

Reading and Use of English Part 6 Gapped text

1 You are going to read an article about someone who started to do capoeira as a hobby. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (1–6). There is one extra sentence which you do not need to use.

THE JOYS OF CAPOEIRA

Personally, I can say that I have done capoeira once in my life and have never wanted to repeat that experience. I suddenly became aware of how stiff I was. On top of this was the knowledge that I had an audience of other much more flexible people watching me. This only added to the pain of the moment. I wanted the ground to swallow me up! But Lawrence Pickford has a very different, much more positive, opinion of the popular Brazilian martial art.

A few years ago, he tested video games for a living. He used to socialise with his friends by day and play games by night. Sounds like fun to some. **1** That was when he heard about capoeira in *The Traveller* by John Twelve Hawks and was inspired to take it up himself. Six months later and he had given up his job to go to university.

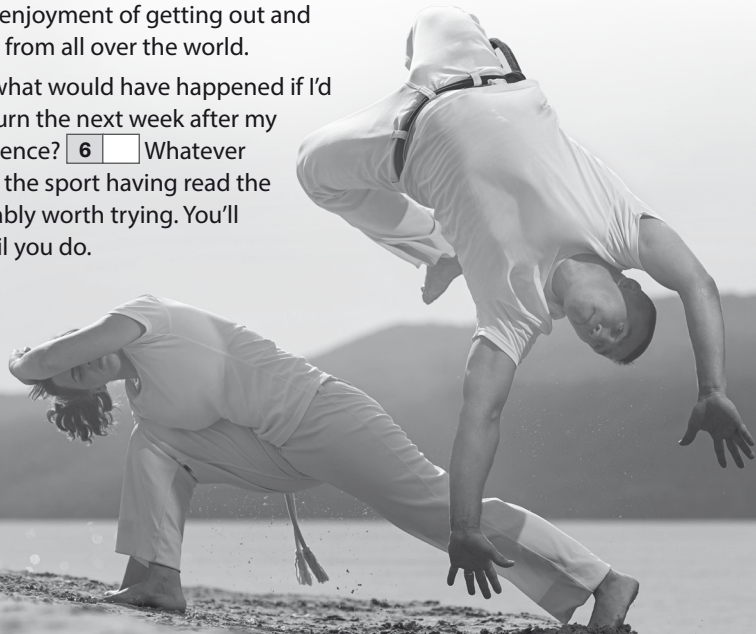
So what's it all about? Put simply, it's a form of Afro-Brazilian martial art which is like a dance with kicks, flips and leaps. It gets you super fit and you do all this to music. **2** Within this dialogue, your movements instantly communicate your character to the other players. In capoeira, participants are known as players. A *roda* is a circle formed around two players who use a series of gymnastic moves, flips and kicks to dance and beat their opponent. Throughout the game, the level of energy increases with the music and singing that surrounds the players. When it was my turn to play, there was an enormous sense of embarrassment due to my questionable flexibility, especially next to all the athletic bodies around me!

Outside the *roda*, the instrumentalists stand. They actually play a vital role in the activity. The reason is because the person with the biggest *berimbau* (a traditional stringed instrument) changes the game's feeling and speed. **3** The movement of the players follows the music being played. As well as the *berimbau*, there are also two types of drum called a *pandeiro* and an *atabaque*, a single or double bell called an *agogo* and a kind of scraper called a *reco-reco*, which originated in Africa.

Balance and strength are key when someone tries to kick you in the head without warning! **4** He is able to do things that he had never imagined he'd be able to do, like walk on his hands and do cartwheels.

It's not just about being more physically fit. There's also the social aspect, which didn't suit Lawrence's insular nature when he first started the sport. **5** But as his confidence grew, so did his enjoyment of getting out and meeting people from all over the world.

So who knows what would have happened if I'd managed to return the next week after my shameful experience? **6** Whatever you think about the sport having read the article, it's probably worth trying. You'll never know until you do.



