_\_\_\_ (*not surf*) the Net often, she thinks it's a waste of time.

### 6 Complete the text with the correct form of the verbs below.

live do take plan not say attend take part learn come stay



The boy in the picture is my Polish friend, Adam. He <sup>1</sup>\_\_\_\_\_ in Katowice, but, at the moment, he <sup>2</sup>\_\_\_\_\_ in Berlin, where he <sup>3</sup>\_\_\_\_\_ in the Socrates programme. He's very ambitious and <sup>4</sup>\_\_\_\_\_ his schoolwork seriously. He always <sup>5</sup>\_\_\_\_\_

his homework on time and also <sup>6</sup>\_\_\_\_\_ many courses after school. For example, he <sup>7</sup>\_\_\_\_\_ Chinese at the moment. I like him because he's got a great sense of humour. Although Adam is rather shy and <sup>8</sup>\_\_\_\_\_ much most of the time, his jokes are really great. I can't wait to see him. He <sup>9</sup>\_\_\_\_\_ to visit next weekend and right now I <sup>10</sup>\_\_\_\_\_ our time together.

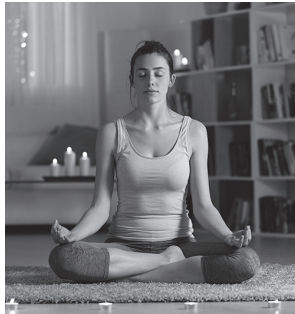
### 7 Complete the sentences with your own ideas.

- On Sundays I often \_\_\_\_\_.
- I hardly ever \_\_\_\_\_.
- My parents don't usually \_\_\_\_\_.
- At the moment my classmates \_\_\_\_\_.
- This month I am \_\_\_\_\_.

- 1 Read the advertisement and complete it with the words below. There are two extra words.

upset emotions trust stressed fond confident

## Join our mindfulness course, where you will learn:



- ✱ how to deal with stress at school and at home,
- ✱ what to do when you feel  
1 \_\_\_\_\_ or  
2 \_\_\_\_\_,
- ✱ how to manage your negative thoughts,
- ✱ how to understand your difficult 3 \_\_\_\_\_,
- ✱ what to do to be more 4 \_\_\_\_\_ in relationships.

- 2 **MP3 01** Listen to the conversation and answer the questions.

- 1 Who are the people?  
Mark is \_\_\_\_\_ and Anna is \_\_\_\_\_.
- 2 What are they talking about and why?  
They are talking about a \_\_\_\_\_.
- 3 Who is the mindfulness course designed for?  
It is for \_\_\_\_\_.
- 4 How long does the course last, and how often does the group meet?  
It lasts \_\_\_\_\_.
- 5 Why is Anna unsure about the course?  
She is afraid \_\_\_\_\_.

- 3 **MP3 01** Listen again and complete the email with up to four words in each gap.

Hi Vicky,  
How are you? How's your horse riding course going?  
I've got a bit of a problem. My aunt wants me to go on  
1 \_\_\_\_\_, because she thinks I lack confidence  
and worry too much. She says that the course helps  
2 \_\_\_\_\_ learn how to cope with stress and understand  
their thoughts and 3 \_\_\_\_\_ better. Perhaps she's  
right, but I don't want to be in a group of people I don't know.  
Apparently, the groups 4 \_\_\_\_\_, but sitting with ten  
strangers doesn't sound like much fun. I really don't know  
what to do. She says that the company regularly receives  
5 \_\_\_\_\_ from their clients, so the course must be  
effective. She 6 \_\_\_\_\_ the guy who runs the course  
and find out more about the classes. My parents are all for it,  
but I am not so sure. Help! What should I do?

Love,  
Paula

- 4 Write a short answer to Paula, in which you give her your advice.

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**REVISION** Student's Book, page 6

- 5 How would you feel in these situations? Write appropriate adjectives.

- 1 Your younger sister has just won a sports competition.  
p \_\_\_\_\_
- 2 You've forgotten about your best friend's birthday, while other classmates remembered to buy him/her a present. e \_\_\_\_\_
- 3 Your pet hasn't eaten for two days and seems to be sick. u \_\_\_\_\_
- 4 You get so much homework that you can't do all of it on time. s \_\_\_\_\_
- 5 You're entering the exam room in a few minutes.  
n \_\_\_\_\_

**VOCABULARY CHALLENGE!** Student's Book, p. 108, UNIT 1, ex. 2

- 6 Find and correct a mistake in each sentence.

- 1 Kate's usually the middle of attention wherever she goes.  
\_\_\_\_\_
- 2 I hope you will never let me up.  
\_\_\_\_\_
- 3 Kelly is a very good student and never gets into problems.  
\_\_\_\_\_
- 4 I'm sure we can rely to him in every situation.  
\_\_\_\_\_
- 5 I don't think Mary can hold a secret yet I've known her for years.  
\_\_\_\_\_
- 6 I don't know her very well and I don't trust she.  
\_\_\_\_\_

- 7 Answer the questions.

- 1 In what situations do you usually feel stressed?  
\_\_\_\_\_
- 2 What are you proud of?  
\_\_\_\_\_
- 3 What do you feel is a waste of time?  
\_\_\_\_\_
- 4 Do you know anybody who doesn't care about their schoolwork? Who is it?  
\_\_\_\_\_
- 5 Which situations make you embarrassed?  
\_\_\_\_\_



### 1 Choose the correct option to complete the sentences.

- I promise **to fix / fixing** your computer by Monday.
- I'd like **learning / to learn** to speak Spanish.
- Tom enjoys **to collect / collecting** model planes.
- Miley suggested **to buy / buying** a CD for Kate's birthday.
- I don't mind **watching / to watch** the film again.
- I hope **seeing / to see** you again soon.
- Do you want me **staying / to stay** here with you?
- I can't stand **to be / being** the centre of attention.

### 2 Choose the correct answers.

- Kate \_\_\_ running in the park.  
a would like to    b enjoys    c wants
- What are you \_\_\_ to do?  
a decide    b planning    c enjoying
- I'm \_\_\_ watching old westerns.  
a love    b looking forward    c keen on
- She \_\_\_ to teach me how to swim.  
a promised    b spends a lot of time    c can't stand
- I \_\_\_ studying in the evenings.  
a refuse    b wouldn't like to    c don't mind
- I'm \_\_\_ to get a puppy for my birthday.  
a want    b hating    c hoping

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

- He's agreed \_\_\_\_\_ (*teach*) me how to ski.
- Not everybody enjoys \_\_\_\_\_ (*eat*) in bed.
- I've decided \_\_\_\_\_ (*apply*) to art school.
- Tim is keen on \_\_\_\_\_ (*ride*) his BMX.
- I'm looking forward to \_\_\_\_\_ (*meet*) him again.
- Helen really loves \_\_\_\_\_ (*spend*) time with us.
- I invited him, but he refused \_\_\_\_\_ (*come*) to the meeting.
- Fiona offered \_\_\_\_\_ (*help*), but then she changed her mind.

### 4 Complete the dialogue with the verbs below. There are four extra verbs.

trying to do	to join finishing	to finish to go	going to try	taking joining	doing to take
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- Gina What's new, Ben?
- Ben Nothing much. I'm working on a project, which is something I absolutely hate <sup>1</sup> \_\_\_\_\_, but I'm hoping <sup>2</sup> \_\_\_\_\_ it soon.
- Gina What are you planning <sup>3</sup> \_\_\_\_\_ later? Would you like <sup>4</sup> \_\_\_\_\_ to the cinema with me?
- Ben I'm sorry, but Paul has already suggested <sup>5</sup> \_\_\_\_\_ to a concert, and I said yes. Maybe some other time?
- Gina Well, you once promised <sup>6</sup> \_\_\_\_\_ me out, so why don't you think of something?
- Ben How about going skating? Have you ever tried it?
- Gina No, I haven't, but I don't mind <sup>7</sup> \_\_\_\_\_ it. Actually, I'd love <sup>8</sup> \_\_\_\_\_ you, but only if we eat something afterwards.

### GRAMMAR CHALLENGE! Student's Book, page 108, UNIT 1, ex. 1

### 5 Match the parts of the sentences.

- |                                 |                          |
|---------------------------------|--------------------------|
| 1 He stopped to eat a hamburger | <input type="checkbox"/> |
| 2 He stopped eating hamburgers  | <input type="checkbox"/> |
| 3 I tried to say sorry,         | <input type="checkbox"/> |
| 4 Try saying sorry to her,      | <input type="checkbox"/> |
- a but she didn't want to speak to me.  
b maybe she will forgive you.  
c and lost weight immediately.  
d because there was a nice bar on the way.

