

4 Test

Vocabulary

1 Complete the sentences with the correct form of the word in brackets.

- 1 My grandmother wears thick glasses because she's extremely short-_____. (sight)
- 2 They're going to _____ the winners of the competition in tomorrow's paper. (public)
- 3 Steve's greatest _____ was winning a gold medal at the Olympics. (achieve)
- 4 My sister's very level-_____, so she usually makes sensible decisions. (head)
- 5 _____, my aunt's problem is financial. (essential)
- 6 The teacher offered to _____ my doubts if I stayed behind after class. (clear)
- 7 Rob is very thick- _____ so he takes no notice if other children insult him. (skin)
- 8 Miranda is a doctor, so she has a wide _____ of medicine. (know)
- 9 Anne wouldn't listen to my argument because she's so narrow-_____. (mind)
- 10 The twins are so similar that it's impossible to _____ one from the other. (different)

Marks: __ /10

2 Complete the text.

Jack was wondering how to twist his dad's ¹ _____ into letting him borrow his car on his birthday. He was playing it by ² _____ to find the right moment to ask, but he always got cold ³ _____ beforehand. He had also been keeping an ⁴ _____ on the calendar and now time was running out. He got the problem off his ⁵ _____ by telling his sister what he wanted. That night, she put her ⁶ _____ in it by asking for the car on Jack's behalf. Jack said that it would only be for a few hours, but his father bit his ⁷ _____ off and told him not to split ⁸ _____. Jack was furious with his sister and told her not to poke her ⁹ _____ into his problems in the future. It wasn't until the day of his birthday that Jack realized that they had been pulling his ¹⁰ _____. His birthday present was a brand new car of his own.

Marks: __ /10

Reading

3 Read the text and complete the sentences.

Mind over body

Pilates is a physical fitness system developed in the early twentieth century by Joseph Pilates, a gymnast born in Germany of Greek ancestry. Pilates designed a system of exercises to aid injured soldiers to regain their health by working with key muscles. He called his method Contrology because he believed it used the mind to control the muscles. The program focuses on the muscles which are essential to providing support for the spine. Pilates demands intense focus. Beginners are instructed to pay careful attention to their bodies, building on very small, fundamental body movements and controlled breathing. The original Pilates method was 34 exercises done on the floor on a padded mat, but Pilates later invented several pieces of apparatus which could be used for additional exercises.

- 1 Joseph Pilates was German but his family originally came from _____.

- 2 Pilates aimed his method at people who worked as _____.
- 3 People who start Pilates are taught to control their _____.
- 4 In the beginning Pilates developed _____ exercises for people to practise.
- 5 Generally, people practise Pilates lying on a _____ on the floor.

Marks: __/5

4 Read the text again and answer the questions with a complete sentence.

- 1 What is Pilates?

- 2 What did Joseph Pilates do before he started developing his method?

- 3 Why did he call the system Contrology?

- 4 Which muscles does Pilates work with?

- 5 What developments did Pilates make later to his method?

Marks: __/15

Grammar

5 Choose the correct answers.

Tom is sixteen years old and he's a swimmer. He ¹ _____ swimming when he was very small and he ² _____ it ever since. He ³ _____ in competitions for over five years now and he ⁴ _____ against some of the best swimmers in the country. Last year he ⁵ _____ a silver medal in the National Championships and he ⁶ _____ first in many other races. His coach ⁷ _____ he should swim in the Olympic Games, so Tom ⁸ _____ training hard. He ⁹ _____ at six o'clock to swim for two hours before school. After school he ¹⁰ _____ to the pool for another two hours before going home. Not surprisingly, he's exhausted!

- | | | |
|--------------|---------------|----------------------|
| 1 a started | b 's started | c 's been starting |
| 2 a loved | b 's loved | c 's been loving |
| 3 a swam | b 's swum | c 's been swimming |
| 4 a competed | b 's competed | c 's been competing |
| 5 a won | b 's won | c 's been winning |
| 6 a came | b 's come | c 's been coming |
| 7 a said | b has said | c has been saying |
| 8 a trained | b has trained | c has been training |
| 9 a got up | b 's got up | c 's been getting up |
| 10 a went | b 's gone | c 's been going |

Marks: __/10

6 Complete the second sentence so that it means the same as the first sentence. Use the present perfect simple or present perfect continuous form.

- 1 I started learning Arabic five years ago.
I _____ five years.
- 2 They won the prize in 2005, 2008 and 2010.
They _____ times.

- 3 Tina met her best friend ten years ago.
Tina _____ for ten years.
- 4 The last time Matt played football was six months ago.
Matt _____ six months.
- 5 My dad started writing letters at 8 a.m. and it's now 4 p.m.
My dad _____ eight hours.
- 6 When did you start running marathons?
How _____ marathons?
- 7 Tony bought his laptop in 2009.
Tony _____ 2009.
- 8 I arrived here an hour ago and I'm still waiting.
I _____ an hour.
- 9 The last time Sandra was ill was in March.
Sandra _____ March.
- 10 My parents got married in 1993.
My parents _____ 1993.

Marks: __ /10

Language skills

7 Complete the dialogue.

- Alex Have you ¹ _____ broken your leg?
- Pete No, I've ² _____ broken a bone. But I've ³ _____ my ankle several times.
- Alex How did you ⁴ _____ that?
- Pete The last time I ⁵ _____ playing basketball and someone stood on my foot.
- Alex ⁶ _____ it hurt?
- Pete Yes, it was very painful. I couldn't play for a month.
- Alex How ⁷ _____ have you been playing basketball?
- Pete ⁸ _____ I was about six years old. Do you do any sport?
- Alex Yes, I play handball. I've ⁹ _____ playing for about four years.
- Pete Have you ever pulled a ¹⁰ _____?
- Alex Yes, I have and it really hurt!

Marks: __ /10

8 Complete the mini-dialogues.

Dialogue 1

- A Why were you crying before the play?
- B I was really nervous. I got ¹ _____.
- A What did the drama teacher say?
- B She was really angry. She bit ² _____.
- A Who persuaded you to go on stage?
- B My sister. She twisted ³ _____.

Dialogue 2

- A ⁴ _____?
- B Yes, I have. I dislocated my little finger last year.
- A ⁵ _____?
- B I did it when I was playing water polo in the swimming pool.

Marks: __ /10

Writing

9 Write an informal letter to a friend you made last year on holiday. Write about 130 words and organize your writing into four paragraphs:

- Thank him / her for their last letter and apologize for not writing sooner.
- Write about some news about yourself.
- Write about some news about your friends and / or family.
- Ask some questions about your friend.

Marks: __/20

TOTAL: __/100