- A I might now be in great shape like Lawrence, have visited some new countries and have a new circle of friends.
- B According to Lawrence, there's also a kind of conversation going on.
- C For example, it can be faster and more intense at one point and more relaxed and friendly the next.
- D Something you can't compare is the feeling of freedom in the circle.
- E He found socialising difficult and didn't enjoy making small talk.
- F But in actual fact, Lawrence was bored and wanted to spend time doing something physically active.
- G Playing the sport, Lawrence has become fitter and more flexible.

2 In the following sentence from the magazine article, the word *get* is used in two expressions.

You **get the chance** to kick and throw yourself around and **get in shape**.

Complete each gap in the text with the correct form of a *get* phrasal verb from the box.

get at get away with get into get onto get over get round to
get through get together with

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Last month, when I (1) _____ my friends for a catch up, we (2) _____ the subject of keeping fit. Dana had recently started attending a dance class at the local leisure centre and was really (3) _____ it. She tried to get everyone to give it a try, but they said they were too busy to (4) _____ going. I told her I was still (5) _____ a bad cold. When she didn't press me, I thought I had (6) _____ it. But as the week continued, she kept (7) _____ me to do more exercise until she finally (8) _____ to me and I gave in. To be fair, it's been a lot of fun!



Language focus Gerunds and infinitives

1 Choose the correct verb forms to complete the sentences. More than one option may be possible. There is an example at the beginning (0).

- 0 I regret *miss / missing / to miss* my appointment. Now I have to wait ages for the next one!
- 1 Our teacher always makes us *do / doing / to do* two hours of homework every night!
- 2 Tim and Lisa would hate *live / living / to live* in the middle of nowhere.
- 3 Why did the man deny *commit / committing / to commit* the crime? He was clearly guilty.
- 4 We're having trouble *find / finding / to find* volunteers for the charity event.
- 5 If you have the opportunity *try / trying / to try* something new, go for it!
- 6 You mustn't *use / using / to use* any electronic devices during the exam.
- 7 Adam would prefer *travel / travelling / to travel* with family rather than friends.
- 8 Can you persuade your dad *give / giving / to give* us a lift home after the party?

2 Complete the story with the correct form of the verbs in the box. There is an example at the beginning (0).

be break carry on chat count give up replace save work

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PEDAL POWER

I had tried many times (0) to be healthier. The main problem was work. When I was stressed one day, I stopped (1) _____ and went for a walk just for a change of scene. This did me the world of good. I remember (2) _____ to my friend who had told me to try (3) _____ my bad habit of working all hours. So, despite the mountain of stuff I had to do, I decided not at 5 pm, (4) _____ and went home instead. And I started cycling, but it soon became apparent that my bike needed (5) _____. So this would be my motivation; every time I went home on time, I would put money in a jar for a new bike.

I must say if you're trying (6) _____ for something, this is a great method! The first few days, I was terribly anxious, but it gradually got easier and I actually found that I was more productive in the office. I forgot (7) _____ the money in my jar until one day I saw that it was full. I went straight out and bought a new bike. If breaking a habit means (8) _____ something you like or think you need to do, it's worth it - I've never looked back.



Vocabulary Sport

Choose the correct options to complete the sentences. There is an example at the beginning (0).

- 0 The hockey player *passed* / *took* the ball to her teammate.
- 1 The footballer *kicked* / *won* the ball over the goal.
- 2 The athletics *meeting* / *lane* was held on a Friday evening.
- 3 Neither competitor wanted to *take* / *be* part in the controversial game.
- 4 The tennis player threw his *stick* / *racket* after his terrible backhand.
- 5 The company bosses met on the golf *green* / *pitch*.
- 6 The 100m race *had* / *took* place at the city's new stadium.
- 7 The child was so happy to receive a medal for *winning* / *passing* the competition.
- 8 It was a shame for the supporters that the teams *matched* / *drew* one-one.

Music

1 Match the sentence beginnings (1–8) to the endings (a–h) to make complete sentences. There is an example at the beginning (0).

