

## VOCABULARY 1

### Sports

archery	.....▶ okçuluk	trekking	.....▶ doğa yürüyüşü
hiking	.....▶ doğa yürüyüşü	baseball	.....▶ beyzbol
volleyball	.....▶ voleybol	ice skating	.....▶ buz pateni
football	.....▶ futbol	table tennis	.....▶ masa tenisi
karate	.....▶ karate	handball	.....▶ hentbol
yoga	.....▶ yoga	roller-skating	.....▶ tekerlekli patenle kayma
swimming	.....▶ yüzme	wrestling	.....▶ güreş
tennis	.....▶ tenis	golf	.....▶ golf
skiing	.....▶ kayak	snowboarding	.....▶ karda kayma sporu
bowling	.....▶ bowling	climbing	.....▶ tırmanma



### EXERCISES

1

Match the words with the pictures.

a. archery

b. climbing

c. wrestling

d. snowboarding

e. trekking

f. baseball

g. roller-skating

h. bowling



h

1



c

2



f

3



e

4



a

5



d

6



g

7



b

8

2

Put the letters into the correct order to find the words in the brackets. Then complete the sentences.

- I'm interested in many sports, but golf (lfgo) is my favourite.
- I think swimming (immswing) is a great exercise.
- In my opinion, handball (ndbhaall) isn't a popular sport in the world.
- Linda does karate (ratkae) at the weekend.
- How often does Judy play table tennis (nnteis)?
- We always go skiing (iinsk) in winter.
- I don't go ice skating (cei tinskag) every day.
- Olga plays volleyball (leybvollal) in a local team.

3

Write the words next to the correct definitions.

hiking

wrestling

baseball

football

yoga

bowling

ice skating

archery

- you roll a heavy ball down a track to knock down a group of pins in this game bowling
- a sport in which two people fight and try to throw each other to the ground wrestling
- a set of physical and mental exercises yoga
- the activity of going for long walks in the countryside hiking
- the sport of shooting arrows archery
- the sport or activity of moving on ice ice skating
- a game played between two teams of eleven people football
- a game in which a player hits a ball with a bat baseball

4

Find and circle the 10 words in the word-search puzzle.

l	x	i	c	e	s	k	a	t	i	n	g
s	n	w	q	l	v	r	a	x	c	n	m
t	a	w	r	e	s	t	l	i	n	g	x
r	n	q	a	f	h	f	t	y	c	v	x
e	d	a	r	c	h	e	r	y	v	g	s
k	b	g	e	r	x	c	i	n	m	k	w
k	a	b	a	s	e	b	a	l	l	f	i
i	l	y	u	n	m	c	f	w	e	b	m
n	l	c	l	i	m	b	i	n	g	x	m
g	c	f	w	b	o	w	l	i	n	g	i
a	q	t	v	n	m	z	x	s	w	x	n
s	n	o	w	b	o	a	r	d	i	n	g



## VOCABULARY 2

### Equipment

backpack	••••➤	sırt çantası	knee pad	••••➤	diz koruyucu
ball	••••➤	top	bow	••••➤	ok
net	••••➤	ağ, file	arrow	••••➤	yay
racket	••••➤	raket	trainers	••••➤	spor ayakkabısı
belt	••••➤	kemer, kuşak	skateboard	••••➤	kaykay
suit	••••➤	elbise, giysi	snowboard	••••➤	kar kayağı tahtası
swimsuit	••••➤	mayo	roller skates	••••➤	tekerlekli paten
helmet	••••➤	kask			

### EXERCISES

1

Match the words with the correct pictures.

a. helmet    b. bow    c. trainers    d. racket    e. backpack  
f. snowboard    g. skateboard    h. knee pads

1  g

2  a

3  b

4  e

5  d

6  h

7  c

8  f

2

Circle the correct options in the sentences.

- I need to buy a pair of **trainers** / roller skates to go jogging.
- You need a **skateboard** / **racket** to play tennis.
- I want to play tennis, but I don't have any **belts** / **balls**.
- You need a **bow** / **suit** and arrows in archery.
- You must wear your **swimsuit** / **helmet** when you go roller-skating.
- There is a sandwich in my **ball** / **backpack**.
- Helmets and **knee pads** / **snowboards** are safety items.
- People wear **swimsuits** / **roller skates** when they have a beach holiday by the sea.