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

- A** Why didn't you let me know about the test?  
**B** I tried \_\_\_\_\_ (*tell*) you, but you didn't pick up the phone.
- A** Aren't you and Steve friends anymore?  
**B** Well, he's stopped \_\_\_\_\_ (*talk*) to me, but I don't know why.
- A** Is there a Mexican restaurant in town?  
**B** I don't know. Have you tried \_\_\_\_\_ (*look*) online?
- A** Why are you so late?  
**B** I stopped \_\_\_\_\_ (*buy*) something on the way.

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

- \_\_\_\_\_ (*Zazwyczaj nie lubię oglądać*) horror films, but this one is OK.
- \_\_\_\_\_ (*Czy masz jutro spotkanie*) with the headteacher?
- Tom \_\_\_\_\_ (*nie przepada za sprzątaniem*) his room.
- Luke \_\_\_\_\_ (*często jest leniwy*), and that's why he has problems at school.
- She \_\_\_\_\_ (*nie ma nic przeciwko przeczytaniu*) the book again.
- Tell her to stop! (*Nie mogę znieść słuchania*) \_\_\_\_\_ to that horrible noise.
- This month \_\_\_\_\_ (*mieszkam z*) my grandparents.
- \_\_\_\_\_ (*Czy ona zawsze przychodzi*) to class so late?
- How much \_\_\_\_\_ (*spędzasz czasu grając*) computer games?
- \_\_\_\_\_ (*W piątek o 9.00 zdaję*) my driving test.



## 1 Match words 1–7 with definitions a–g.

- |                |                          |  |
|----------------|--------------------------|--|
| 1 evil         | <input type="checkbox"/> | a together with                          |
| 2 mutated      | <input type="checkbox"/> | b the most important person in the group |
| 3 scientific   | <input type="checkbox"/> | c something that is really bad           |
| 4 leader       | <input type="checkbox"/> | d planning something bad                 |
| 5 throne       | <input type="checkbox"/> | e king's or queen's chair                |
| 6 scheming     | <input type="checkbox"/> | f changed in form or nature              |
| 7 side by side | <input type="checkbox"/> | g based on science                       |



## WHAT A CHARACTER!

1 \_\_\_\_\_

If, like me, you're an Avengers fan, then you love watching these powerful men and women fighting evil. Even if modesty isn't usually their strong point and their pride gets them in trouble, their friendliness, humour or good looks make us love them. But did you know your favourite characters have many more adventures in the hundreds of comic books on which Marvel films are based? Some of these comics are over 80 years old! Here are a couple of other facts about the Avengers and how it all started.

2 \_\_\_\_\_

One of the oldest characters is Captain America – the first book about him came out in 1941, when Marvel was just the name of a series of comic books, not of a huge entertainment company. Like many superheroes that follow (e.g. Iron Man or Ant-Man), Captain America is a human who gets his superpowers through scientific experiments. Not all of the Avengers, however, are mutated people. Thor and Loki, big screen favourites, are not of this Earth, but they often get involved in superhero adventures on our planet, so they're also part of this team.


3 \_\_\_\_\_

There are many superheroes, but not all are the Avengers. The Avengers exist thanks to Jane van Dyne and Henry Hank Pym. His scientific creativity led him to discover a substance which makes people change size. That's how Jane and Hank become the Wasp and the Ant-Man. When the two heroes form a team with other superheroes, the Wasp, because of her intelligence, becomes their leader and calls them the Avengers. The Wasp and the Ant-Man have a complicated romance. When the Ant-Man becomes bossy and nasty, Jane stops trusting him. It takes a lot of time before she can believe his loyalty again. Interested? More on the bookshelves!


4 \_\_\_\_\_

Of course, superheroes usually fight against antiheroes. However, some of their own team members must be carefully watched as well ... Two good examples are Loki and Hulk. Loki is known for his egoism and dishonesty. His ambition to sit on the throne of his father, Odin, makes him jealous of Thor, who is Odin's favourite son and always the centre of attention. That's why Loki spends his life scheming against Thor. Hulk is a human who, after an accident with radiation, turns into a nasty giant whenever he gets stressed or angry. He usually fights side by side with the Avengers, but there are books in which he gets so bad that they have to fight against him. Unfortunately, because Hulk is not very clever, he is also often used by the bad guys.

SO IF YOU'RE A TRUE SUPERHEROES FAN – DON'T LET YOUR LAZINESS LIMIT YOU TO ONLY WATCHING MOVIES – GO GET THE COMIC BOOKS AND START READING. 😊

2  Read the text. Match paragraphs 1–4 with headings a–f. There are two extra headings.

- It's not always black and white
- From bookshelves to big screen
- The couple that started it all
- Avengers grab the world's attention
- Two kinds of heroes
- Their superpowers

3  Read the text again and complete the sentences with up to four words in each gap.

- One of the Avengers' weaknesses is their lack \_\_\_\_\_.
- As a result of scientific experiments, Captain America \_\_\_\_\_.
- After the Ant-Man changes his personality, the Wasp \_\_\_\_\_.
- Loki's bad points are \_\_\_\_\_.
- Stress and anger make Hulk turn \_\_\_\_\_.

4 Read the text on page 8 again and find nouns made from the adjectives below.

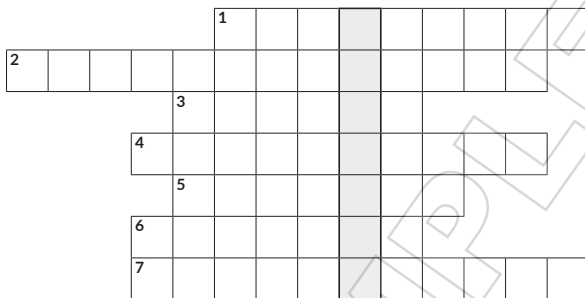
- |                     |                     |
|---------------------|---------------------|
| 1 ambitious _____   | 6 egotistical _____ |
| 2 creative _____    | 7 lazy _____        |
| 3 dishonest _____   | 8 loyal _____       |
| 4 friendly _____    | 9 modest _____      |
| 5 intelligent _____ |                     |

5 Complete the text with the correct form of the words from exercise 3.

Some people love dogs, others prefer cats. Cat lovers say that cats are very <sup>1</sup>\_\_\_\_\_ while dogs are stupid. Dog lovers answer, 'Cats are very <sup>2</sup>\_\_\_\_\_ – you can't trust them. A dog, on the other hand is a symbol of <sup>3</sup>\_\_\_\_\_ – when a dog becomes your friend, he or she will be your friend forever. In comparison, cats only love themselves. They are famous for their <sup>4</sup>\_\_\_\_\_ – they believe they are the centre of the world. Oh, and their <sup>5</sup>\_\_\_\_\_ is also a common feature. They simply sleep all day, while dogs run, go for walks and love playing.' To answer all this criticism, I can honestly say that my cat goes out every day (on the balcony for at least 5 minutes).

**REVISION** Student's Book, pages, 8–9

6 Complete the crossword. What is the hidden word?



7 Choose the correct preposition to complete each sentence. Then choose two of the questions and write answers so that they are true for you.

- Are many of your friends interested **for / in** social networking?
- Are there any hobbies that you are mad **about / at**?
- Are teenagers keen **on / at** reading?
- Is anybody in your family a fan **of / for** extreme sports?
- Do you know anybody who is **for / into** role-playing games?
- Is it true that young people prefer social networking **to / of** meeting people in person?
- How many people that you know are fond **about / of** classical music?

8 Complete the text with appropriate verbs in the correct form.



I need to <sup>1</sup>\_\_\_\_\_ up a new hobby. I often <sup>2</sup>\_\_\_\_\_ hiking with my friends on Saturday, but I'd like to try something different. But what? I tried fishing once, but I <sup>3</sup>\_\_\_\_\_ bored with it very quickly.

I <sup>4</sup>\_\_\_\_\_ fantasy stories boring and cryptozoology is not for me, either. My family is very active and everybody <sup>5</sup>\_\_\_\_\_ some kind of sport. So maybe sports? But nobody wants to run with me, and I don't want to <sup>6</sup>\_\_\_\_\_ running alone because it's also boring. My mother and sister love aerobics, but I prefer <sup>7</sup>\_\_\_\_\_ yoga because it relaxes both mind and body, but I don't want to practise alone! Maybe I should just join the school board games club – I love <sup>8</sup>\_\_\_\_\_ games!



