

## **READING**

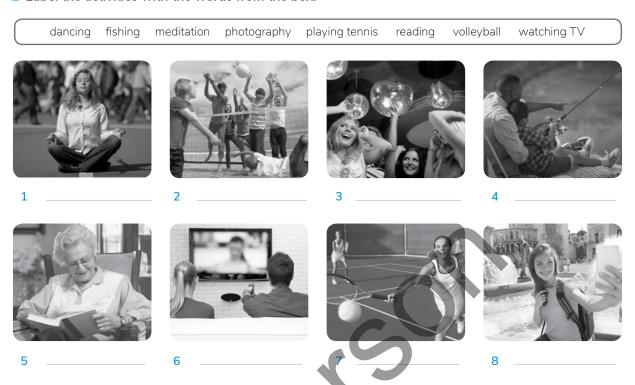
#### Relax, Train, Enjoy Life Fitness is Extra services (additional fees apply) ■ Spa (sessions of 30 / 45 / 60 minutes) ■ Kids Club (childcare services for children aged 3 to 12) ■ Indoor and outdoor volleyball leagues (male and female) (6+ years old) ■ Summer camps (ages 3 to 12) Life Fitness is so ■ Tennis (minimum age 5) much more than ■ Personal trainer (18+) your everyday ■ Individual Pilates (18+) gym. Your regular See our website for prices and details. membership gives you: Call us for a group classes free day pass to get the ■ cycle classes Life experience. group Pilates Three exclusive ■ swimming locations across the meditation room city. annual fitness and health evaluation

	Monthly fees: \$50.00 individual • \$85.00 couple • \$120.00 families	V	vww.life	fitness.co	254 Main Street 287-862-0001	
l Re	ead the brochure and write T (true) or F (fa	lse)	4	My annual he	alth and fitness evaluat	ion can be
1 2	The gym is for adults and children.  The gym offers only basic services like	Γ		done at the g	ym.	0
3	exercise classes.  It is cheaper per person to join as a family				re doesn't say. are available for three o	different
4	The extra services are included in the monthly fees.			lengths of tim		0
5	Girls can play volleyball.			b No		0
6	A fifteen-year-old can go to the summer camp.		6	My two-year-	re doesn't say. old child can stay in the	e Kids Club
7	You must be eighteen or older to do individual Pilates.			while I exercise  a Yes	Se.	0
8	Prices and additional information are			b No		0
<b>)</b> D,	available on the website.  ead the brochure again and tick the correct		7	<b>c</b> The brochu Group Pilates	re doesn't say. is	O
	iswers.	•		_	embership service.	$\circ$
1	I have a family membership. There are four peoin my family. The cost per person is  a the same as for individual membership.	ple	8	<ul><li>b an extra se</li><li>c The brochu</li><li>To play tennis</li><li>a not pay any</li></ul>	re doesn't say. s, I have to	0
2	<ul><li>b more than the cost for individual membership.</li><li>c less than the cost for individual membership.</li><li>With my regular membership, I can</li></ul>	0		<b>b</b> pay more fo	or this service. re doesn't say.	0
-	<ul><li>a do cycle classes.</li><li>b have a spa treatment.</li></ul>	00		ad the broch estions.	ure once more and a	answer the
3	c have a personal trainer.  My husband and I want to join the gym. We will p	oay	1	and prices?	o for further details	The website.
	<ul><li>a \$50.</li><li>b \$85.</li></ul>	0	2 3	Can I try the g	gym for free? /ms are there in the city	?
	c \$120.	Ŏ	4	Is it possible the winter?	o play volleyball in	
			5	l am seventee Individual Pila	en years old. Can I do utes?	
			6	How many m	embership plans are	



## **VOCABULARY AND GRAMMAR**

### 1 Label the activities with the words from the box.



### 2 Put the activities from Exercise 1 in the correct column.

Sport	Hobby	Activities to relax
1	3	5
2	4	6
		7
		8

# 3 Read the descriptions. What are the activities? Use the words from the box.

Ose the words from the box.										
bask	etball	chess	parkour	pottery	yoga					
1	You need comfortable clothes and shoes to jump around in.									
2	You need clay, a wheel and an oven.									
3	You need a bike and comfortable clothes.									
4	You need a ball and a hoop.									
5	You need a mat, comfortable clothes and space to do this relaxing activity.									
6	You ne	eed a bo	ard and th	e pieces to	play.					

