

LEAD-IN

Match the leisure activities in the box to the pictures. There are three extra activities you do not need to use.

> white water rafting shopping sailing cycling cooking hiking canoeing reading climbing











What do you think about the activities in Exercise 1? Complete the table using the activities from the word box in Exercise 1 that are true for you. Add three more activities to each group.

fun	scary	boring

0 3 In pairs, compare your ideas. Then, discuss the questions.

- 1 Have you ever done any of these activities in Exercise 1?
- 2 What activities do you do in your free time? What activities do you like to do on holiday?
- 3 What activities are popular in your country?

LISTENING: MULTIPLE CHOICE QUESTIONS

0 4 Listen to two friends, Deon and Mark, talking about an adventure holiday. Which activities from Exercise 1 do you hear? EL.



Listen again and choose the correct answer, A, B or C.



- 0 When will Deon and Mark go on the adventure holiday?
- A June
- **B** July
- C August

Answer: C

- 1 How did Deon first find out about World Trek holidays?
- A He has been on one of their holidays.
- B He found their website online.
- C He heard about it from someone he knows.
- 2 Deon would like to go on an adventure holiday
- A in a forest.
- B in the mountains.
- C near the sea.
- 3 How much does the holiday they want to go on cost if they book it now?
- A £500
- B £650
- 4 The price of the holiday does NOT include
- A food.
- B the guide.
- C transport.
- 5 What time will the boys meet this evening?
- A 7pm
- B 7:30 pm
- C 8pm



In Listening exams, you will hear information about all three answer options but only one will be the correct answer.



In some Listening exam exercises, the words in the answer options will be different from the words you hear.

05.0 MINI TIP Mark says he can't go on holiday in June or July because he has college.

05.1 MINI TIP Deon says, 'a friend told me', which matches the answer option 'someone he knows'. Listen for the meaning, not just the same words. You can see another example of this in question 4.

GRAMMAR: PRESENT SIMPLE / PRESENT CONTINUOUS

Read the blog entry and look at the verbs in purple. Then, complete the table using the verbs from the blog entry. There are two examples.

MY BLOG

ABOUT POSTS COMMENTS

12:46pm

13 likes

SUNDAY

I'm having a great time here in Iceland. I don't miss home at all. I'm not staying in a hotel. I'm staying at a little guesthouse with 11 other people. Every day, we get up early and go hiking or climbing. At the moment, I'm resting in my room because I'm exhausted. At home, I usually sleep about eight hours a night but on this holiday I need at least 10 hours a night because I'm so active! Our guide is great. He looks after us really well and he always makes us laugh.

I'm happy with the food, but my friend doesn't like it very much. Today, we're having reindeer burgers. The chef is cooking them now and they smell delicious.



HERE ARE A FEW PHOTOS OF MY TRIP SO FAR. In this picture, Icelandic ponies. This is my group. They're hiking near a beautiful waterfall.

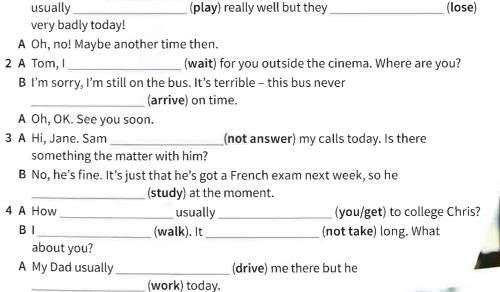


Present	simple	Present continuous			
affirmative	negative	affirmative	negativ		
We get up			I'm not staying		

075	Look again at the verbs in Exercise 6. Then, complete the grammar rules with simple or continuous.
U I I	or continuous.

1 We use the present	with time words and phrases, such as
at the moment, today and now.	
2 We use the present usually and every day.	with adverbs, such as <i>always</i> , <i>sometimes</i>
3 We use the present	to talk about habits and routines.
4. We use the present	to describe the action in photographs.

08	Rewrite the verbs using the third person -s / -es	/ -ies and the -ing form.	
	1 live	8 ride	
	2 get		
	3 carry		
	4 hope		
	5 wash		
	6 run		
	7 play		
092	Match questions 1–4 with answers A–D. Then, co simple or continuous.	omplete the grammar rules with	
	1 Are you enjoying your holiday? A Yes	s, I do./No, I don't.	
	2 What are you doing at the moment? B At	about 7 am.	
	3 Do you usually get up early? C Yes	s, I am./No, I'm not.	
	4 When does your brother get up? D I'm	n having a rest.	
	5 When you make a question in the present verb do.	, use the auxiliary	
	6 When you make a question in the present form of the verb <i>to be</i> .	, use the question	
10	Read the conversations. Then, complete the ser brackets in the correct form.	ntences using the verbs in	In exams, you will need to show that you have an understanding of
	1 A Hi, Gabby. What(you/o		different verb tenses and how to
	Do (want) to go out so	3	use them in sentences,
	B I can't, sorry. I(watch)	a football match on TV. My team	conversations and longer texts.