**VOCABULARY CHALLENGE!** Student's Book, p. 108, UNIT 1, ex. 3 & 4

9 Complete the sentences with the missing words.

- My best friend a \_\_\_ r \_\_\_ dancing, she especially loves samba and rumba.
- I often c \_\_\_ l \_\_\_ out by taking my two dogs for long walks.
- Gene is a big plane e \_\_\_\_\_ t, and his favourite p \_\_\_ t \_\_\_ is making models of them.
- I'm a \_\_\_ e \_\_\_ n reader, so I often \_\_\_ w \_\_\_ d on the sofa with a good book.
- She's a real party a \_\_\_ m \_\_\_ and she never misses a chance to have fun.

1 Put the sentences in the correct order to make a logical dialogue.

- a Nice to meet you, too. So, how do you know Ann?
- b Hi, I'm Sheldon!  1
- c Oh, I'm mostly into sports. I do a lot of karate.
- d That's great! What kind of music do you play?
- e Nice to meet you! I'm Jenny.
- f Well, mostly rock. Do you have any hobbies?
- g We're in a band together. I play the drums and she sings.

2 Write appropriate responses to complete the mini-dialogues.

- 1 X I love dancing, how about you?  
Y \_\_\_\_\_!  
We could go dancing together if you'd like to.
- 2 X Are you having a good time at the party?  
Y \_\_\_\_\_
- 3 X What do you think about this club?  
Y \_\_\_\_\_
- 4 X I'm a great fan of horror films.  
Y \_\_\_\_\_

3 Complete the dialogue.

- Mark Hi, I'm Mark and I'm your new flatmate.  
Tom Hi, I'm Tom. So, where <sup>1</sup> \_\_\_\_\_?  
Mark I'm from Germany, but now I'm studying at New York University. And you?  
Tom I'm Spanish and I'm here for a dance course.  
Mark Wow! <sup>2</sup> \_\_\_\_\_ cool! You must have to practise a lot! What <sup>3</sup> \_\_\_\_\_ day like?  
Tom Well, I have dancing lessons from 10 am to 5 pm every day. <sup>4</sup> \_\_\_\_\_ you?  
Mark I have classes every day until about 3 p.m. <sup>5</sup> \_\_\_\_\_ in your free time?  
Tom I like going out to watch a film or for a pizza.  
Mark Me too! Maybe we can go together some day.  
Tom Why not? And what <sup>6</sup> \_\_\_\_\_?  
Mark Oh, I'm <sup>7</sup> \_\_\_\_\_ on sports. I jog in the morning and go to the gym in the evening. Would you like to have an early morning run?  
Tom No, thanks. Morning jogs aren't really <sup>8</sup> \_\_\_\_\_ tea.

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

🕒 4 minuty

W czasie pobytu w Anglii chcesz wynająć pokój z osobą, która najpierw chce się czegoś o Tobie dowiedzieć. W rozmowie z nią porusz poniższe cztery kwestie.

podstawowe dane o Tobie

rozkład dnia

dobre i złe strony Twojego charakteru

wspólne spędzanie wolnego czasu

Rozmowę rozpoczyna zdający.

1 Find and correct four grammar and four spelling mistakes in the text.



My names Andy and I've 15 years old. I'm in to photography and I think I'm quiet good at it. I'm taking pictures every day after school. I have a realy big collection of pictures and I'm extremely proud of it. In the future I want become a photographer for some famous magazine. If you want to see my pictures, visit [www.andypictures.eu](http://www.andypictures.eu)

2 Put the words in the correct order to make sentences.

- 1 I / am / player / a / rather / a fan / good / guitar / of / rock music / and / I / am / .  
\_\_\_\_\_
- 2 I / professional / of / musician / dream / becoming / a / .  
\_\_\_\_\_
- 3 come / I / am / from / hiking / and / into / Glasgow / I / .  
\_\_\_\_\_
- 4 I / for / passion / friends / share / my / am looking / science fiction / for / who / films / .  
\_\_\_\_\_
- 5 I / to / am / going / and / love / terribly / talkative / parties / .  
\_\_\_\_\_
- 6 I / a bit / can / bossy / be / .  
\_\_\_\_\_
- 7 I / to tell / my / to do / friends / what / when / tend / play / computer / we / together / games / .  
\_\_\_\_\_

3 Put the sentences from Adam's profile in the correct order.

- a I'm a huge fan of surfing, and I spend all of my free time on the water.
- b Hi! My name's Adam.
- c I'm 17 and I live in Gdańsk.
- d I'm looking for other people interested in surfing to talk about it and plan a trip to a surfing paradise abroad!
- e One day I'd like to become a professional surfer.
- f I'm waiting for your messages!
- g This summer I'm taking the first step - I'm taking part in the Polish Surfing Cup.

4 Read the instructions and do the writing task.

Zredaguj wiadomość (100–150 słów), którą zamieścisz na portalu społecznościowym, ponieważ wraz z koleżanką postanowiłeś/postanowiłaś poznać w sieci osoby o podobnych zainteresowaniach. W swojej wypowiedzi:

- podaj podstawowe informacje o sobie i koleżance;
- opisz, jak spędzacie wolny czas;
- wyjaśnij, jakich osób szukacie i dlaczego;
- napisz, jak się z Wami skontaktować.

Rozwiń swoją wypowiedź w każdym podpunkcie.

## 1 Choose the correct option to complete the sentences.

- We **are going / go** to the cinema tonight.
- I **can't / don't** stand heavy metal music.
- John is **looking / seeing** forward to going to Hawaii next week.
- Sam would **like / likes** to visit China one day.
- She tends **being / to be** quite patient with her students.

## 2 Choose the correct answer A, B or C to complete the minidiálogos.

- X** What are you into?  
**Y** \_\_\_\_  
**X** That's cool, me too!  
**A** I'm keen on snowboarding.  
**B** I'm tall and rather slim.  
**C** I'm pretty ambitious, and you?
- X** Is she a shy person?  
**Y** \_\_\_\_  
**A** Yes, especially when she doesn't know somebody well.  
**B** Not really, she tends to be quite modest.  
**C** I know! What about you?
- X** \_\_\_\_  
**Y** She's short and she always wears pink.  
**A** What does she like?  
**B** What is she wearing?  
**C** What does she look like?
- X** \_\_\_\_  
**Y** It's not really my cup of tea.  
**A** Do you want something to drink?  
**B** Are you a fan of blogging?  
**C** May I suggest something?
- X** \_\_\_\_  
**Y** Nice to meet you.  
**A** Hi, I'm Tom.  
**B** Let's meet tomorrow afternoon.  
**C** You're a very nice person.

## 3 Choose the correct word to complete each pair of sentences.

- I \_\_\_\_ crosswords very boring.  
My parents always \_\_\_\_ the time to talk to me about my problems.  
**a** have    **b** find    **c** make
- Sara wants to \_\_\_\_ up a new hobby.  
Many people \_\_\_\_ this course because it's both cheap and interesting.  
**a** take    **b** get    **c** do
- My brother gets bored \_\_\_\_ any film after five minutes.  
Jacob always helps me \_\_\_\_ my homework.  
**a** with    **b** at    **c** by
- My family always plays \_\_\_\_ games on Sunday afternoons.  
The teacher put all the questions on the \_\_\_\_ and asked us to think about them.  
**a** table    **b** paper    **c** board
- This is my favourite \_\_\_\_ of blue - it's like the sky in the evening.  
It's so hot today, let's find some \_\_\_\_ to sit in and relax a bit.  
**a** colour    **b** shade    **c** dark

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

mood talk not look listen rebel go lazy hear

Dear Abby,

I need your help with a problem that I have with Sally – my daughter, who's now 16. I'm sure there are thousands of other parents out there who are in the same situation. Right now, my teenage daughter **1** \_\_\_\_\_ through that period in her life when she hates everything about me. She's become quite **2** \_\_\_\_\_ and she never agrees with anything I say. I tried **3** \_\_\_\_\_ to her about it, but she didn't even let me finish one sentence. She stopped **4** \_\_\_\_\_ to anything I have to say a long time ago. She just walks away. She was such a nice and quiet girl, and now she's very **5** \_\_\_\_\_ – smiling one moment and screaming the next. And with all her make-up and strange black clothes, she **6** \_\_\_\_\_ like my pretty sweet daughter anymore! Abby, how do I get my daughter back?