3

Write the words next to the correct sports.

racket

arrow

trainers

backpack

helmet

belt

1. Tennis racket

4. Archery arrow

2. Trekking backpack

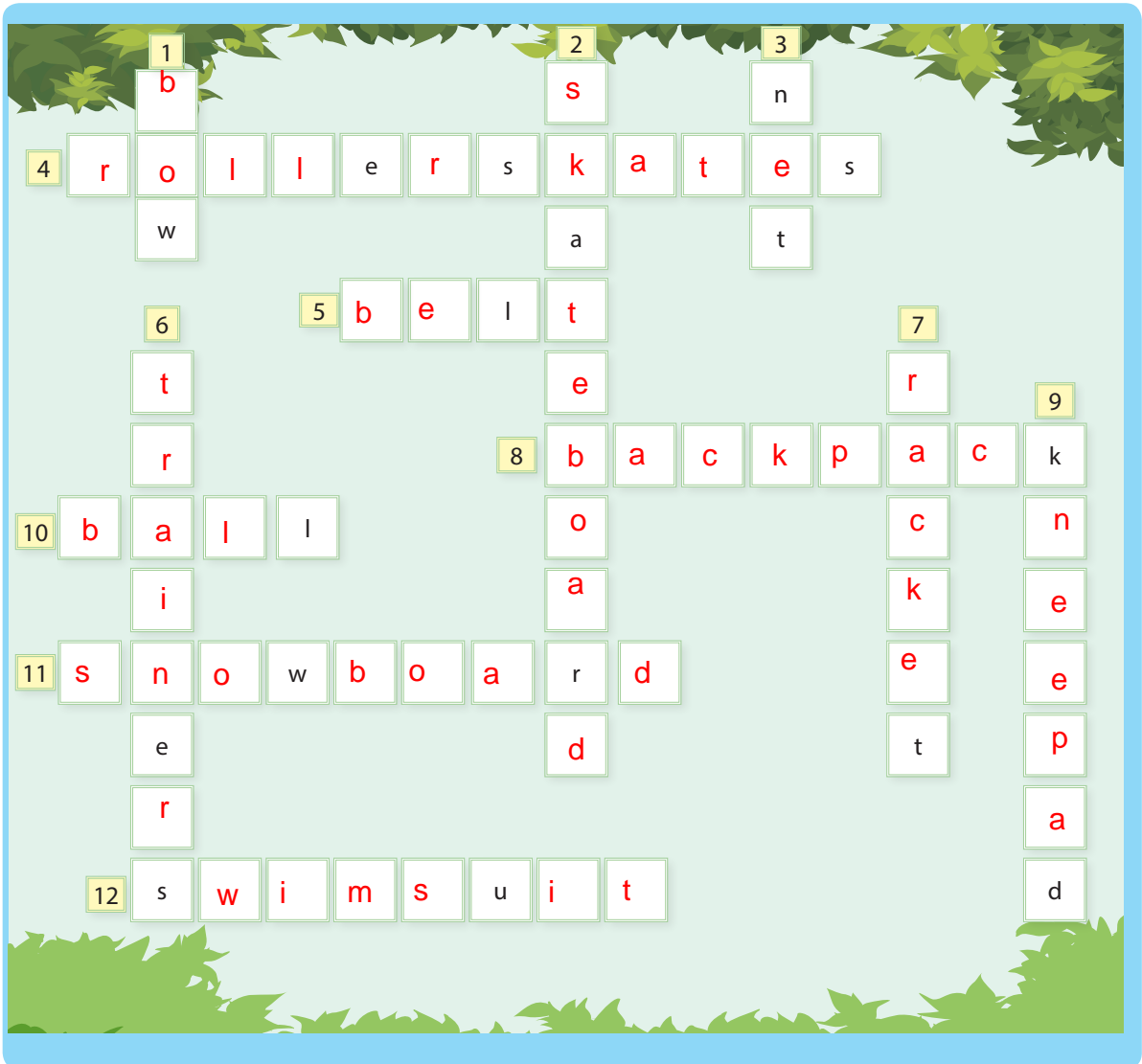
5. Jogging trainers

3. Roller-skating helmet

6. Karate belt

4

Solve the puzzle.



