

UNIT 2 Vocabulary practice



Sport

1 Complete the sentences with the words in the box.

competitive ~~active~~ motivate balanced spectators
teammates event wellbeing trophy

It is important to stay *active* throughout life.

- 1 It is recommended to eat a diet.
- 2 Basketball, baseball, soccer and ice hockey are all examples of sports that are popular in the USA.
- 3 A great coach is one who can his or her team.
- 4 Lucy was worried that she had let her down when she missed a goal.
- 5 There were thousands of at the match yesterday. It was a great turnout.
- 6 Rob was delighted to take home the to show his parents.
- 7 The was cancelled due to bad weather.
- 8 I find doing regular exercise really helps my

2 Choose A, B or C to complete the phrasal verbs in the sentences.

David was so tired that he had to drop **C** the race.

A into B out C out of

- 1 Yes! My team have got to the final!
A through B over C out
- 2 I've signed to do the marathon next year.
A up B under C in
- 3 This team have taken part every final since 2006.
A of B in C on

Phrasal verbs

3 Choose the correct options.

The coach came up **with** / **in** a new strategy in the last 5 minutes of the match.

- 1 I'm training for a marathon and I'm using a fitness app to keep track **of** / **on** my progress.
- 2 Peter thinks the event will still go **head** / **ahead** despite the bad weather. I hope he's right.
- 3 We need to work **out** / **over** a plan to beat the other team.
- 4 Jill fell over twice at the start of the race and yet she ended **up** / **at** in second place.
- 5 A new championship is set to take **under** / **over** from the current one next year.

Health & wellbeing

4 Complete the text with the verbs in the box.

become get stay enrol ~~keep~~ take up

Five ways to *keep* fit this summer:

- (1) in a fitness class
- (2) together with friends to exercise
- (3) a member of a sports club
- (4) a new sport, such as running or swimming
- (5) hydrated

5 Match 1–5 with A–F.

Jim wants to
get

- 1 I want to set
- 2 I need to cut
- 3 Ben enrolled
- 4 Simon is
going to train
- 5 It is important
to

A for a half marathon.

B stretch before and after
every run.

C in shape, so he's started
running.

D chocolate out of my diet.

E in a new yoga class
yesterday.

F a goal so I have
something to work
towards.

UNIT 2 Grammar practice



Relative pronouns & adverbs

1 Choose A, B or C to complete the sentences.

This is the stadium **A** I ran my first race.

A where B who C when

1 David Beckham is a footballer we all admire.

A which B when C who

2 Seville is he started his basketball career.

A whose B where C when

3 Next Sunday is we're due to play the tennis final.

A which B who C when

4 Running is a sport is popular in my school.

A which B who C where

5 This is the manager team won the league last year.

A which B who C whose

2 Choose the correct options.

American swimmer Diana Nyad made history **when** / **where** she became the first person to swim from Cuba to Florida without a shark cage. After swimming for 53 hours she walked onto the beach at Key West, (1) **who** / **where** she was greeted by many spectators. Nyad, (2) **which** / **who** is 64 years old, had an important message for her supporters, (3) **which** / **who** was that you're never too old to chase your dream. Nyad, (4) **who** / **whose** four earlier attempts to complete the swim were unsuccessful, wore a full bodysuit, gloves, boots and a mask. This heroic swimmer first came to public attention in 1975, (5) **when** / **where** she swam 28 miles around the island of Manhattan in just under eight hours.

Defining & non-defining clauses

3 Do these sentences contain defining (D) or non-defining (ND) relative clauses? Cross out the relative pronoun if it can be omitted.

Harriet is the girl ~~who~~ I saw in town yesterday. **D**

1 The World Cup, which is held every four years, is the most important football tournament.

2 This is the mountaineer who I was telling you about.

3 This is the house which we want to buy.

4 My sister, whose exams finished last week, has gone to Corsica.

5 The swimming pool in town, where I learnt to swim, is closing down.

6 There's the tennis player whose racket broke during the match.

that, what & which

4 Order the words to form sentences. Then cross out the relative pronoun if it can be omitted.

I / that / most. / the / is / Skiing / sport / love / the
Skiing is the sport ~~that~~ I love the most.

1 late, / brother / unusual. / My / is / is / which

2 what / mean. / don't / you / I / understand

3 I / to / anything / can / Is / help? / that / do / there

4 doing. / they / couldn't / She / understand / were / what

5 disqualified, / was / rider / which / The / unfair. / was

6 he / you. / He's / to / something / got / that / tell / wants

7 a subject / Chemistry / interests / is / that / him.