## 5 Translate the Polish parts of the sentences into English. Use no more than five words.

- Dad always \_\_\_\_\_ (*oferuje pomoc*) with my homework if I have any problems.
- I \_\_\_\_\_ (*prawie nigdy nie piszę listów*), I email people or call them.
- \_\_\_\_\_ (*Idziesz*) to Martha's birthday party this Friday?
- What \_\_\_\_\_ (*ona lubi robić*) in her free time?
- \_\_\_\_\_ (*Interesujesz się*) Chinese culture?
- Jim \_\_\_\_\_ (*ma skłonność do bycia zazdrośnym*) when his girlfriend talks to other boys.
- I always \_\_\_\_\_ (*zatrzymuję się, aby porozmawiać*) with my neighbour whenever I meet her.




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

 1 What are Jane and Toby talking about?
   
\_\_\_\_\_

 2 How do you care for a pet?
   
\_\_\_\_\_

 3 What kind of activities do cats and dogs enjoy?
   
\_\_\_\_\_

 4 What problems can pets create?
   
\_\_\_\_\_

**2** **MP3 02** Usłyszysz dwukrotnie rozmowę Jane i Toby'ego na temat zwierząt domowych. Na podstawie informacji zawartych w nagraniu uzupełnij luki 1–6 w poniższej tabeli. Luki należy uzupełnić w języku angielskim. **Uwaga!** W każdą lukę możesz wpisać **maksymalnie trzy wyrazy**.

Which pet to choose and why?

	DOG	CAT
CARE	<ul style="list-style-type: none"> <li>more absorbing: needs lots of attention</li> </ul>	<ul style="list-style-type: none"> <li>easier: just <b>1</b> _____ twice a day and tidy up after it daily</li> </ul>
CHARACTER	<ul style="list-style-type: none"> <li><b>2</b> _____ and _____</li> </ul>	<ul style="list-style-type: none"> <li>independent</li> </ul>
COMPANY	<ul style="list-style-type: none"> <li>you'll never have to <b>3</b> _____ by yourself again</li> </ul>	<ul style="list-style-type: none"> <li>makes you laugh when plays with toys or <b>4</b> _____ and _____</li> </ul>
BAD SIDES	<ul style="list-style-type: none"> <li>both sometimes make <b>5</b> _____ and then your parents <b>6</b> _____</li> </ul>	

**3** Look at the picture in the exam task in exercise 5 and answer the questions.

 1 Who are the people? Do you think they are related?
   
\_\_\_\_\_

 2 Where are they? Give reasons for your answer.
   
\_\_\_\_\_

 3 What are they doing?
   
\_\_\_\_\_

**4** Look at the picture in exercise 5. Which of the words or phrases in a–e can you use to describe it?

- a** bored / enjoying themselves    **d** free time / working  
**b** together / alone    **e** smiling / upset  
**c** elegant / casual clothes

**5** Describe the picture and answer the questions.

3 minuty



- How are the people feeling? Give reasons for your answer.
- Do you like playing board games? Why/Why not?
- Describe how you became interested in one of your hobbies.

**6** Przeczytaj tekst. Odpowiedz na pytania 1–5 zgodnie z treścią tekstu. Uzupełnij zdania, wpisując swoje odpowiedzi w luki. Luki należy uzupełnić w języku angielskim.

- What do psychologists think about hobbies? They believe we \_\_\_\_\_.
- Why are computer games good for stress? Because they allow people \_\_\_\_\_.
- What do people who do gardening and martial arts have in common? It's possible they both \_\_\_\_\_.
- Why do some girls become boxers or footballers? It's because they \_\_\_\_\_.
- Why should we ask ourselves 'why this' about our hobbies? Because looking at \_\_\_\_\_.

**WHAT DOES YOUR HOBBY SAY ABOUT YOU?**

We usually think of hobbies as a way to have fun, but looking closer, psychologists found hidden reasons behind our choices of free-time activities.

Those of us who get too excited, frustrated or upset during the day tend to choose hobbies that allow them to get rid of these emotions. Some channel them into something productive. Creative activities like music, drawing or writing allow them to take these emotions 'out of their head' and 'put them somewhere else'. When negative emotions produce stress, people often go for sports or computer games to burn this negative energy through physical or emotional involvement.

Then there are people who aren't satisfied with their present situation. Some of them find in their hobbies things that are missing in their lives. For example, if they think of themselves as weak or feel like they have no control over their lives, they are often keen on martial arts or other combat sports, or computer games if they're

not into sports. This way they have a place where they feel strong and in charge. Others simply escape into a different world through films, books, computer games, art or gardening. They become part of something exciting or beautiful and simply forget everything else.

Finally, there are those who try to prove something to themselves or to the world. People who are afraid of heights, for instance, often try parachuting. Those afraid of taking risks in general are into extreme sports. And delicate girls get rebellious and take up boxing or football instead of becoming pink ballerinas. Naturally, people also choose hobbies based on their skills, on what's fashionable or simply what's available to them. It's impossible to judge why someone is spending their free time in a particular way without knowing more about them. You could, however, take a long and honest look at your own hobbies and ask yourself 'why this?'



▶ VIDEO 01

# THE WORLD TODAY VIDEOS

## The photographer

1



### COMPREHENSION

1 Work in pairs. Look at the picture from the video and discuss the questions.

- 1 Who are the people?
- 2 What are they doing?
- 3 Where do you think they are?

2 Watch the video. Check your answers to exercise 1.

#### Glossary

**interact (v)** to talk and do things with other people

**pose (v)** to sit or stand in a particular position so a photographer can take a picture of you

**shot (n)** a photograph (in a photography context)

3 Complete the summary of the video with the words below.

corner	decision	eyes	happy
pictures	shot	prefers	quiet

David Sillitoe is a professional photographer.

He goes into cafés, offices and shops and takes

1 \_\_\_\_\_ of people at work. Some people are

2 \_\_\_\_\_ for him to take their picture, but

others are not. David says that as a photographer, you have to make a 3 \_\_\_\_\_ – to watch and be

4 \_\_\_\_\_ or to talk to your models. He

5 \_\_\_\_\_ to talk to the people he works with.

He says that as a photographer you have to keep your

6 \_\_\_\_\_ open all the time because

there is a great 7 \_\_\_\_\_ around every

8 \_\_\_\_\_.

4 Watch the video again. Choose the correct options to complete the sentences.

- 1 David's job today is to photograph *working* / *unemployed* people in London.
- 2 He takes pictures of people *inside* / *inside and outside*.
- 3 The shopkeeper *wants* / *doesn't want* to work with David.
- 4 David asks the kebab shop worker to *work like normal* / *pose for the photograph*.
- 5 David thinks his camera is *easy* / *difficult* to use.

### AUTHENTIC ENGLISH

Work in pairs. Read the sentences from the video and the information in the box. Then describe pictures on your phone using *this* and *these*.

*This is David Sillitoe, he is a photographer.*

*But these guys were happy to pose for the camera.*

#### this and these

We often use **this/these** when we talk about people in photographs, or when we introduce people.

### SPEAKING

Work in pairs. Discuss the questions.

- 1 What do you take pictures of?
- 2 What do you do with your pictures?
- 3 Do you like other people taking your photograph? Why/Why not?

*I like taking pictures of my family, food and places I visit. I usually put them all on Instagram.*



## READING

- 1** Work in pairs. Describe your favourite photo on your phone. Why is it important to you?

*This is a picture of my sister and her family at the beach. It's important to me because they live in the U.S. now, so I don't see them very often.*

- 2** Look at the pictures from a photo presentation (1–6). Choose the best title (a–c).



- a Work and family
- b My life as an architect
- c A day as a fashion designer

- 3** Match the descriptions (a–f) to the pictures (1–6) in exercise 2.

- a This is me on my first day of work. Look how excited I am!
- b This is one of our clients with the plans to his new house.
- c These are my colleagues in the office. We're a great team.

- d These are the plans of an exciting new building.
- e And this is the model of the new building ... it takes a long time to make those things!
- f Here are my colleagues on the building site. We have to wear hard hats!

## SPEAKING

- 1 PLAN** You are going to give a photo presentation. Choose a theme for your presentation.

- Your family or friends
- Your work
- Your pet
- Food
- Travel
- Hobbies

- 2 PREPARE** Choose a maximum of eight photos and write descriptions for them. Use the prompts in the box to help you.

### Describing photos

My photos are about ... (topic).  
 This is ... (my house / my sister, etc.).  
 These are ... (my friends / my children, etc.).  
 Here we are ... (at the beach / in the park, etc.).  
 Look at this! It's a picture of ...  
 This is my favourite picture. This one shows ...

- 3 PRESENT** Work in groups. Share your presentations. Which photos do your classmates like the most?