### 4 Complete the sentences. Use each word twice.

	judo oversleep volunteer(ing)						
1	Judo is a modern martial art developed in Japan.						
2							
2	is a good way to give back to the						
	community.						
3	Many teenagers in the mornings						
	because they like going to bed late!						
4	I never in the mornings because I						
	have too much to do.						
5	is now an Olympic sport.						
6	As a you can help elderly people,						
	children or homeless people. There are many						
	different ways to help.						
	, ,						



### 5 Find the words below in the puzzle.

	ch	ess		C	yclin	g			ishii	ng		parl	cour	
G	I	Q	V	L	W	F	R	Т	А	Κ	W	А	Υ	Ν
Е	Ν	Ζ	L	D	U	Υ	U	Q	Ρ	L	Α	R	Р	М
Т	Κ	1	М	Χ	Q	R	0	0	Р	G	Е	С	С	Ν
Υ	Q	V	Н	А	Q	Ε	Κ	Q	L	Т	Е	Н	Р	М
U	Υ	С	W	S	D	J	R	Q	Т	Ζ	Z	Е	L	R
L	Е	Н	А	W	I	U	А	0	Н	А	Н	S	Κ	Υ
В	Υ	В	Т	D	М	F	Ρ	А		Q	X	S	0	0
L	Z	Υ	0	Ρ	Κ	G	Χ	V	Т	G	G	G	R	Q
L	L	А	В	Υ	Е	L	L	0	V	Ε	А	R	R	0
W	Q	Υ	Н	В	D	Ρ	0	Ζ	М	R	Ν	С	F	Н
W	Ζ	L	Ε	Ν	Е	0	С	D	J	Ε	V	Ν	U	F
J	М	J	I	V	Q	Н	G	А	0	J	Υ	R	I	Ν
С	Υ	С	L	I	Ν	G	Υ	С	R	0	G	I	W	S
L	F	V	Q	Χ	Z	С	А	В	Q	F	X	В	W	Y
S	D	J	J	U	U	А	Υ	Υ	Е	Q	Е	Е	V	V
	14.				maio			المد	evh:				O.E.	

6 Add the correct verb to complete each collocation.

р	lay	) go		6	)
1	do	meditation	5 .		fishing

- 1 do meditation
- 2 \_\_\_ cycling 3 judo
- 6 volunteer work 7
- volleyball
- chess 8 pottery

### 7 Complete the sentences with the activities from Exercise 6.

- I like to play volleyball on the beach with my friends. 1
- I always make beautiful vases when I do \_
- Terry plays in \_\_\_\_\_ competitions every weekend. One day he wants to be a grandmaster.
- I try to do \_\_\_ \_\_\_ once a week to relax.
- The two boys always go \_\_\_\_\_ down by the
- I think it is important to do \_\_\_\_\_ to help my community.

### 8 Put the words in order to make sentences.

- plays / She / volleyball / day / every / . She plays volleyball every day.
- 2 to / disco / go / on / the / Saturdays / They / .
- 3 parkour/you/Do/do/?
- do/fishing/not/go/They/.
- photography / does / a / hobby / He / as /. 5
- Roger / mornings / always / on / Monday / oversleeps / !

### 9 Rewrite the Present Simple in the Present Continuous.

Present Simple	Present Continuous (+)	Present Continuous (-)
l play	I'm playing	I'm not playing
You do		
He goes		
She works		
We study		
They attend		

### 10 Write sentences with information about Pietro's day. What is he doing at each time?

1	It's 7:00 a.m. (have / breakfast)
	Pietro is having breakfast.
2	lt's 8:00 a.m. (go / work)
3	It's 9:00 a.m. (start / work)
4	It's 10:30 a.m. (have / coffee)
5	It's 12:30 a.m. (eat / lunch)

- It's 5:00 p.m. (leave / work)
- It's 6:00 p.m. (play / football)
- 8 It's 10:00 p.m. (go / to bed)



# 11 Complete the text with the Present Simple or the Present Continuous forms of the verbs in brackets.



Aldana  $^1$  \_ has \_\_\_\_ (have) a very healthy lifestyle. She  $^2$  \_ \_\_\_\_ (try) to balance work and relaxation. Every day she  $^3$  \_ \_\_\_\_ (meet) her friend Roger. They  $^4$  \_ \_\_\_\_ (do) meditation together. This year, Aldana  $^5$  \_ \_\_\_\_ (do) photography. It  $^6$  \_ \_\_\_\_ (be) her new hobby. But she  $^7$  \_ \_\_\_\_ (work) a lot this month, so she  $^8$  \_ \_\_\_\_ (not / attend) photography class as often as she would like.