Formal & informal structures

5 Are these sentences formal (F) or informal (I)?

This is the place about which we have heard so much. **F**

This is the place we've heard so much about. **I**

1 a) Lionel Messi is a player on whom you can depend.

b) Lionel Messi is a player you can depend on.

2 a) Barcelona is the city which my aunt lives in.

b) Barcelona is the city in which my aunt lives.

3 a) Amnesty International is the charity to which we are donating money.

b) Amnesty International is the charity which we are donating money to.

4 a) Kim, with whom I worked on this project, is French.

b) Kim, who I worked with on this project, is French.

UNIT 2 Vocabulary practice



Sport

1 Complete the text with the nouns in the box.

competitive drop out event ~~race~~ sign up
spectators wellbeing

The Colour Run is a five-kilometre *race* that's different from other races. That's because it's about having fun rather than being (1) In this (2) the runners wear white clothes and, after each kilometre, they are covered in different-coloured powdered paint. This means that all the competitors finish the race covered in colour. Lots of people walk large parts of the race, so not many (3) When runners get to the end of the race, it's time for the 'Finish Festival', a party to celebrate health and (4) Every year hundreds of people (5) for the race and everybody has a great time. (6) along the way cheer on the runners and enjoy the festive atmosphere.

2 Write the bold words in the text next to the correct definitions.

Contrary to popular belief, a lot of young people are more **active** than **sedentary**. What **motivates** them to **take part** in **team** sport? One important factor is the enjoyment of working together with **teammates**.

team: group of people on the same side in a sport

-: is the reason why somebody does something
-: always busy doing things, especially physical activities
-: to be involved in something
-: spending a lot of time sitting down and not moving
-: members of the same team or group as yourself

Health & wellbeing

3 Replace the underlined words with the verbs and phrasal verbs in the box.

training enrol in hydrate power nap
~~get in shape~~ cut out

The doctor told her to become fit. *get in shape*

- I'm going to join a spinning class.
- You need to do a lot of preparation to get fit enough to play professionally.
- You have to drink a lot of water when you do exercise.

- If you are tired in the afternoon, take a short sleep.
- Unfortunately I have had to stop eating chocolate.

Phrasal verbs

4 Complete the sentences with the correct form of a verb from A and a preposition from B.

A end go keep ~~work~~ come take
B track up ahead up with ~~out~~ over

We need to *work out our tactics* before the game.

- I'm having trouble of the score.
- Some of the players were ill, but we decided to with the game.
- Messi got injured and substituted.
- Do you think basketball will ever from football as the most popular sport?
- The coach a new way of organizing the defence.

Consolidation

5 Correct the mistakes in the prepositions in the sentences. Two sentences are correct.

I've run ~~on~~ phone credit; I need to top it up. *out of*

- I can't get through to Mum. Can you call her on your phone?
- How many countries will take part on the summer Olympics this year?
- He decided to drop off of the race at the last minute.
- We were cut up in the middle of our conversation.
- Helen commented on my status update.
- Have you considered signing down for the football team?

6 Complete the sentences with the correct forms of verbs in bold. Add the correct prepositions for phrasal verbs.

I've decided to *sign up* for a triathlon. (**sign**)

- Jane couldn't finish the race and three kilometres from the end. (**drop**)
- I don't like it when people photos instead of listening to me. (**swipe**)
- I can never to my father on the phone. (**get**)
- My phone is very old and keeps of battery. (**run**)

UNIT 2 Grammar practice



Relative pronouns & adverbs

1 Complete the sentences with **one** relative pronoun or adverb each.

Sunday is *when* we usually play baseball.

- 1 This is the gym I work out.
- 2 Alex Ferguson was a football manager had a lot of success with Manchester United.
- 3 Rafa Nadal, coach was his uncle Tony Nadal, has won everything in tennis.
- 4 Snowboarding is a sport is becoming more popular every year.
- 5 August is the month most people go on holiday.
- 6 New York is a city is always very busy.

Defining & non-defining clauses

2 Complete the text with **one** relative pronoun or adverb in each gap. Then choose whether each relative clause is **defining** or **non-defining**.