- | | |
|---------------------------------|--------------------------------|
| 0 She plays all | a music venue in my city. |
| 1 My son wants to become a rock | b stage seven nights a week. |
| 2 There are many stringed | c instruments in an orchestra. |
| 3 There is a famous live | d guitarist before. |
| 4 I have seen that lead | e musician in the future. |
| 5 Shall we create a | f that track I like? |
| 6 It must be hard to be on | g concert many times? |
| 7 Would you mind playing | h playlist for the wedding? |
| 8 Have you seen him in | i wind instruments very well. |

2 Complete each sentence with a word from the box. You may use each word only once. There is an example at the beginning (0).

charts guitarist live mime radio rock tour tune wind

- 0 I am a terrible singer. I never manage to sing in tune !
- 1 _____ performances are usually far better than recorded ones.
- 2 She is a famous session _____ and can play electric and bass really well.
- 3 When I was younger, I dreamt of playing in a _____ band like Nirvana.
- 4 This group goes on _____ about three times a year. It must be exhausting.
- 5 What's the name of the song that's number one in the streaming _____?
- 6 When pop stars _____ a song, it's always obvious that they aren't singing live.
- 7 _____ instruments include flutes, clarinets and oboes.
- 8 Is your new track going to be played on the _____? How exciting!



Word formation Affixes

1 In each group of four adjectives in 1–6 below, one of the adjectives has been written with an incorrect negative prefix. Find the adjective and write the correct negative form.

- | | | | |
|--------------|--------------|---------------|----------------|
| 1 unsociable | unsure | unresponsible | unknown |
| 2 irregular | irreliable | irrational | irrelevant |
| 3 intolerant | incompetent | inaccurate | inusual |
| 4 dishonest | dissatisfied | disabled | disexperienced |
| 5 impatient | impolite | impleasant | improbable |
| 6 illimited | illegal | illiterate | illogical |

2 Complete the sentences with the correct form of one word from each group in Exercise 1.

- She's a superstar in her own country but still relatively _____ outside of it.
- His illness resulted in _____ attendance at school and he failed all his exams.
- Lara's always punctual, so it's _____ for her to be late; maybe she's overslept.
- The manager was _____ with his team's performance, despite the two-nil win.
- Her arm is still injured, so it's highly _____ that she'll play in the tournament.
- For ten euros a month, you get _____ access to a huge database of movies.


3 Find and correct the eight mistakes with affixes in the blog. There is an example at the beginning (0).

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(TEAM) BUILDING YOUR CONFIDENCE

My husband, Luca, used to be a really sociable person. He didn't like talking to people he didn't know and people thought he was being dispolite. Then, one day, he was a spectator at a hockey match that an ex-colleague had invited him to. One of their players had overslept, so they needed a player and the organisor asked him to step in. Luca explained that he was unexperienced, but she said that wasn't a problem and handed him a stick. Luca had been a bit dishonest because he had actually played hockey when he was at school, but he hated it. At that time, he thought it was unlikeable that he'd ever play again.

Anyway, fast forward two years and he plays regular in the team. He's still a bit insure of himself, but it has given him so much confidence. He's an engineer and it's even helped him at work. Now, he doesn't stress each time he has to teach a new group of trainists. I would recommend joining a team if you are shy. It helped my husband and can help you too!



- | | | |
|---------------------|---------|---------|
| 0 <u>unsociable</u> | 3 _____ | 6 _____ |
| 1 _____ | 4 _____ | 7 _____ |
| 2 _____ | 5 _____ | 8 _____ |

Listening Part 2 Sentence completion

- 1 **2** You will hear someone giving a talk about sports psychology. For questions 1–10, complete the sentences with a word or short phrase.

The speaker says that as a schoolboy he had no **(1)**

Matthew Syed was an Olympic® **(2)**

According to Syed, we need to practise for about **(3)** hours to become a successful sports person or musician.

Tiger Woods started learning golf when he was **(4)** years old.

Success in sport becomes more difficult at a later age due to the number of **(5)** we have.

Many successful table tennis players came from Syed's **(6)**

Syed attributes his own success to having a particularly good **(7)**

Andre Agassi has written a book entitled **(8)**

Syed had a bad sporting experience in **(9)**

Some sports stars depend a great deal on **(10)** to cope with the pressure of competing.