*The photos of my holiday are really popular because the beaches look amazing.*

- 4 DISCUSS** Decide on the class's best photo. Why is it the best?

*I really like Bruno's photos of his pets, he has so many! And his puppy is really cute.*

## BEYOND THE CLASS

### Why not try ...

finding an interesting collection of pictures online?  
 Describe the collection to the class.



▶ VIDEO 02

# SPOTLIGHT ON SOCIETY VIDEOS

## Sharing life with a 1000 cats

# 1

### BEFORE WATCHING

- 1 Work in pairs. Think about having a pet. What responsibilities do you have? Use some of the time expression below.

in the morning	in the evening	every day
at the weekend	rarely	usually
	twice a month	once a week

I have a \_\_\_\_\_. Every day, I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

- 2 Look at the video stills. Answer the questions below.



What kind of place is this? Why do you think there are so many cats there?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Who do you think the woman is? Are all the cats her pets?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### WHILE WATCHING

- 3 Watch the video. Decide if the sentences are true (T) or false (F).
- Lynnea keeps more than a thousand cats. T / F
  - Lynnea only keeps adult cats. T / F
  - Lynnea now has a bigger house than before. T / F
  - Teresa is one of the people who work for Lynnea. T / F
  - Frank comes to work every day, including weekends. T / F
  - The families who want a cat usually phone Lynnea. T / F
- 4 Watch the video again. Write sentences to say what the numbers refer to.

1000 - *There are more than 1000 cats in the Cat House on the Kings.*

- 1600 - \_\_\_\_\_
- 4 - \_\_\_\_\_
- 30-60 - \_\_\_\_\_
- 500 - \_\_\_\_\_

### FOLLOW-UP

- 5 Choose the correct option to complete the sentences.
- Lynnea has turned her home **for** / **into** a business.
  - She's got so many cats that she needs help to look **after** / **for** them.
  - Some of the staff have to come **out** / **in** very early in the morning.
  - They usually start work **by** / **from** feeding the cats.
  - Lynnea gives the cats **back** / **away** to families.
- 6 Imagine these situations and answer the questions.
- You've got a lot of clothes. Would you like to give them away? If so, who to?  
\_\_\_\_\_
  - There's an empty room in your house. What would you like to turn it into?  
\_\_\_\_\_
  - You have to prepare your house for a party. What do you start by doing?  
\_\_\_\_\_
  - You keep a lot of plants at home. Who can you ask to look after them?  
\_\_\_\_\_
  - You work for an animal hotel. What time do you come in to start work?  
\_\_\_\_\_

### AFTER WATCHING

- 7 Work in small groups. Imagine that you run an animal hotel. Write down the information you can put on your website. You may want to include the following points:
- Where is the hotel?
  - What animals do you look after?
  - How many people work there and what are their responsibilities?
  - What facilities do you offer?

# 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 options.



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 it 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, and she's really good at it.

#### VOCABULARY CHALLENGE! Student's Book, p. 108, UNIT 2, ex. 1

#### 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 2021?
- 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 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*)  
\_\_\_\_\_

### 2 Put the words in the correct order to make sentences.

- 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 / .  
\_\_\_\_\_

### 3 Complete the sentences with the correct form of the verbs in brackets and *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.

### 4 Read the answers. Write questions using *used to*.

- When you were seven years old,
- \_\_\_\_\_?  
In a small cottage in the country, with a large backyard and a garden.
  - \_\_\_\_\_?  
I guess, the same things that every other child had – you know, plastic toy soldiers, teddy bears and a football, of course.
  - \_\_\_\_\_?  
I didn't really enjoy watching cartoons, but I watched a lot of sports.
  - \_\_\_\_\_?  
We only did Polish, maths and an introduction to science.
  - \_\_\_\_\_?  
Every summer we went to the seaside, but sometimes I stayed with my grandparents.
  - \_\_\_\_\_?  
Free time? All sorts of things – playing football, climbing trees, swimming in the river. They were wonderful times.

### 5 Choose the correct answers.

- Most of my friends \_\_\_\_\_ a lot of sport at primary school, but they no longer have the time.
  - used to practise
  - practise
  - didn't use to practise
- Our teacher \_\_\_\_\_ us homework twice last week.
  - used to give
  - gave
  - didn't use to give
- I \_\_\_\_\_ tennis, but when I \_\_\_\_\_ my first squash lesson last year, I decided to take up squash!
  - used to play, had
  - played, used to have
  - used to play, used to have
- How \_\_\_\_\_ when the holiday ended?
  - did you use to feel
  - you felt
  - did you feel
- My dad \_\_\_\_\_ sports on TV all the time, but last year he \_\_\_\_\_ swimming twice a week.
  - watched, used to start
  - didn't watch, started
  - used to watch, started
- \_\_\_\_\_ the championship in 2005?
  - Didn't your team win
  - Didn't your team use to win
  - Did your team use to win

### 6 Complete the dialogues with appropriate words. Put one word in each gap.

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

1 Translate the questions into English, using the words in brackets. Then, try to answer the questions.

1 Gdzie powstała idea cheerleadingu? (*start*)


\_\_\_\_\_

2 W jakich sportach cheerleading jest najbardziej popularny? (*sports*)

\_\_\_\_\_

3 Czy w polskich szkołach można zostać cheerleaderem/cheerleaderką? (*become*)

\_\_\_\_\_

2  **MP3 03** Listen to a radio interview and choose the correct answers.

1 Cheerleading originated as an \_\_\_\_ in the 19th century at Princeton University.

- a all-male activity
- b activity for both men and women
- c all-female activity

2 During the 1940s, \_\_\_\_.


- a people became less interested in cheerleading
- b women replaced men in cheerleading squads
- c cheerleading squads were banned because of wartime restrictions

3 School cheerleaders can take part in special \_\_\_\_ to practise their routines.

- a cheerleading leagues
- b cheerleader camps
- c cheerleading competitions

4 In the interview, Kurt Levin is \_\_\_\_.

- a presenting some facts about cheerleading
- b encouraging young people to take up cheerleading
- c criticising cheerleading for being girl-dominated

3  **MP3 03** Listen again and complete the fact file below.

### A few FACTS about cheerleading:



- the first cheerleaders were called  
1 \_\_\_\_\_,

- women weren't allowed to become cheerleaders until  
2 \_\_\_\_\_,

- nowadays, over  
3 \_\_\_\_\_  
are women,

- sports with professional cheerleading leagues include American football, 4 \_\_\_\_\_ and \_\_\_\_\_,

- cheerleading will probably make its debut at the  
5 \_\_\_\_\_ in 2024.

4 Find out about the history of cheerleading in Poland and compare it to the information in the recording. Write three to five sentences.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**REVISION** Student's Book, page 18

5 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 \_\_\_\_\_

6 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!** Student's Book, p. 108, UNIT 2, ex. 2

7 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!

8 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

\_\_\_\_\_

\_\_\_\_\_

### 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 the sentences.

- 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.

### 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 in brackets. 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! Student's Book, page 109, UNIT 2, ex. 1 & 2

### 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.

### 7 CUMULATIVE GRAMMAR 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.
- 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 below 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 11                b 19                c 28
- 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

## 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 28 Olympic medals (23 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. From then on he just **went on** collecting medals and records.

How do you become like Michael? Phelps' coach says that to aim for the Olympic gold you must focus on your technique, think about your strategy for each event, and take good care of yourself. That includes a special diet. Phelps' was **made up of** eggs, pancakes, sandwiches and pasta. These would add up to about 12,000 calories a day. <sup>3</sup>\_\_\_ However, runners and swimmers, who train 5 hours a day, need that much.


Retired at 31, after the Olympics in Rio, Phelps is now **looking forward** to new challenges. <sup>4</sup>\_\_\_ First of all, he'd like to use his fame to save the environment. He's already working with a cosmetic company on a campaign encouraging people to turn off the water while brushing their teeth. Another idea is to get more involved in business, since Phelps already has his own swimwear brand. He also helps other athletes deal with the stress in professional sport. And when he needs a workout he goes ... cycling.

2  Read the text again. Complete gaps 1–4 with sentences a–f. There are two extra sentences.

- 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 created a foundation which teaches children the importance of being active and healthy and makes it possible for children to do sports.
- d His first swimming success came when, aged just 10, he broke the national record for his age group.
- e Coaching younger generations could be one of them, but Michael has already been doing that for years through his foundation and through work with the Boys and Girls Club of America.
- f Of course, for the average person this would be very unhealthy, and even people doing other sports shouldn't follow it without thinking.

