

## Grammar

### 1 conditional structures (1)

**Make conditional sentences using the verbs in brackets.**

*I'm not going to run* (run) today if it *rains* (rain) later.

- 1 If you \_\_\_\_\_ (wear) a harness, you \_\_\_\_\_ (not injure) last week.
- 2 I \_\_\_\_\_ (risk) investing in Ben's new scheme if I \_\_\_\_\_ (be) you.
- 3 I'm sure David \_\_\_\_\_ (break) the record in the last race if only he \_\_\_\_\_ (have) faith in himself.
- 4 We \_\_\_\_\_ (train) now if John \_\_\_\_\_ (not hurt) his back.
- 5 If I \_\_\_\_\_ (have) the chance, I \_\_\_\_\_ (move) to the sea where I'd be able to swim regularly.

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### 2 advice and permission

**Rewrite the sentences using the words in brackets.**

It's not good to train so hard. (should)  
You shouldn't train so hard.

- 1 My brother doesn't let me use his equipment. (allowed)  
I \_\_\_\_\_.
- 2 Would it be OK to borrow your helmet and goggles? (Could)  
\_\_\_\_\_?
- 3 It would have been a good idea to try on that wetsuit before buying it. (should)  
You \_\_\_\_\_.
- 4 Parking is permitted here, but only for thirty minutes. (can)  
You \_\_\_\_\_.
- 5 I was allowed to train in the local pool when it was closed to the public. (could)  
I \_\_\_\_\_.

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### 3 emphasis

**Put the words in the correct order to make sentences.**

of / such / amount / Footballers / money / earn / a / ridiculous  
*Footballers earn such a ridiculous amount of money.*

1 rafting / do / never / tried / white-water / I / having / regret  
\_\_\_\_\_.

2 rush / I / enjoy / the / It's / that / adrenaline / particularly  
\_\_\_\_\_.

3 be / at / does / Ben / the / everything / have / best / to  
\_\_\_\_\_.

4 exhilarating / are / sports / so / Extreme / just  
\_\_\_\_\_.

5 year / has / in / Nathan / this / many / so / taken / marathons / part  
\_\_\_\_\_.

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## Vocabulary

### 4 verb phrases about challenge

Choose the correct answer (a, b or c).

It's sensible to deal \_\_\_\_\_ issues as they arise.

- a with                      b on                      c through

1 We battled \_\_\_\_\_ the elements to get back to our tent.

- a with                      b for                      c against

2 I've always campaigned \_\_\_\_\_ the protection of endangered species.

- a for                      b against                      c with

3 You need to focus \_\_\_\_\_ getting through this challenge before thinking about the next one.

- a to                      b on                      c for

4 I don't know how you put \_\_\_\_\_ such hardships.

- a across                      b down to                      c up with

5 I'm going to put all my efforts \_\_\_\_\_ winning this race.

- a on                      b into                      c in

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### 5 sport

Complete the words.

It's very important to have good trainers if you want to run long distances.

1 You need to wear a **m**\_\_\_\_\_ to protect your teeth when you play rugby.

2 I always wear a **w**\_\_\_\_\_ when I swim in the sea as the water's so cold.

3 I've never known anyone as **c**\_\_\_\_\_ as Alex. He always has to win.

4 You should always wear a **l**\_\_\_\_\_ when doing any water sports.

5 When you go rock climbing you need to wear a **h**\_\_\_\_\_ to stop you from falling.

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## 6 phrasal verbs with out

Complete the sentences with a suitable verb in the correct tense.

Could you find out when the race starts?

- 1 Jon \_\_\_\_\_ out with his trainer again. They're always having arguments about something or other.
- 2 The archery \_\_\_\_\_ out to be a lot of fun in the end so I'm glad I had a go.
- 3 The rescue crew worked for hours before they managed \_\_\_\_\_ out the fire on the track.
- 4 Please don't start writing until I \_\_\_\_\_ out all the question papers.
- 5 We \_\_\_\_\_ out of time if you don't hurry. You know I don't like being late.

