

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 She _____ (not study) at the moment.
- 2 My brother is learning to play the violin but he _____ (not practise) every day.
- 3 _____ you _____ (walk) or get a bus home from school?
- 4 After school, I do my homework and then I _____ (have) dinner with my family.
- 5 What _____ you usually _____ (do) after school?
- 6 What are you _____ (do)? I'm listening to music.

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2 Write the -ing form of the verbs below.

- 0 live living
- 1 get _____
- 2 wait _____
- 3 jog _____
- 4 prepare _____
- 5 swim _____
- 6 cycle _____
- 7 happen _____

/7

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

- A: Hi Jack! What ⁰ are you doing (do)?
- B: I ¹ _____ (make) pizza for our dinner tonight.
- A: What ² _____ you _____ (put) on it?
- B: I ³ _____ (not know). Are you coming round for dinner?
- A: Yes, please!
- B: Okay. ⁴ _____ you _____ (like) cheese and ham?
- A: Yes. ⁵ _____ you _____ (want) any help?
- B: Yes, but you have homework to do.
- A: Oh, I ⁶ _____ (not do) my homework at the moment.
I ⁷ _____ (come) to your house!
- B: Okay, see you soon.

/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 watch film at the moment? (listen to the radio)

- 2 go jogging? (play tennis)

- 3 cook pasta? (make a pizza)

- 4 go to bed early? (go to bed at 11 p.m.)

- 5 wait for the bus at the moment? (walk to work)

/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 She is a very s _____ runner and has two gold medals from the Olympics.
- 2 My d _____ routine is really boring. I do the same things every day.
- 3 He is very o _____. He always does his homework before watching TV.
- 4 I usually feel s _____ before exams - I worry about difficult questions.
- 5 My sister is a n _____ person and always stays up late. In the morning she usually gets up late.
- 6 It's always w _____ to see my cousin - we have so much fun together.
- 7 I write the times and dates of football matches in my d _____.
- 8 My t _____ day starts at 6.30 a.m. and finishes at 10 p.m.
- 9 Don't forget your swimming c _____ when you go to the pool today.
- 10 I'm cooking d _____ tonight.

/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?

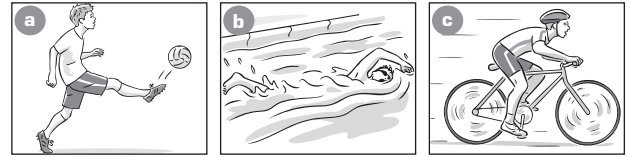
- 1 Running is part of Mark's normal lifestyle. ____
- 2 Mark doesn't like working long days. ____
- 3 Mark goes for a run before breakfast. ____
- 4 Mark uses the time he is running to plan his day. ____
- 5 Mark goes running when he travels to other cities for work. ____
- 6 Mark says he feels lonely when he is running. ____
- 7 Running gives Mark energy and stops him feeling stressed. ____
- 8 Mark thinks running is a good activity for people to do. ____

/8

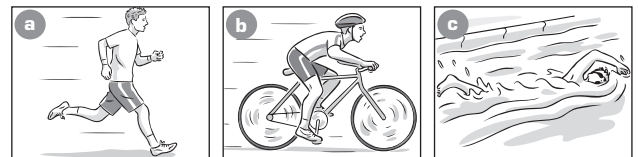
Listening

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

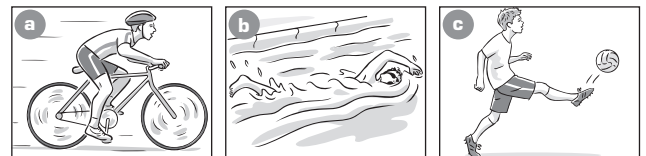
- 1 Which of these sports is not in an Ironman competition?



- 2 What sport does Jan now find easier?



- 3 Which sport does Jan do on Mondays and Thursdays?



- 4 What does Jan do on Sunday mornings?



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Communication

- 3 Choose the correct words to complete the sentences.

- 0 It's definitely/maybe sunny. She's wearing sunglasses.
- 1 Maybe/Probably it's in Greece because it looks hot.
- 2 What can you see behind/background the car?
- 3 It's perhaps/definitely winter. I can see snow.
- 4 Is that your house in/on the background?
- 5 I think he's happy perhaps/because he is smiling.
- 6 Who is the runner in the left/middle of the group?
- 7 Is that a child in/on the foreground of the picture?
- 8 Who is on the left/middle of the winning group?

/8

TOTAL SCORE

/20