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

- 1 Michael's sister advised him to start swimming.
- 2 Michael could manage his energy levels because of swimming.
- 3 After that, he kept winning more medals.
- 4 He expects to do something new in the future.
- 5 When he needs some physical activity, he gets on his bike.

**4**  Answer the questions, using the information from the text.

- 1 What was Michael Phelps like when he was a child?  
He used \_\_\_\_\_.
- 2 What was his big achievement at the age of 16?  
He managed \_\_\_\_\_.
- 3 Which swimmers should pay special attention to technique, strategy and diet?  
Those swimmers who \_\_\_\_\_.
- 4 What business is Phelps involved in?  
He owns \_\_\_\_\_.

**5** Complete the phrasal verbs. Check your answers in the text on page 19.

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

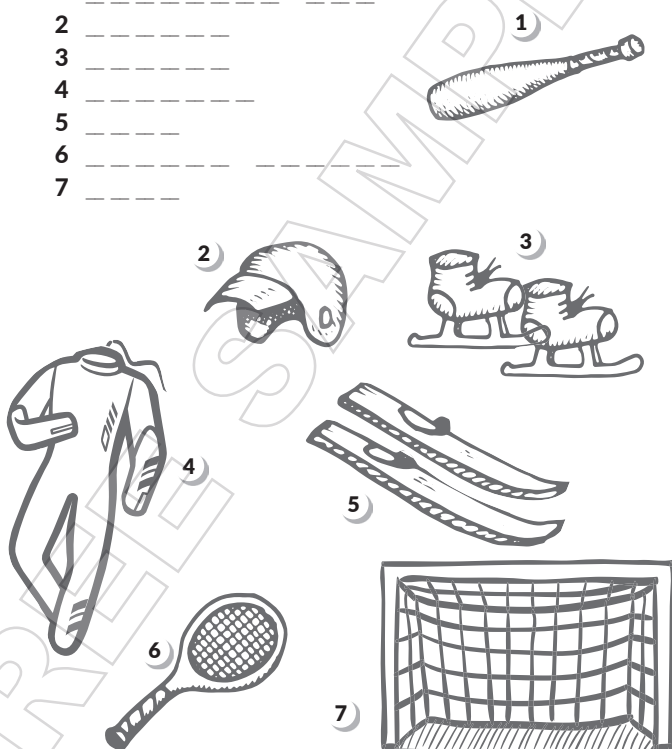
**6** Complete the sentences with the correct form of the phrasal verbs from exercise 3.

- 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 - Świątek 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.

**REVISION** Student's Book, pages 20–21

**7** Write the English names for the sports equipment below.

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



**8** 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

**9** 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 A hundred c\_\_\_\_\_ ran in the marathon, but only seventy-seven finished it.

**VOCABULARY CHALLENGE!** Student's Book, p. 109, UNIT 2, ex. 3

**10** Translate the sentences into English.

- 1 Nasza szkolna drużyna koszykówki wygrała mecz jednym punktem.  
\_\_\_\_\_
- 2 Anglia nie wygrała Mistrzostw Europy w piłce nożnej w 2021 roku.  
\_\_\_\_\_
- 3 Piotr Żyła 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 Nasz trener planuje wkrótce pokonać mistrza boks.  
\_\_\_\_\_

- 1 **MP3 04** Listen to five people talking in different situations. Match speakers (1–5) with replies (a–f).

1  2  3  4  5

- a It is a total disaster. I just want to go home.  
 b I'm so sorry to hear that, you were really looking forward to it.  
 c What a shame I didn't go with you.  
 d That sounds really cool.  
 e Yes, but that was just the beginning – each day just got worse.  
 f Basically everything, starting with horrible weather.

- 2 Complete the dialogue with appropriate words. Put one word in each gap.

Jake So, 1 \_\_\_\_\_ was your party?

Greg Don't 2 \_\_\_\_\_ ask! 3 \_\_\_\_\_ the beginning everything was OK. 16 of my friends came and they gave me lots of presents. We were dancing and playing games. After 4 \_\_\_\_\_ we ordered pizza and my friends had also made a huge birthday cake. I couldn't 5 \_\_\_\_\_ my eyes – it looked like Mount Everest! They know I love climbing and want to climb it one day. It was amazing!

Jake That 6 \_\_\_\_\_ pretty cool! So, what happened next?

Greg Well, Susie was putting the cake on the table when 7 \_\_\_\_\_ 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 8 \_\_\_\_\_! We used an old sweater to put it out, but there was a huge hole in the carpet and the floor was ruined. The 9 \_\_\_\_\_ 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.

4 minutes

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

przebieg tej imprezy

uczestnicy

nieoczekiwany problem

Wasze wspólne plany na spędzenie następnego weekendu

Rozmowę rozpoczyna egzaminujący.

- 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.

Postanowięs/Postanowiłaś uprawiać sport. W liście (100–150 słów) do kolegi/koleżanki z Anglii:

- wyjaśnij, dlaczego podjąłeś/podjęłaś taką decyzję i jaką dyscyplinę sportu wybrałeś/wybrałaś;
- napisz, gdzie i z kim będziesz trenować;
- opisz swój pierwszy trening;
- 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 five 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 for 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

### 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!



### 5 Translate the Polish parts of the sentences into English. Use no more than five words.

- When I was younger I \_\_\_\_\_ (*nie jeździłam*) skiing 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*) climbing for such a long time, so we soon became very tired.



• Rozumienie ze słuchu *Tekst z lukami* • Mówienie *Rozmowa z odgrywaniem roli* • Wypowiedź pisemna *Wpis na blogu*

**1** **MP3 05** Usłyszysz dwukrotnie rozmowę telefoniczną. Na podstawie informacji zawartych w nagraniu uzupełnij luki, tak aby jak najbardziej precyzyjnie oddać sens wysłuchanego tekstu. Luki należy uzupełnić w języku angielskim.

**ORDER DETAILS:**

**Sport:** 1 \_\_\_\_\_  
**Item 1:** a 2 \_\_\_\_\_ for beginners, price: £19  
**Item 2:** a set of 3 balls with 3 \_\_\_\_\_ dot, price £8  
**Item 3:** squash shoes, size 7, price 4 \_\_\_\_\_

**CUSTOMER DETAILS:**

**Name** Harry  
**Surname** 5 \_\_\_\_\_  
**Email address** harry345@xmailer.com  
**Phone number** 6 \_\_\_\_\_



**2** 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

**3** Read the instructions and do the speaking task.

4 minuty

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

sposób i miejsce uprawiania tego sportu

powody takiej decyzji

zagrożenia

doświadczenia Twoich znajomych

Rozmowę rozpoczyna egzaminujący.

**4** Look at a student's notes for the writing task below. Match the questions with the points A–D in exercise 5.

**1** Why was it awesome / horrible? (atmosphere? seeing her/him live? the weather? other fans? my seat?)

**2** Who organised and who took part in this competition? (students? listeners of a radio station? readers of a sports magazine?)

**3** What makes her/him/them great? (number of medals? coming out of difficult situation? road to success? helping others?)

**4** Were there many fans? What happened before the race/game? Who was competing?

**5** Who won? Was it an easy win?

**6** Why was I the best? (the fastest? the most interesting story? I knew the most?)

**5** Read the instructions and do the writing task.

Wygrałeś/wygrałaś konkurs, w którym nagrodą był bilet na imprezę sportową z udziałem Twojego ulubionego sportowca / Twojej ulubionej drużyny sportowej. **We wpisie na swoim blogu (100–150 słów):**

- wyjaśnij, jaki to był konkurs i jak go wygrałeś/wygrałaś (A);
- napisz, za co podziwiasz tego sportowca / tę drużynę (B);
- powiedz, gdzie i kiedy ta impreza sportowa miała miejsce i podziel się swoimi wrażeniami (C);
- opisz przebieg imprezy (D).

*Hi everyone! Something great happened and I have*

*to tell you about it!*

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1



▶ VIDEO 03

### COMPREHENSION

- 1 Work in pairs. Look at the pictures and discuss the questions.
  - 1 What sports are presented in the pictures?
  - 2 What's different about these types of climbing?
  - 3 Which would you prefer to do? Why?
- 2 Watch the video. Choose the correct option (1-3) to complete the definition.

Bouldering is a type of rock climbing which ...

- 1 doesn't require equipment.
- 2 is popular with older people.
- 3 is about climbing for long distances.

### Glossary

- grip (n)** a tight hold on something  
**freedom (n)** the ability to do, say or think what you want  
**slippery (adj)** something that is difficult to hold on to because it is wet  
**tough (adj)** something which is difficult to do  
**unfit (adj)** not healthy because you don't do enough exercise

- 3 Watch the video again. Put the topics in the order they're discussed.