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## 7 distances and dimensions

Complete the sentences using the correct form of the adjectives in brackets.

I would say that Simon is of average height for his age. (high)

- 1 I'm amazed by your \_\_\_\_\_ of knowledge when it comes to history. (broad)
- 2 We'll have to \_\_\_\_\_ the training session today as no one turned up last week. (long)
- 3 They \_\_\_\_\_ the cycle paths into town at the moment. (wide)
- 4 I \_\_\_\_\_ my favourite skirt recently but I'm not happy with the result. (short)
- 5 The government is talking about \_\_\_\_\_ the voting age to 16. (low)

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**Pronunciation**

**8 stress: emphasis (1)**

**Listen and underline the stressed words or syllables in the sentences.**

I do enjoy going to the cinema.

- 1 It was such a pleasure to meet you.
- 2 Jacqui sounds so passionate when she talks about sport.
- 3 Paul does go on about his mountain biking.
- 4 You did say you were keen to try rock climbing.
- 5 I was so exhausted after the trek.

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**How to...**

**9 talk about which film to watch**

**Match the two halves of the sentences.**

- |                                   |                                         |
|-----------------------------------|-----------------------------------------|
| 1 Judging by the cover            | a sounds a bit tame to me.              |
| 2 Julia Roberts and Bette Midler, | b seeing Tom Hanks as the villain.      |
| 3 I have a hard time              | c it looks like a comedy.               |
| 4 The film's based on a book      | d they're both such powerful actresses. |
| 5 Boy meets girl                  | e and it's about two warring families.  |

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## Reading

**10 Read the article and complete the gaps (1–5) with the sentences (A–E).**

### You only get one chance

#### 0 One thing in common

Look on the Internet and you will find thousands of websites dedicated to extreme sports, from mountain boarding to barefoot waterskiing, sky surfing to white-water kayaking. Although these sports are all very different, they do all have one thing in common and that is a high level of inherent danger.

1 \_\_\_\_\_

Whether on land, water, or in the air, these sports involve speed, height, a high level of physical exertion and spectacular stunts. One of the most extreme of these extreme sports is base jumping. BASE stands for Buildings, Aerials, Spans (bridges) and Earth, so basically anything that is tall enough to allow someone to jump off. There are people risking life and limb all over the world and they have been doing so since the 1990s when the sport really started to take off.

2 \_\_\_\_\_

Dan ‘the Man’ Witchalls is Britain’s premier base jumper, a veteran with ten years’ experience. He is a roofer by profession, an appropriate line of work for someone addicted to heights. ‘I can’t drive past a new building or crane without thinking, maybe, maybe ...’ he says. His business card shows him in his trademark jade-and-white jumpsuit, leaping from the Petronas Twin Towers in Kuala Lumpur. It reads: ‘Extreme Roofing’.

3 \_\_\_\_\_

While for many sportsmen, base jumping is like an act of personal rebellion, to Witchalls it is not. He claims that he does it because it’s fun. At his house there are two places dedicated to base: a room filled with photographs of his most impressive jumps with every building named and dated, and the room where he keeps his equipment.

4 \_\_\_\_\_

The room full of photos, while highlighting Witchalls’ triumphs, also serves as a sad reminder of just how dangerous this sport can be. There are six orders of service from the funerals of jumpers he has known, including Angus ‘Gus’ Hutchison-Brown, a popular British jumper who died in Switzerland in 2009. Over 150 people have died over the years and the list of near-fatal injuries is quite horrific yet the sport goes on with people always looking for greater challenges.

5 \_\_\_\_\_

So, how do you go about becoming an officially-recognised base jumper? You can apply for an official number when you’ve carried out all four genres of jumps successfully (building, aerial, span and earth). At the moment about 1,400 base numbers have been allocated, but none to women. I wonder if this means anything?!

~~One thing in common~~

- A The signs of success
- B The derivation of BASE
- C The cost in human terms
- D Qualifications needed
- E A well-known expert?

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