- 2 The collocations in bold are from the listening. Complete the collocations with words from the box. You need to use two of the words twice.

for in on to

- It was really humiliating not to be **picked** **a team** when I was at school.
- My parents' encouragement **played a big part** helping me to keep training regularly.
- If you don't **put** **the hours**, you won't get anywhere in sport.
- Lucy loves the idea of playing the flute, but **when it comes** practising, she's not so keen!
- A lot of young people train hard to become swimmers, but only a very few **make it** **the very top**.
- She is a former Olympic® champion, but **she went** **to be a TV pundit**.

Reading and Use of English Part 2 Open cloze

For questions 1–8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

SPORTS LOVERS

Some people seem to love the challenge of extreme sports. They enjoy the adrenaline rush **(0)** *that* breaks up the boredom of everyday life. It would be easy to regard these daredevils **(1)** dangerous and irresponsible. In actual **(2)**, there is often much less risk involved than you'd think.

As **(3)** as possible, very little is left to chance. Professional base jumpers have been known to turn back when conditions haven't been right, even **(4)** this has meant letting down a film crew. If the jumpers don't feel safe jumping, nothing will happen **(5)** they are ready.

This is **(6)** to the fact that there isn't a rule book for extreme sports professionals. They're writing it as they go along. **(7)** a mistake could have very serious consequences. This leads **(8)** a sense of trust, both in yourself and in your environment, which isn't encouraged in modern life. We are too worried about what could go wrong.



Reading and Use of English Part 4 Key word transformation

Don't forget!

You must write at least two words and no more than five, and you cannot change the key word in any way.

For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example (0).

0 We have to paint this room again.

NEEDS

This room *NEEDS TO BE* painted again.

1 It's impossible for that boxer to continue to fight until he's 50.

GO

That boxer can't until he's 50.

2 Can I suggest that you go to bed early tonight?

TRY

Why don't you early tonight?

3 It looks like Martin isn't interested in the lecture.

APPEARS

Martin uninterested in the lecture.

4 The cover teacher doesn't want to do the planned lesson.

RATHER

The cover teacher the planned lesson.

5 I think it's advisable to take out some travel insurance.

IDEA

I think it's a some travel insurance.

6 Don't ask Mum because she isn't at home.

USE

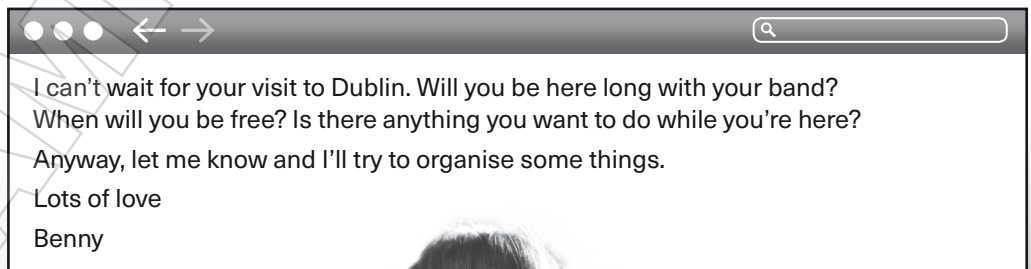
It's Mum because she isn't at home.