# 12 Read the answers and write complete questions using *Wh*- words.

1	Q:	Where do you study?
	A:	l study at Riverdale High.
2	Q:	
	A:	My teacher is Mrs Riviera.
3	Q:	
	A:	l play basketball after school.
4	Q:	
	A:	I play with my friends.
5	Q:	
	A:	I study from 6:00 to 9:00 p.m.
6	Q:	
	A:	I walk to school.

### 13 How often do you do these things?



Three times a day.

















LISTENING

## **WRITING**

1 Complete the email with the verbs from the box.

am doing is need share make want working	am	doing	is	need	share	make	want	working
--	----	-------	----	------	-------	------	------	---------

	To: samantha.smith@youremail.com From: anthony.young@youremail.com Subject: Today's homework						
	Hey Sam, Are you ¹doing your homework? I'm ² on my Maths at the moment, but I ³ totally confused. Did you ⁴ notes? Can you ⁵ them with me? I 6 to do well in the test. Maths 7 difficult for me,						
	so I <sup>8</sup> all the help I can get LOL. Last question when is it due?  Please, please, please help.						
	xoxo Tony						
(	Send ▼ A Û △ □						



## 1 Listen and write T (true) or F (false).

- 1 Sean is working as a volunteer.
- 2 He is volunteering alone.
- 3 He is busy singing for the residents.
- 4 The residents are singing to each other.
- 5 Volunteering is not difficult.
- 6 The residents are usually calm.
- 7 The residents are happy to see the volunteers.
- 8 Sean will have dinner with the residents.

### 2 What are they doing right now?

1	Sean	volunteering
2	Sean	
3	Sean	
4	Most of the residents	
5	Some of the residents	
6	A few of the residents	
7	Sean's mum	
8	Sean's mum	

# 3 (36) Listen again and complete what Sean and his mother say.

1	Sean: "I'm volunteering at	t the moment."	
2	Sean: "We're	_ dinner."	
3	Mum: "And what are the residents		-?"
4	Sean: "Most of them areTV."		
5	Sean: "And a few are	."	_
6	Mum: "I'm cl	hicken."	

How are you doing in school? Write 6 sentences.

am doing very well in Biology. I love science.	
'm not doing well in English Literature. I hate	
reading the classics. They are so boring.	

3 How can you get help if you are having difficulty with a subject? Write 4 suggestions.

Get extra lessons.	
Oct extra tessons.	

Write an email to a friend, a teacher, a parent or someone else asking for help with homework or something else at school.



## **SELF-CHECK**

### 1 Match the words to their definitions.

1 tennis a Exercises to help a person relax. 2 **b** To sleep for longer than planned. pottery 3 c A game for two or four people oversleep using rackets to hit a small ball over a net. d A sport that involves running on chess city streets and jumping between buildings. e A game for two players who 5 yoga move their playing pieces across a special board to try and trap their opponent's king. parkour f The activity of making pots, vases

and other things out of clay.

- 2 Circle the correct options.
  - 1 Angela plays / is playing volleyball twice a week.
  - 2 Peter don't do / doesn't do meditation.
  - 3 Do / Does Ana go / goes fishing with her father on weekends?
  - 4 Do / Does he play / plays chess?
  - 5 I don't go / doesn't go cycling in the winter.
  - 6 Do / Does they do / does volunteer work?
- 3 Choose the correct Wh- word to complete the questions.

1	A:		_ is playir	g football with you?
	B: Anthony, M	1iriam ar	nd Rose.	•
	a Who	<b>b</b> Wha	it c	When
2	A:		are you	ı doing?
	<b>B:</b> Studying.			
	a Why	b Who	) <b>C</b>	What
3	A:		are they	going?
	<b>B:</b> Tomorrow.			
	a What	b Whe	en c	How much
4	A:		are you	doing that?
	<b>B:</b> Because m	y mothe	r told me	to.
	a How	b Why	/ <b>C</b>	Who
5	A:		_ are you	getting there?
	<b>B:</b> By bus.			
	a Why	b Whe	en c	How
6	A:		_ is it?	
	B: Two pound	ls.		
	a How much	b How	/ <b>C</b>	When

# 4 Complete the text with the correct forms of the verbs in brackets.



Clarice is a good student, but she <sup>1</sup>				
(fail) history this term because she <sup>2</sup>				
(not / study). That's because she <sup>3</sup>				
(prepare) for a big ballet exam and recital and				
4(S	pend) all her time at practice.			
Her mother <sup>5</sup>	(not / is) happy			
about this. She <sup>6</sup>	(try) to help			
Clarice balance her time and activities so that she can pass				
her ballet exam and her history class.				