- Write questions using the words in the present simple or present continuous forms. Then, in pairs, ask and answer the questions.
 - 1 Why / learn / English?
 - 2 What time / usually / get up?
 - 3 What / learn about / in geography at the moment?
 - 4 play / tennis?
 - 5 What / teacher / do / now?

READING: USE OF DISTRACTION

- You are going to read an article about a sportsperson. First, look at the photos and skim read the article once quickly. Then, in pairs, answer the questions.
 - 1 Who do you think Aimee Fuller is?
 - 2 What sport has Aimee become successful in?
 - **3** What is the reason for this article?



AIMEE FULLER

SNOWBOARDING STAR

Aimee Fuller was born in England but now lives in the USA. She moved to the east coast of the United States at the age of 12 because she knew she wanted to be a professional snowboarder. It wasn't possible to train properly in her

hometown because it hardly ever snowed. There was a dry ski slope in her town, where she learnt how to ski and snowboard, but there weren't any mountains with snow to practise the sport.

Aimee quickly found sponsors and a coach when she arrived in the USA, and she is now a successful and well-known snowboarding star. She has done really well in many national competitions and her dream is to win an Olympic gold medal one day.

Aimee spends most of her time practising on the snow, and trains in the gym four to five times a week. She also goes cycling and running. Aimee says it is very important to keep fit because that helps her stay safe when she is doing snowboarding tricks and jumps. Her advice to people who want to learn how to do jumps, is to start

small and only do bigger jumps when they feel ready.

DURING HER FREE TIME, AIMEE LIKES TO SPEND TIME AT HOME, SWITCH OFF HER PHONE AND LAPTOP AND HANG OUT WITH HER FRIENDS AND FAMILY.



Read the article in Exercise 12 again and choose the correct answer, A, B or C.

Ex: Aimee spent the first few years of her life in England.

B False A True

Answer: A

1 Aimee learnt to ski before she started snowboarding.

A True **B** False C Not Given

2 It often snowed during winter in Aimee's hometown.

B False A True

C Not Given

3 It took Aimee a long time to find a coach after she moved to the USA.

A True

B False

C Not Given

C Not Given

4 Aimee has won an Olympic medal.

A True **B** False C Not Given

5 Aimee practises snowboarding in the mountains at least three times a week.

A True

B False

C Not Given

6 Aimee thinks that snowboarding is more dangerous for her when she is not fit.

B False A True C Not Given

7 In her free time, Aimee prefers being with people to spending time on her laptop. A True

B False

C Not Given

Complete the words from the article to match the descriptions. 14

- 1 This is someone who is paid to do a sport or other activity.
- 2 This means to practise your sport. _____
- 3 This word describes someone who is doing well in his/her life.
- 4 When you are this, you don't get tired easily when you exercise or do sport. _ _ _
- 5 You ask someone for this when you want to know what to do. _____

SPEAKING AND VOCABULARY

15 Look at the picures. Then, in pairs, answer the questions.















In which of these activities do you

- 1 catch a ball?
- 2 throw a ball?
- 3 kick a ball?
- 4 hit a ball?
- 5 score a goal?
- 6 win or lose a match or competition?

- 7 get fit?
- 8 use a racket?
- 9 move a piece?
- 10 relax your mind?
- 11 play in a team?
- 12 play alone?
- 13 need to wear special clothes?

In pairs, add more activities that you know to Exercise 15. Which pair in your class can think of the most?

In the same pairs, look at the pictures in Exercise 15 again and describe what is happening in each one.



Now, in your pairs, you are going to talk about a different sport. First, decide what sport you are going to talk about. Then, complete the task.

- Student A, describe your sport.
- Student B, you must guess what the sport is. Ask questions to find out more information. You can use the questions in Exercise 15.
- Student A, answer yes or no, but do not say what the sport is.
- Ask and answer questions until Student B guesses correctly. Then, swap roles.
- A: In this sport, you have to hit a ball over a net.
- **B:** Do you use a racket?
- A: Yes.
- B: Is it tennis?
- A: Yes!



Work in different pairs. You are going to describe a picture. Read the instructions and

- Student A, look at picture 1.
- Student B, look at picture 2.
- Take turns to say what is happening in your picture.
- Find five things that are the same in the two pictures, and five differences between them.





202 In small groups, talk about your hobbies and interests. Ask and answer the questions.

- 2 Which sports do you like doing? Which sports do you watch on TV?
- 3 Is it important to spend time outdoors? Why/Why not?