- \_\_\_ How to use your arms and legs.
- \_\_\_ Why bouldering is difficult.
- \_\_\_ Why people come to this area to climb.
- \_\_\_ What bouldering is about.
- \_\_\_ Where people go to practise.
- \_\_\_ What type of weather is good for bouldering.

- 4 Watch the video again. Are the sentences true (T) or false (F)? Correct the false sentences.

- 1 You only need special shoes to do bouldering. T / F
- 2 The area shown in the video is popular with climbers. T / F
- 3 The group goes inside because it's too cold to climb outside. T / F
- 4 The green rocks only show you where to put your feet. T / F
- 5 The man enjoys bouldering, but thinks it's difficult. T / F
- 6 He compares bouldering to climbing a tree as a child. T / F



2

- 5 Work in pairs. What do you think are the most difficult sports to learn? Make a top ten list, from most to least difficult.
- 6 Work with a another pair. Compare your two lists and try to agree on a list of the top three most difficult sports.

### AUTHENTIC ENGLISH

- 1 Work in pairs. Match sentences (1-3) to rules (a-c).

- 1 So, bouldering is more about short climbs ... \_\_\_
- 2 ... you want your heel to go down so you get as much rubber in contact as possible ... \_\_\_
- 3 You're starting to use your feet so much better! \_\_\_

so

In English, we use **so** in three main ways

- a for emphasis before an adjective or **much/many**,
- b to summarise what was just said or change topic,
- c to explain the reason for something.

- 2 Add **so** in three different places in the conversation.

**A:** What are we going to do tonight?

**B:** I don't know ... I'm tired, I just want to go to bed.

**A:** No! Tomorrow's a holiday. We have to go out.

- 3 Work in pairs. Practise the conversation in exercise 2.

- 4 Complete the sentences so they are true for you.

- 1 I think ... is so much better than ... because ...
- 2 So, I'm going to ... next year because ...
- 3 I want to study English, so ...

### SPEAKING

Work in pairs. Discuss which new sport you would most like to try and why.



## READING

- 1 Work in pairs. Look at pictures (1–3). What sports are these?
- 2 Read the forum posts. Which sport from exercise 1 does each person recommend and why?

### Sports advice needed!

Posted by **Tom C** | 2 hours ago

Hi everybody. I feel stressed and unfit because I just sit at my desk all day. So, I want to do some kind of physical activity. Please could you send me your advice? Warning: I'm not a very sporty person, but I have to do something!

11 Comments | Share | Save

Posted by **Diane\_97** | 45 mins ago

I think you should do a team sport. I've played American football for years and it's great fun and really sociable. You should be careful when you start though because you can get injured easily. If you like, you can try ice hockey too, but it's very physical.

Share | Save

Posted by **Rodrigo** | 53 mins ago

I think you should try an individual sport like rowing. It's great for relaxing because it's just you and the water. It's a very quiet sport you know. It's also really good exercise for your chest, arms and legs. But it's hard to learn at first – you need a lot of patience.

Share | Save

Posted by **Barbara** | 1 hour ago

I think you should try a sport like golf. It's great if you're not a very sporty person because you don't need to be very fit, but you get a lot of exercise and fresh air. Also, if you play with your friends or family, you can have dinner afterwards in the clubhouse!

Share | Save

- 3 Read the forum posts again. Write D (Diane), R (Rodrigo) or B (Barbara). Underline the part of the text where you find the answer.

Who

- 1 talks about another sport?
- 2 says you can do this sport alone?
- 3 mentions that you don't need to be healthy to do this?
- 4 says that you have to be careful about something?
- 5 says you can combine the sport with other activities?
- 6 mentions that it can be difficult to learn?

## SPEAKING

- 1 **PREPARE** Read descriptions (1–4). Make notes about which sport you think each person should try and why.

1 George is an older man with lots of time. He's not very active, but is very sociable and wants to make new friends. He doesn't have any financial problems.

2 Patricia is a young professional woman with a very demanding job and very little free time. She is not sporty, but she is happy to try new things.

3 Daniela and Pedro are a couple who are interested in adventure sports involving water or mountains. They like taking risks.

4 Lucy is a teenager who wants to learn a sport, but she is on a budget. She would like to be able to do this sport anywhere and have fun doing it with friends.

- 2 **DISCUSS** Work in groups. Discuss your ideas from exercise 1 and try to agree on one sport for each person.
- 3 **PRESENT** Take turns to explain your ideas to the class. Which ideas do you agree or disagree with? Why?

## BEYOND THE CLASS

Why not try ...

researching sports clubs/teams in your area?  
Make notes and report back to the class.



▶ VIDEO 04

# SPOTLIGHT ON SOCIETY VIDEOS

## Race to the Pole

# 2

### BEFORE WATCHING

- 1 You are going to watch a video about a man trying to break a world record. What do you think he is going to do?



- a Reach the South Pole alone and on foot from the coast of Antarctica in the fastest ever time.
- b Walk from one side of Antarctica to the other, walking further on the ice than any other person before.
- c Be the first ever person to take a new, undiscovered route to the South Pole.

- 2 What makes people try to do difficult and dangerous activities such as the ones in exercise 1?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### WHILE WATCHING

- 3 ▶ Watch the video and check your answer to exercise 1. Does Richard break the world record?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- 4 ▶ Watch the video again and answer the questions.

- 1 What was Richard's previous job?  
\_\_\_\_\_
- 2 What does Richard love about being an extreme athlete?  
\_\_\_\_\_
- 3 How long did it take Richard to prepare for the journey to the South Pole?  
\_\_\_\_\_
- 4 What did he do to prepare before the challenge?  
\_\_\_\_\_
- 5 How many calories does he need from food every day?  
\_\_\_\_\_
- 6 Where does Richard get the majority of his calories from?  
\_\_\_\_\_

### FOLLOW-UP

- 5 Match the adjectives with the nouns they refer to in the video.

- |                 |                          |           |
|-----------------|--------------------------|-----------|
| 1 extreme       | <input type="checkbox"/> | a journey |
| 2 career-ending | <input type="checkbox"/> | b feeling |
| 3 epic          | <input type="checkbox"/> | c athlete |
| 4 incredible    | <input type="checkbox"/> | d injury  |

- 6 Use the collocations from exercise 5 to answer the questions.

- 1 What did Richard suffer?  
\_\_\_\_\_
- 2 Where's he about to set off?  
\_\_\_\_\_
- 3 What is Richard's job now?  
\_\_\_\_\_
- 4 How does he describe his emotions at the end of the walk?  
\_\_\_\_\_

- 7 Imagine you are an interviewer talking to Richard after the challenge. Think of some questions to ask him.

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

### AFTER WATCHING

- 8 Imagine you took part in an extreme challenge. Describe it:




- Where was it?  
\_\_\_\_\_
- What did you do?  
\_\_\_\_\_
- What equipment did you take with you?  
\_\_\_\_\_
- How much time did it take you?  
\_\_\_\_\_
- How did you feel when you finished it?  
\_\_\_\_\_



## VOCABULARY

1 Choose the correct option to complete the sentences. Sometimes more than one option is correct.

- I used to **support** / **train** / **compete** the local handball team when I was at high school.
- This tennis player won every major **competition** / **tournament** / **match** last year.
- I think ski jumping is **interested** / **so-so** / **bored**, but my sister really loves the sport.
- Peter Smith really wants to **break** / **race** / **score** the world record for the 100 metres this year.
- My mum is pretty good at **doing** / **going** / **making** judo.

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



Some people believe that the hobby or sport you do may actually influence your future professional career. For instance, individuals who are <sup>1</sup> running or cycling

are often goal-oriented, and this makes them good sales people. Others who decide to take <sup>2</sup> high risk sports, like mountain climbing or parachuting, are likely to become successful leaders because their main skill is taking calculated risks. Hobbies like <sup>3</sup> or taking photographs may suggest that creativity is your main strength. As a result, you may do well in industries such as marketing or design. Being engaged in group sports, such as football or basketball, shows that you can work well as a team member, which means you won't <sup>4</sup> others down. In this case, you might be fond <sup>5</sup> working as a team leader in the future. Do any of the profiles sound like the future YOU? Share your opinion ...

