

1 Complete the sentences with the Present Simple or the Present Continuous form of the verbs in brackets.

- 0 They go (go) to the cinema at the weekend.
 1 I often _____ (go) to the park or go swimming on Sunday mornings.
 2 My brother is _____ (not work) in France at the moment.
 3 _____ we _____ (go) home now? I'm really hungry.
 4 At the weekend, I usually _____ (get up) at 10 a.m.
 5 What _____ you _____ (do) at the weekend? I usually visit family.
 6 I _____ (read) my book at the moment.

/6

2 Write the -ing form of the verbs below.

- 0 live living
 1 feel _____
 2 have _____
 3 run _____
 4 win _____
 5 come _____
 6 drive _____
 7 make _____

/7

3 Complete the dialogue with the Present Simple or the Present Continuous form of the verbs in brackets.

A: Hi! Where are you? Can you talk now?

B: Yes, I'm at home.

A: ⁰ Are you coming (come) to the cinema with us tonight?

B: I ¹ _____ (not know). I ² _____ (do) my homework at the moment.

A: Oh, come on. We ³ _____ (buy) the tickets now.

B: Sorry, my parents ⁴ _____ (not want) me to go out tonight. What ⁵ _____ you _____ (do) after school tomorrow?

A: Nothing this week. I usually ⁶ _____ (see) my sister but she's busy.

B: Oh. ⁷ _____ you _____ (want) to come to my house?

A: Okay. See you tomorrow then.

/7

4 Use the cues to write questions and answers. Use the Present Simple or the Present Continuous.

0 like jazz music? (like rock music)

Do you like jazz music. No, I like rock music

1 do your homework? (write a letter)

2 eat ready-made meals? (prepare food at home)

3 meet your sister at the cinema? (meet friends at the park)

4 get up early at the weekend? (get up late)

5 talk to Anna at the moment? (do my homework)

/10

5 Complete the sentences with the correct words. The first letter of each word has been given.

0 She likes listening to the radio when she is alone in the house.

1 I am having a big p_____ for my birthday.

2 My mum does y_____ to help her relax.

3 H_____ students always pass their exams.

4 He'd like to be a j_____ and work for a newspaper.

5 I always wear g_____ when I swim.

6 She f_____ our cats every morning

7 I never feel l_____ when my parents are away.

8 I always wear a h_____ when I go cycling.

9 They all felt very t_____ after the race.

10 It's a good idea to wear a w_____ when diving in cold water.

/10

TOTAL SCORE

/40

Reading

1 Read the article. Are the statements true (T) or false (F)?

Business manager, Mark Ordaz, talks about running

For many people, running is a sport for the weekend but for me it is definitely part of my daily routine. It keeps me fit and healthy and is a wonderful way to relax. I also like it because I can do it alone. I like playing football but I'm usually working when my friends play it. I have a successful business and I am very hard-working. My typical day begins at 5 a.m. and ends at 11 p.m. I myself work a ten to twelve hour day but I'm happy with my job. I don't usually work at the weekend but sometimes I do a few hours on Sunday.

When I wake up I go for a long run. I like running because it gives me time to think about what I'm doing that day. When I get home I always have a plan for the day in my head. I go into the kitchen, sit down and make some notes. I write down what I am doing in the morning, afternoon and evening and who I am meeting. Then I eat a healthy breakfast and get ready for work. I usually take my shorts and running shoes with me when I have meetings or travel to other cities because a short run is an ideal way to relax. Most cities have a park and there are always other runners to talk to so it is never lonely.

Some people think I'm a little crazy because I think running is relaxing. They think you need a lot of energy to go running but I always feel full of energy afterwards and I never feel stressed or tired. Perhaps, it is time for you to start running?

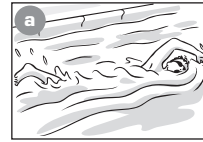
- 1 Mark doesn't have much free time. ____
- 2 It's unusual for Mark to get up at 5 a.m. ____
- 3 Mark never works at the weekend. ____
- 4 Mark always has breakfast before he goes running. ____
- 5 Running gives Mark time to get organised. ____
- 6 Mark likes talking to other runners. ____
- 7 Mark says running gives him energy. ____
- 8 Mark sometimes feels tired after running. ____

/8

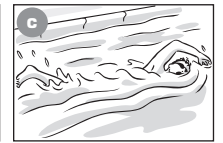
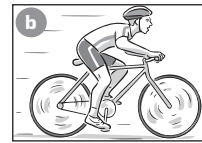
Listening

2 Listen to two people talking about sport. Choose the best answer to the questions.

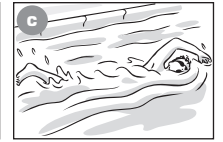
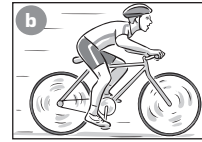
1 Which of these sports is not in an Ironman competition?



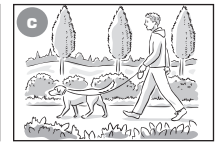
2 What sport does Jan find difficult?



3 What sport does Jan do on Tuesdays and Fridays?



4 What does Jan do when he goes to the park on Sunday?



/4

Communication

3 Choose the correct words to complete the sentences.

- 0 It's definitely/maybe sunny. People are wearing sunglasses.
- 1 There are lots of children in the park. It is *perhaps*/definitely the school holidays.
- 2 Who is the man on the *right*/middle of the photo?
- 3 I enjoy running *because*/maybe it is good exercise.
- 4 Who is the woman *in/on* the middle of the group?
- 5 It's *definitely/perhaps* nighttime. It's very dark.
- 6 Your parents are *in/on* the foreground of the photo.
- 7 What can you see in the *background/left*? Mountains?
- 8 I think the swimmer on the *middle/left* is from Australia.

/8

TOTAL SCORE

/20