## VOCABULARY 3

### Routines / Activities

jogging .....► tempolu koşuş  
 camping .....► kamp yapma  
 cycling .....► bisiklet sürme  
 running .....► koşma  
 watch TV .....► televizyon izlemek



play computer games .....► bilgisayar oyunu oynamak  
 have breakfast .....► kahvaltı yapmak  
 get dressed .....► giyinmek  
 comb hair .....► saç taramak  
 come back home .....► eve geri gelmek  
 have lunch .....► öğlen yemeği yemek  
 go shopping .....► alışverişe gitmek  
 do homework .....► ev ödevi yapmak  
 get up .....► kalkmak  
 wake up .....► uyanmak, kalkmak  
 eat junk food .....► sağlıksız yiyecek yemek  
 go on a diet .....► diyet yapmak  
 go to bed .....► yatağa gitmek



### EXERCISES

1

Match the words / phrases with the pictures.

a. eat junk food

b. wake up

c. go shopping

d. jogging

e. comb hair

f. do homework

g. have breakfast

h. camping

1



h

2



e

3



a

4



c

5



b

6



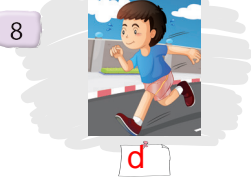
g

7



f

8



d

2

Complete the phrases.

1. come back home
2. play computer games
3. watch TV
4. get dressed / up
5. go to bed
6. go on a diet
7. get dressed / up
8. have breakfast / lunch
9. comb hair
10. wake up

3

Complete the sentences with the correct verbs.

1. Kate and Fred never eat junk food.
2. I usually watch TV in the evening.
3. We rarely go on a diet.
4. Jack doesn't do his homework at the weekend.
5. My daughters comb their hair before they go to school.
6. They play computer games once a week.
7. What time does your father come back home?
8. They get dressed after breakfast.

4

Complete the text with the phrases below.

go camping

have lunch

go to bed

go back home

have breakfast

get up

eat junk food

watch TV

g

I always (1) get up at half past seven on weekdays. I (2) have breakfast and go running in the park opposite my house. I'm a member of a tennis club. I play tennis there for two hours every day. I (3) have lunch at half past one and (4) go back home.

I never (5) eat junk food because it's unhealthy. In the evening, I read a book or (6) watch TV. I rarely play computer games. I (7) go to bed at ten o'clock. I have a different routine at the weekend. I (8) go camping with my friends. It's fantastic to stay in a tent and be close to nature.

## VOCABULARY 4

### Verbs

join	••••▶	katılmak
enjoy	••••▶	zevk almak
play	••••▶	oynamak
need	••••▶	ihtiyacı olmak
achieve	••••▶	elde etmek, başarmak
beat	••••▶	yenmek
exercise	••••▶	egzersiz yapmak
train	••••▶	idman yapmak, eğitim görmek
climb	••••▶	tırmanmak
win	••••▶	kazanmak
lose	••••▶	kaybetmek
represent	••••▶	temsil etmek
applaud	••••▶	alkışlamak
feel	••••▶	hissetmek
try	••••▶	denemek
drink	••••▶	içmek
run	••••▶	koşmak

### Phrasal Verbs






score a goal	••••▶	gol atmak
score a point	••••▶	puan kazanmak
win a medal	••••▶	madalya kazanmak
eat junk food	••••▶	sağlıksız yiyecek yemek
eat healthy food	••••▶	sağlıklı yiyecek yemek
stay up late	••••▶	gece geç saatlere kadar yatmamak
go to the gym	••••▶	spor merkezine gitmek
lose a game	••••▶	oyunu kaybetmek
beat a team	••••▶	bir takımı yenmek
get ready	••••▶	hazırlanmak

## EXERCISES

1

Match the verbs with the correct pictures.