- The world's most popular sporting events**
- Number 5: The fifth most watched sporting event is the Monaco Grand Prix, *which* has been held every year since 1929. It usually has around 25 million viewers.
 - Number 4: The Super Bowl is also a sport (1) is very popular. In 2012 there were 111.5 million people (2) watched the biggest game in American football.
 - Number 3: In third place is the ICC Cricket World Cup Championship, (3) was watched by several hundred million people in 2011.
 - Number 2: It's the FIFA World Cup (4) has the second biggest audience in sport. In 2010 there were 700 million people watching (5) Spain played the Netherlands.
 - Number 1: In the summer of 2012 everyone was watching London, (6) the Olympics opening ceremony had an estimated 1 billion viewers.

defining / non-defining

- 1 defining / non-defining
- 2 defining / non-defining
- 3 defining / non-defining
- 4 defining / non-defining
- 5 defining / non-defining
- 6 defining / non-defining

that, what & which

3 Translate the sentences into your language.

- 1 Is this the fastest that your car can go?
.....
- 2 He couldn't believe what he was seeing.
.....
- 3 These tickets were the cheapest ones that I could find.
.....
- 4 I saw the Olympic 100 m sprint final, which was amazing.
.....
- 5 All that I want to do now is sleep.
.....

Formal & informal structures

4 Complete the second and third sentences so that they mean the same as the first sentences. Use **one** formal and **one** informal structure.

- We were talking about the Australian Open Tournament.
- a) Formal: The Australian Open is the tournament *about which we were talking*.
 - b) Informal: The Australian Open is the tournament *which we were talking about*.
- 1 The students were talking to Professor Lee.
a) Formal: Professor Lee is the person
b) Informal: Professor Lee is the person
 - 2 I studied at Harvard University.
a) Formal: Harvard is the university
b) Informal: Harvard is the university
 - 3 They have been training for the decathlon.
a) Formal: The decathlon is the event
b) Informal: The decathlon is the event



Consolidation

5 Complete the second sentence so that it has the same meaning as the first sentence. Use the words in bold.

I borrowed my brother's coat. He'll be back tomorrow. (**whose**)

My brother, *whose coat I borrowed*, will be back tomorrow.

1 I've lived in this house all my life and it's for sale. (**where**)

This house,, is for sale.

2 'I didn't hit your car, Mr Long,' said Dan. (**denied**)
Dan Mr Long's car.

3 'Who told you about the problem, Simon?' asked Jane. (**had**)

Jane asked Simon
..... about the problem.

4 First he ate the cake, then he drank some tea. (**had**)

After he, he drank some tea.

6 Complete the sentences with the correct forms of the verbs in bold.

Gemma promised *to text* me when she got home. (**text**)

1 Kamil apologized for his mother's birthday. (**forget**)

2 By the time you arrived we for three hours. (**already / wait**)

3 Sam advised his sister to the party. (**not / go**)

4 James yesterday? (**see**)

5 Sorry, I forgot the money. I it tomorrow, I promise. (**bring**)

6 the Taj Mahal? (**ever / visit**)

UNIT 2 Writing practice

Writing skills: step 1

1 Correct the mistakes in the sentences. *Three sentences are correct.*

- 1 I would recommend doing more preparation before the event takes place.
- 2 Perhaps we should consider to invite more participants.
- 3 Maybe we need to think of a new venue.
- 4 She recommended to started the race earlier in the day.
- 5 We'd better to give all the participants refreshments.
- 6 We could to advertise the event in the local newspapers.
- 7 Maybe we would change the date of the event.
- 8 Perhaps we should consider having the event every two years.

2 Match the phrases 1–6 with functions A–F.

- 1 The aim of this report ...
- 2 However ...
- 3 This may be a good idea because ...
- 4 An alternative possibility is ...
- 5 In conclusion ...
- 6 The first option is ...

- A Give a different suggestion
- B Introduce a final decision
- C Introduce a suggestion
- D Introduce a contrast or problem
- E Say why you are writing the report
- F justify a suggestion

Writing skills: step 2

3 Read the text. Put paragraphs A–D in the correct order.

1 2 3 4

A When should the race take place?

The first option would be to think about the timing of the event. We did a survey with students and (1) **found** / **finding** that they have no time to train for the event because it coincides with their exam period in the summer. For this reason, we (2) **can** / **could** consider changing the date to earlier in the year. This may be a good idea as the weather would be better for marathon (3) **run** / **running** in the spring.

B Objective of the report

The aim of (4) **this** / **that** report is to consider solutions for the falling numbers of participants in the marathon we organize every year at the university. This has always been a popular event, but in recent years fewer and fewer students are (5) **take** / **taking** part.

C Final recommendation

In conclusion, (6) **so** / **since** most of our students were interested in the race, but couldn't participate because of their exams, we would recommend (7) **move** / **moving** the date of the event to the beginning of March next year.

D Who should be allowed to participate?

An alternative possibility (8) **was** / **is** to open up the race to more participants from outside the university who would have no problems with the (9) **actual** / **current** date. We could consider advertising the race in specialized magazines, or online to boost numbers. However, this race was designed to encourage more students to take (10) **up** / **out** sports, so perhaps this would not be the best idea.

4 Choose the correct options to complete the text.