1 What activities do you like doing in your free time?

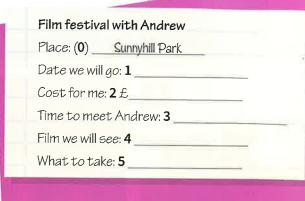
WRITING: RESPONDING TO A MESSAGE FROM A FRIEND

Read some information about a film festival and an email you received from your friend, Andrew. Then, complete the notes.



I'm emailing you about the film festival at the weekend. I can only go on Saturday as I'm working on Sunday. I don't mind if we miss Blue Rain, but I can't wait to see Child in Time! We can get food there, but don't forget an umbrella as it looks like the weather won't be good. I'll get the tickets online tonight and you can pay me then. See you at the entrance at 1:00pm.

Andrew





You and Andrew are now at the film festival. You receive a message on your phone from another friend, Richard. Read the message. What does Richard want to do?



23 Use the information from this unit to write a message in reply to Richard in Exercise 22. In your message, you should include:

- where you are
- · who you are with
- what you are doing
- what is happening
- where you can meet Richard
- what Richard should bring

In pairs, compare your answers. Check your answers for mistakes with spelling and punctuation, and make sure you have used present tenses correctly.

MODEL ANSWER

Hi Richard,

Yes, that would be great! I'm in Sunnyhill Park at the moment, at a film festival, with Andrew.

We're watching Child in Time now – it's fantastic! You can walk around and see any film you like. Send me a message if you can come and I'll meet you at the entrance when you arrive. Bring some money for food and an umbrella as it may rain.

See you soon,



UNIT/03

GRAMMAR AND VOCABULARY

Match the different activities in the box to the pictures.

skiing badminton

football

sailing swimming

volleyball

hiking

tennis

cycling basketball





















n	2	Complete the table using the words in the bo
o	1212	complete the table asing the words in the be

											basketbali
table ten	nis	athletic	s badı	minton	kar	ate	skiin	g	judo	cycling	sailing
hiking	footb	oall h	ockey	canoe	ing	bowl	ing	swin	nming	fishing	g boxing

play	do	go
	700	

Complete the sentences using the verbs in the correct form from the box.

score	win	kick	play	hit	throw	catch	lose	beat	
		a tennis	tournar	nent t	omorrow.	I hope I			some of
Our sch	nool foc			t doin	g well this	term. Ev	ery tear	n we pla	y against
		learn h				basek	oall but	t isn't a p	oopular
				v to			the ball	with the	racket when
					orts matcl	n, it is imp	ortant	to learn f	rom your
In rugb	y, playe	rs usual	lly pass	the ba	ll to each	other by			it.
In footb	all, pla	yers car	n't hold	the ba	ll – they n	nust move	e it by		it,
In base	ball, pla			ecial gl	love on th	eir hand t	to help t	hem	
		handba	all, the t	eam th	nat		the	e most go	oals is the
	I'm play my mat Our sch I really sport ir It is qui you sta When y mistake In rugby In footb In base	I'm playing in a my matches. Our school food really want to sport in Britair It is quite diffication you start playi When you mistakes and on rugby, played in football, played in baseball, played in basebal	I'm playing in a tennis my matches. Our school football tenus really want to learn his sport in Britain. It is quite difficult to le you start playing tennis When you mistakes and do bette In rugby, players usua In football, players can in baseball, players we the football and handball.	I'm playing in a tennis tournar my matches. Our school football team is not us. I really want to learn how to sport in Britain. It is quite difficult to learn how you start playing tennis. When you	I'm playing in a tennis tournament to my matches. Our school football team is not doin us. I really want to learn how to sport in Britain. It is quite difficult to learn how to you start playing tennis. When you a spomistakes and do better next time. In rugby, players usually pass the ball in football, players can't hold the ball in baseball, players wear a special glant the ball. In football and handball, the team the	I'm playing in a tennis tournament tomorrow. my matches. Our school football team is not doing well this us. I really want to learn how to sport in Britain. It is quite difficult to learn how to you start playing tennis. When you a sports match mistakes and do better next time. In rugby, players usually pass the ball to each In football, players can't hold the ball – they m In baseball, players wear a special glove on th the ball. In football and handball, the team that	I'm playing in a tennis tournament tomorrow. I hope I my matches. Our school football team is not doing well this term. Every us. I really want to learn how to based sport in Britain. It is quite difficult to learn how to you start playing tennis. When you as sports match, it is important time. In rugby, players usually pass the ball to each other by In football, players can't hold the ball – they must move In baseball, players wear a special glove on their hand the ball. In football and handball, the team that	I'm playing in a tennis tournament tomorrow. I hope I my matches. Our school football team is not doing well this term. Every team us. I really want to learn how to baseball but it sport in Britain. It is quite difficult to learn how to the ball you start playing tennis. When you as sports match, it is important the mistakes and do better next time. In rugby, players usually pass the ball to each other by In football, players can't hold the ball – they must move it by In baseball, players wear a special glove on their hand to help the ball. In football and handball, the team that the	I'm playing in a tennis tournament tomorrow. I hope I my matches. Our school football team is not doing well this term. Every team we play us. I really want to learn how to baseball but it isn't a pasport in Britain. It is quite difficult to learn how to the ball with the you start playing tennis. When you a sports match, it is important to learn formistakes and do better next time. In rugby, players usually pass the ball to each other by In football, players can't hold the ball – they must move it by In baseball, players wear a special glove on their hand to help them the ball. In football and handball, the team that the most go