- |             |        |          |
|-------------|--------|----------|
| 1 a keen    | b fond | c into   |
| 2 a off     | b up   | c on     |
| 3 a cooking | b cook | c cooker |
| 4 a fall    | b go   | c let    |
| 5 a of      | b in   | c out    |

3 Complete each sentence with four of the expressions below.


- <sup>a</sup> bored easily    <sup>b</sup> card games    <sup>c</sup> photos    <sup>d</sup> clubbing  
<sup>e</sup> involved in too many activities    <sup>f</sup> tennis  
<sup>g</sup> injured during PE lessons    <sup>h</sup> drum lessons    <sup>i</sup> running  
<sup>j</sup> the guitar    <sup>k</sup> into trouble    <sup>l</sup> swimming    <sup>m</sup> board games  
<sup>n</sup> up lots of new hobbies    <sup>o</sup> skiing  
<sup>p</sup> part in sporting events

- Mark's mum often plays \_\_\_ / \_\_\_ / \_\_\_ / \_\_\_.
- Paula and Frankie rarely get \_\_\_ / \_\_\_ / \_\_\_ / \_\_\_.
- My younger brother sometimes goes \_\_\_ / \_\_\_ / \_\_\_ / \_\_\_.
- Some of my friends used to take \_\_\_ / \_\_\_ / \_\_\_ / \_\_\_.


4 Match the beginnings of sentences 1–6 with endings a–f. Then, use the sentence openings (I–IV) to write similar sentences.

- |  |                          |
|--|--------------------------|
| 1 Shy students often refuse              | <input type="checkbox"/> |
| 2 Competitive individuals are            | <input type="checkbox"/> |
| 3 My closest friends are reliable,       | <input type="checkbox"/> |
| 4 Some funny boys in the volleyball team | <input type="checkbox"/> |
| 5 Teenagers who like parties tend        | <input type="checkbox"/> |
| 6 To be a winner, you must               | <input type="checkbox"/> |
- a which means they are easy to trust.  
 b often make other team members laugh.  
 c be hard-working and ambitious.  
 d to speak in public or do presentations.  
 e always interested in winning.  
 f to be sociable and easygoing.

- I Modest students from my class \_\_\_\_\_
- II To be a coach, you should \_\_\_\_\_
- III Bossy teenagers sometimes \_\_\_\_\_
- IV I am not keen on dishonest people because \_\_\_\_\_

5  Complete the sentences with the correct form of the words in brackets.

- I felt \_\_\_\_\_ (*embarrass*) when I lost the match.
- All of my classmates feel \_\_\_\_\_ (*nerve*) before biology tests because they tend to be very difficult.
- Because Roger is such a kind and \_\_\_\_\_ (*talk*) person he's always the centre of \_\_\_\_\_ (*attend*).
- The final match attracted a crowd of cheerful \_\_\_\_\_ (*spectacle*) from both schools.
- There are lots of incredible \_\_\_\_\_ (*compete*) taking part in this race. It won't be easy to win.
- I need a new pair of \_\_\_\_\_ (*train*) before the next tournament.

6  Translate the Polish parts of the sentences into English. Use no more than five words.

- Nathaniel \_\_\_\_\_ (*uprawia podnoszenie ciężarów*). He often wins competitions, so he \_\_\_\_\_ (*jest z siebie bardzo dumny*).
- My grandmother \_\_\_\_\_ (*woli rozwiązywać krzyżówki od*) gardening.
- I am the goalkeeper in our school team. I \_\_\_\_\_ (*obroniłem dwa gole*) during our last match!
- People who \_\_\_\_\_ (*szaleją na punkcie hokeja na lodzie*) can train up to six days a week!
- Some of my classmates are not fond of \_\_\_\_\_ (*praktykować jogi*) in our PE lessons.
- (*Nie mam nic przeciwko chodzeniu na piesze wycieczki*) \_\_\_\_\_ as long as I can go with a group of friendly and helpful people.

## VOCABULARY CHALLENGE!

7 Use the words in brackets to translate the sentences into English. Add any other necessary words.

- Najlepiej odpęram się, słuchając muzyki. Jestem też zapalonym czytelnikiem i kajakerem. (*keen, unwind*)  
\_\_\_\_\_
- Osoby, które lubią sporty ekstremalne, podejmują sporo ryzyka i często narażają swoje życie. (*take, in danger*)  
\_\_\_\_\_
- Moja siostra jest maniaczką komputerową, a ja uwielbiam uprawiać wspinaczkę. (*geek, adore*)  
\_\_\_\_\_
- Nie cierpię zazdrosnych i humorzastych ludzi. (*moody, jealous*)  
\_\_\_\_\_
- Cieszę się, ponieważ pokonaliśmy naszego rywala i wygraliśmy mecz trzema punktami. (*by, happy, rival*)  
\_\_\_\_\_

## GRAMMAR

8 Choose the correct option to complete the sentences.

- While Helen *was riding / rode* her bike, she *saw / was seeing* a car accident.
- I *get on / 'm getting on* well with Matthew because we both enjoy *playing / to play* computer games.
- When my grandma was a little girl, she *used to play / was playing* cards with her parents every Saturday.
- She is a huge fan of coffee, but this week she *drinks / is drinking* tea only.
- Why did you refuse *to take part in / taking part in* the competition last weekend?

9 Find and correct a mistake in each sentence. Sometimes there are two mistakes in one sentence.

- Felicity doesn't likes rollerblading because she thinks it's too dangerous.  
\_\_\_\_\_
- Where we are meeting tonight? In the shopping centre?  
\_\_\_\_\_
- I use to play football when I was in primary school, but now I definitely prefer play volleyball.  
\_\_\_\_\_
- My brother would like becoming a professional vlogger because he want to earn a lot of money.  
\_\_\_\_\_
- The players didn't had the time to practise the day before the match.  
\_\_\_\_\_

10 Complete the sentences with the correct form of the verbs in brackets.

- What board games \_\_\_\_\_ (*you / play*) when you were little?
- I \_\_\_\_\_ (*plan*) to spend more time \_\_\_\_\_ (*work out*) in the gym.
- My brothers don't mind \_\_\_\_\_ (*help*) me whenever I have problems, and I think they're the best!
- I \_\_\_\_\_ (*have*) lunch when my best friend \_\_\_\_\_ (*come*) and \_\_\_\_\_ (*ask*) me for help.

- Do you want to continue \_\_\_\_\_ (*do*) yoga or are you planning \_\_\_\_\_ (*find*) another activity?

11 Write questions, using the prompts below. Then, answer the questions.

- What sport / use to / a child / ?  
\_\_\_\_\_
- What / you / do / yesterday at 8 am / ?  
\_\_\_\_\_
- What / you / hope / do / next year / ?  
\_\_\_\_\_
- What / you / keen / ?  
\_\_\_\_\_
- What / you / usually / do / PE / ?  
\_\_\_\_\_

## ENGLISH IN USE

12 Read the text and choose the correct answer a, b or c.

When I was a child, I <sup>1</sup>\_\_\_\_\_ swimming. I really loved it, but I did it mainly for fun. Then, when I was about 12 years old, I joined the school team, and it changed everything. I <sup>2</sup>\_\_\_\_\_ train four times a week, and I even won a few competitions! However, as time went by, I decided <sup>3</sup>\_\_\_\_\_ something new and I chose rollerblading. It was great fun at the beginning, but one day I had a terrible accident. While I <sup>4</sup>\_\_\_\_\_ with my friends, a car hit me. I had a very serious knee injury and ended up in hospital. Fortunately, I recovered, but I am still afraid of rollerblading. In fact, the only sport I do is ... swimming, of course! I <sup>5</sup>\_\_\_\_\_ to the swimming pool near my home, and I feel that my knee is getting better and better.

- |                 |                |                     |
|-----------------|----------------|---------------------|
| 1 a take up     | b took up      | c was taking up     |
| 2 a used to     | b used         | c use to            |
| 3 a trying      | b try          | c to try            |
| 4 a rollerblade | b rollerbladed | c was rollerblading |
| 5 a often go    | b go often     | c am often going    |

13 Complete each pair of sentences with one word.

- My team usually goes to football matches by \_\_\_\_\_. My \_\_\_\_\_ is really patient and helpful. When we lose a match, he is always there for us.
- My younger brother \_\_\_\_\_ the window when he was playing with his friends. Do you know who \_\_\_\_\_ the world record at the Tokyo Olympics?
- \_\_\_\_\_ at Alex! He's so fast! I really \_\_\_\_\_ forward to seeing my cousins in July.
- When Hugh was young, he used to \_\_\_\_\_ into trouble almost every day. When do you usually \_\_\_\_\_ bored?
- She \_\_\_\_\_ him on the head with her tennis racket. The game 'The Witcher' was a big \_\_\_\_\_.