**a. run**      **b. train**      **c. achieve**      **d. climb**      **e. applaud**  
**f. exercise**      **g. drink**      **h. play**

1.  **g**  
 2.  **h**  
 3.  **f**  
 4.  **b**  
 5.  **d**  
 6.  **e**  
 7.  **c**  
 8.  **a**

2

Complete the sentences with the verbs below.

train    applaud    represent    join

exercise    need    reach    win

- I want to be a professional swimmer and **represent** my country in international competitions.
- Sarah usually goes to the gym near her house to **exercise**.
- I can't **reach** this tree because it's too tall for me.
- Our team didn't **win** the game yesterday.
- You **need** to wear a helmet before you go skateboarding.
- Our spectators are fantastic. They always **applaud** and whistle to support our players.
- Terry wants to **join** a sports camp next month.
- Athletes need to **train** hard to achieve success.

3

Circle the correct options in the sentences.

- They didn't **eat** / **score** any goals in the match yesterday.
- The players train very hard because they don't want to **win** / **lose** the game next month.
- Kevin didn't **stay up late** / **beat a team** last night. He went to bed at half past nine.
- Give me two minutes to **eat unhealthy food** / **get ready** please.
- Jessica doesn't want to **go to the gym** / **win a medal** to exercise. She wants to go jogging in the park.
- I **feel** / **try** very happy when I go hiking. It's a great outdoor activity.
- I **enjoy** / **beat** playing football and volleyball in my free time.
- Some people **applaud** / **exercise** to keep fit and healthy.

4

Order the letters to find the verbs. Then write them in the spaces.

- |              |                        |
|--------------|------------------------|
| 1. joeny     | <b>enjoy</b> _____     |
| 2. selo      | <b>lose</b> _____      |
| 3. nk dri    | <b>drink</b> _____     |
| 4. reserepnt | <b>represent</b> _____ |
| 5. rciexese  | <b>exercise</b> _____  |
| 6. mclib     | <b>climb</b> _____     |
| 7. hieacve   | <b>achieve</b> _____   |
| 8. atbe      | <b>beat</b> _____      |
| 9. aypl      | <b>play</b> _____      |
| 10. injo     | <b>join</b> _____      |
| 11. elfe     | <b>feel</b> _____      |
| 12. plaapud  | <b>applaud</b> _____   |

5

Complete the phrases.

- |              |                             |
|--------------|-----------------------------|
| 1. lose a    | <b>game</b> _____           |
| 2. stay up   | <b>late</b> _____           |
| 3. go to the | <b>gym</b> _____            |
| 4. beat a    | <b>team</b> _____           |
| 5. eat junk  | <b>food</b> _____           |
| 6. get       | <b>ready</b> _____          |
| 7. score     | <b>a goal / point</b> _____ |
| 8. win a     | <b>medal</b> _____          |



## VOCABULARY 5

### Nouns

ring	.....>	ring
arena	.....>	saha
court	.....>	tenis oynanan yer
distance	.....>	mesafe, uzaklık
race	.....>	yarış
sweet	.....>	şeker, tatlı
game	.....>	oyun, mücadele
champion	.....>	şampiyon

medal	.....>	madalya
tournament	.....>	turnuva
spectator	.....>	seyirci
Paralympic	.....>	Paralimpik
outdoor	.....>	dış mekan
indoor	.....>	iç mekan
individual	.....>	bireysel
camp	.....>	kamp
surface	.....>	yüzey
success	.....>	başarı
team	.....>	takım
opponent	.....>	rakip
draw	.....>	berabere kalma, berabere
hurdle	.....>	engel

LEARN STEP BY STEP

### Noun / Adjective Phrases

short distance	.....>	kısa mesafe
long distance	.....>	uzun mesafe
individual sport	.....>	bireysel spor
team sport	.....>	takım sporu
outdoor sport	.....>	dış mekan sporu
computer game	.....>	bilgisayar oyunu
sports camp	.....>	spor kampı
application form	.....>	başvuru formu