Read the sentences about the sport cricket and underline the correct answer.

- 1 Cricket is a popular / good / favourite sport in several countries around the world, including India and Britain.
- 2 There are 11 people in a cricket team / group / set.
- 3 You play the sport by throwing / hitting / kicking a hard red ball with a bat.
- 4 It can take five days to compete a cricket goal / match / point.
- 5 People often use / wear / put white clothes to play cricket.

OE	Find the odd word out in each set. Then, complete the reason why it is the odd on out using the words in the box.
034	out using the words in the box.

team sports actions used in sports sports equipment

types of	competition	water sports	mounta	ain sports
1 sailing The othe	<u> </u>	tennis cand	peing w	vindsurfing
2 football The othe	_	icket athleti	cs base	eball
3 catch The othe		lose run		
4 match The othe	O	rnament rac	e judo	9
5 snowboa The othe	0	ng skiing o	climbing	hiking

Complete the table using the third person present simple form and the -ing form of the verbs.

6 ball winner bat racket stick _____

The others are _

	third person present simple	-ing form
1 snow		
2 fix		
3 get		
4 stop		
5 invite		
6 marry		
7 wash		
8 make		
9 offer		
10 buy		6
11 cross		
12 copy		
13 dance		
14 swim		
15 happen		
16 travel		

0 7 Match the sentence halves.

1	My mum is working
2	l often go to the cinema
	I can't speak to you right now
	What does your brother
	In this photo, I'm climbing
	What do you usually do
_	Why isn't Sam

- A like doing in his free time?
- B in Italy at the moment.
- C at the weekend?
- D because I'm studying.
- E eating his sandwich?
- **F** on a Saturday evening.
- **G** a volcanò with my uncle.

١	0	8	þ
-		_	

Read the sentences and underline the correct answer.

- 1 I don't know / I'm not knowing how to play tennis, but I would like to learn.
- 2 I'm very sorry, I can't remember / I'm not remembering your name.
- 3 Can you help me with my homework? I'm not understanding / I don't understand this question.
- 4 John is having / has a great time on holiday. Look at these pictures on his blog!
- 5 I'm afraid you can't borrow that book. It belongs / It is belonging to my sister and she is reading / reads it at the moment.
- 6 I don't want to / I'm not wanting to go out tonight. I'm too tired!
- 7 My brother has / is having so many hobbies! At the moment, he is taking / takes photos in the garden.
- 8 Sue isn't hearing / can't hear you at the moment. She is having / has a shower.

09

Complete the email from a university student using the correct form of the verbs in brackets.

• • • • · · · · · · · · · · · · · · · ·	Rophy Forward
To: William From: Katy	
Hi William,	
(have) a great time here in Leeds. The city i	is really hig and l
2(have) so many interesting places to visit. I 3	(enjoy) my
course so far and I really 4 (like) my classmates	5, 5 (stay)
in one of the halls of residence this year, but next year I may move in	nto an apartment with
some friends. I 6 (have got) a job in a local res	staurant so can earn
some extra money, 7 (work) there three eve	nings a week from 7pm
untill midnight. It's fine, but at the moment I 8	(look) for another job.
9 (want) one that 10 (f	inish) a bit earlier because
I need more sleep!	
Write soon with your news,	
Katy	
,	
Match the questions and short answers.	
1 Is that your brother playing tennis over there?	A No, I'm not.
2 Do you always get up so early?	B Yes, I do.
3 Are your parents staying in a hotel?	C Yes, you are.
4 Are you making chocolate cake?	
5 Is your brother having a good time in Iceland?	D Yes, it is.
6 Do you and your parents always eat together	E No, we don't.
in the evenings?	F Yes, they are.
7 Look at this picture of me as a young child.	G No, they don't
Am I wearing your gold necklace?	•
9. Do any of your school friends do taekwondo?	H Yes, he is.