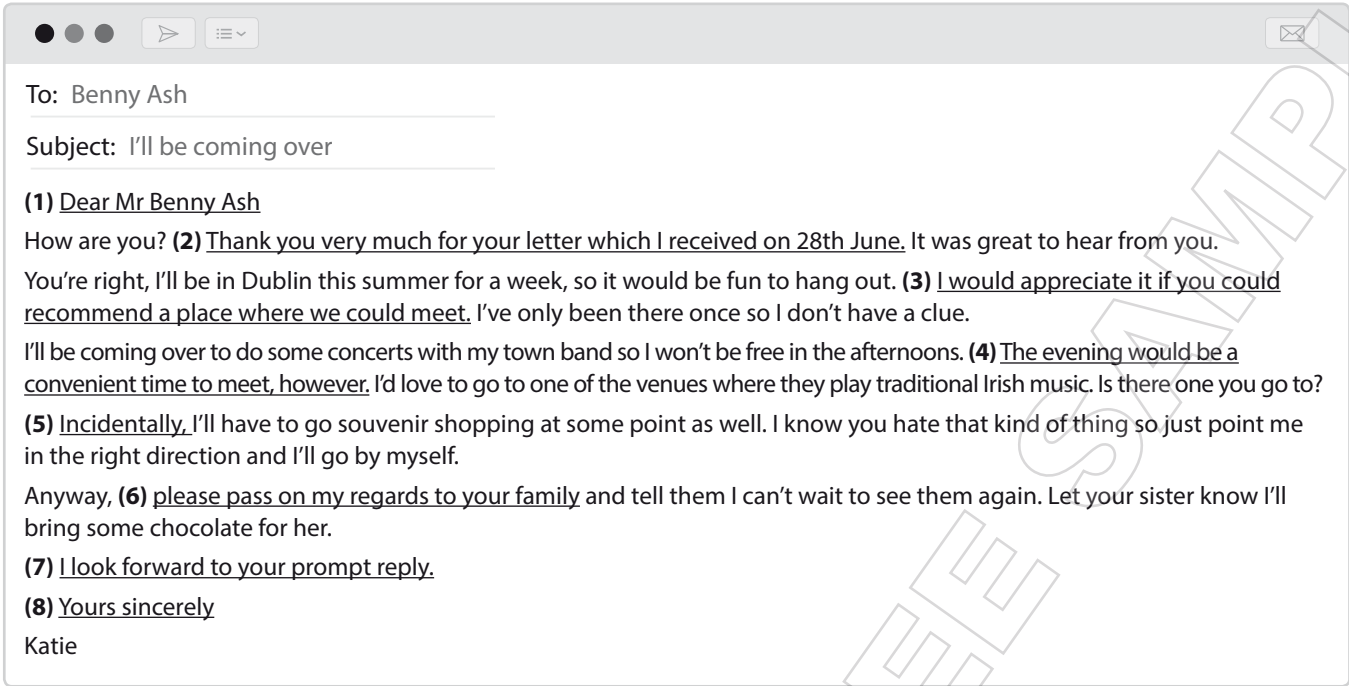
Writing Part 2 Informal email

1 Read the following Writing Part 2 task and informal email. Answer the questions below.

- 1 Does the letter address all of the questions in the task?
- 2 Is the letter organised in a logical manner?
- 3 Is the register suitable for the task?

You have received this email from your English-speaking friend Benny.



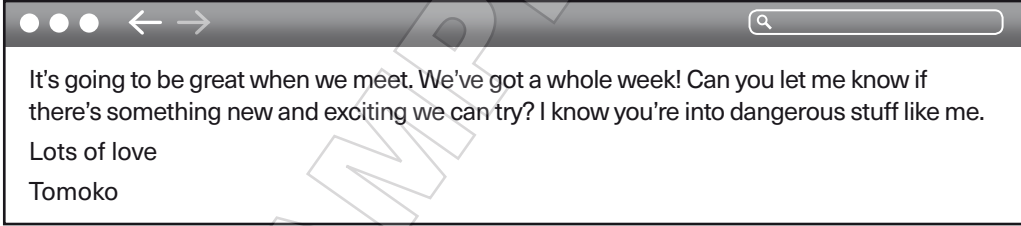


2 Replace the formal phrases (1–8) in the model answer in Exercise 1 with a more informal equivalent (a–h).

- a By the way, _____
- b Dear Benny, _____
- c But I'm around in the evenings. _____
- d Lots of love _____
- e Write to me soon. _____
- f Where's a good place to meet? _____
- g Thanks for your email. _____
- h Please say hi to your family. _____

3 Write an answer to the task below. Write your answer in 140–190 words in an appropriate style.

You have received this email from your English-speaking friend Tomoko.



Write your **email**.

Don't forget!

Write your answer using logical paragraphs, a variety of linking devices and a range of language.