## EXERCISES

1

Match the words with the correct pictures.

a. court      b. ring      c. team      d. hurdle      e. champion

f. opponent      g. draw      h. spectators

1. hurdle (d)      2. ring (b)      3. champion (e)      4. team (c)      5. opponent (f)      6. spectators (h)      7. draw (g)      8. court (a)

2

Complete the sentences with the words / phrases below.

application form

sports camp

team sports

individual

computer games

indoor

tournament

surface

1. You should fill in this application form first to apply for this course.
2. I'm not interested in individual sports. I like team sports.
3. Judy never plays computer games at the weekend.
4. My son attends a sports camp once a year.
5. Bowling is an indoor game.
6. Football and volleyball are popular team sports in the world.
7. You need a snowy surface for skiing.
8. I'd like to attend the next basketball tournament in my city.

3

Find and circle the 12 words in the word-search puzzle.

i	w	c	h	a	m	p	i	o	n	x
n	s	o	u	t	d	o	o	r	s	v
d	p	a	x	c	g	a	m	e	v	j
i	e	r	w	s	x	e	e	t	q	o
v	c	e	q	w	v	v	b	n	m	p
i	t	n	w	m	e	d	a	l	v	p
d	a	a	s	d	v	g	q	w	v	o
u	t	l	z	q	r	i	n	g	d	n
a	o	d	i	s	t	a	n	c	e	e
l	r	w	e	q	x	q	c	x	v	n
q	t	o	u	r	n	a	m	e	n	t



## VOCABULARY 6

### Adjectives

hungry	.....>	aç
ready	.....>	hazır
favourite	.....>	favori, gözde
tired	.....>	yorgun
successful	.....>	başarılı
young	.....>	genç
ambitious	.....>	hevesli, hırslı
healthy	.....>	sağlıklı
top	.....>	en iyi
professional	.....>	profesyonel
exciting	.....>	heyecan verici
enjoyable	.....>	zevкли, eğlenceli
national	.....>	milli, ulusal
snowy	.....>	karlı

### Professions

archer	.....>	okçu
wrestler	.....>	güreşçi
swimmer	.....>	yüzücü
sprinter	.....>	kısa mesafe koşucusu
athlete	.....>	atlet, sporcu
tennis player	.....>	tenis oyuncusu
football player	.....>	futbol oyuncusu
climber	.....>	tırmanan, dağcı
volleyball player	.....>	voleybol oyuncusu



## EXERCISES

1

Match the words / phrases to the pictures.

a. football player

b. tennis player

c. sprinter

d. swimmer

e. wrestler

f. archer

g. volleyball player


h. climber


1.  h


2.  a


3.  g

4.  d

5.  f

6.  e

7.  b

8.  c

2

Put the letters into the correct order to find the words in the brackets. Then complete the sentences.

1. My brother is a professional (essioprofnal) tennis player.
2. Jack is a very ambitious (bitioamus) athlete.
3. I think wrestling is a very exciting (ingxciet) sport.
4. Sportspeople should eat healthy (althey) food.
5. If you want to be successful (cessucsful), you should train harder.
6. It's my dream to be a national (ionnatal) football player in the future.
7. I don't want to go camping. It's not enjoyable (oyaenjble) at all.
8. I want to stay at home and rest. I feel too tired (retid).

3

Write the words next to the correct definitions.

top ready successful ambitious

professional sprinter national wrestler

1. relating to or typical of a whole country and its people national
2. a person who wrestles as a sport wrestler
3. someone who runs short distances as a sport sprinter
4. having the qualities that you connect with trained and skilled people professional
5. prepared and suitable for fast activity ready
6. having a strong wish to be successful, powerful, or rich ambitious
7. achieving desired results successful
8. most important or successful; best top

4

Find the hidden words in each part. Then write them in the spaces.

1. sjkdorpswimmerghysuklsxc
2. tyrishkathletexwqewbnjhyu
3. rtylkwesnowyqawerbhstr
4. xcvzbnhnhgstghhungryawq
5. trwqbnhyoungfrhsymkixczs
6. favouriteqwertshgaswnchls
7. szxcbhkiarchermnjsiksrench
8. iwwqbnhmnsklsprinterkwz

swimmer

athlete

snowy

hungry

young

favourite

archer

sprinter

# VOCABULARY TEST

1-8: For these questions choose the best options to complete the gaps.

1.



**Hannah** : What do you do in your free time?

**Mark** : I go \_\_\_\_\_ with my friends. I love being close to nature.

- A) swimming
- B) ice skating
- C) bowling
- D) trekking

2. Many spectators \_\_\_\_\_ our team because we won the match.

- A) exercised
- B) achieved
- C) applauded
- D) climbed

3.

I love running. I want to be a professional \_\_\_\_\_ one day and represent my country in international races.



- A) wrestler
- B) sprinter
- C) climber
- D) archer

4. Tracy is an athlete. She always eats \_\_\_\_\_ food because she needs to be fit.

- A) ambitious
- B) junk
- C) healthy
- D) ready

5. **Gary** : Do you often go on a \_\_\_\_\_ ?

**Jane** : No, because I exercise regularly.

- A) diet
- B) bow
- C) medal
- D) point

6. Knee pads and helmets are \_\_\_\_\_ .

- A) outdoor sports
- B) safety items
- C) application forms
- D) long distances

NARTEST

7. You need a bow and arrows in \_\_\_\_\_ .

- A) hiking
- B) roller-skating
- C) snowboarding
- D) archery

8. Swimming is a / an \_\_\_\_\_ sport.

- A) team
- B) hurdle
- C) individual
- D) surface

9.

I. long  
II. computer  
III. sports  
IV. individual

a. camp  
b. sport  
c. game  
d. distance

Choose the **CORRECT** option to match the two parts.

- A) I-b / II-d / III-a / IV-c
- B) I-d / II-c / III-a / IV-b
- C) I-a / II-b / III-d / IV-c
- D) I-c / II-b / III-a / IV-d

10.



I'm a professional \_\_\_\_\_.

Choose the best option to complete the sentence.

- A) climber
- B) sprinter
- C) wrestler
- D) archer

11.

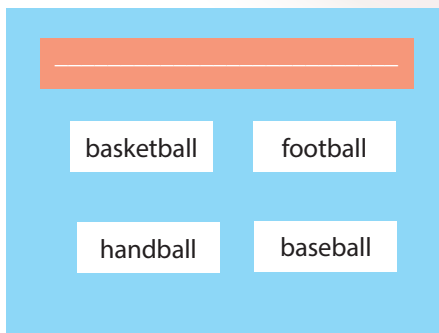
My mother is a \_\_\_\_\_ swimmer. She has many medals.



Which option IS NOT suitable to complete the sentence?

- A) backpack
- B) national
- C) professional
- D) successful

12.



Choose the best title for the list above.

- A) Skateboards
- B) Arenas
- C) Equipment
- D) Team Sports

13.

- knee pads
- trainers
- helmet
- skateboard

Which of the following pictures IS NOT related to the list?



14.

- I. I like golf. It's an enjoyable sport.
- II. Hiking is a draw.
- III. Archery is an individual sport.
- IV. A helmet protects your head.

In which sentence the underlined word is ODD?

- A) I
- B) II
- C) III
- D) IV

15.

I \_\_\_\_\_ at half past seven at the weekend. I have a \_\_\_\_\_ breakfast and go to the gym. I work out there for two hours. Then I go to the archery club for training. I train very hard because I want to be a \_\_\_\_\_ archer one day and \_\_\_\_\_ medals.



Which of the following IS NOT suitable to complete one of the gaps in the text?

- A) professional
- B) healthy
- C) win
- D) stay up

16.

- I. a person who someone is competing against in a sports event
- II. the achieving of the results wanted

Which two words have the definitions above?

- A) champion / court
- B) race / surface
- C) opponent / success
- D) hurdle / tournament

# GRAMMAR 1

## Simple Present

- We use **the simple present** to talk about daily routines, hobbies and likes & dislikes.
- We also use **the simple present** to express habits and general truths.

Positive	Negative	Question	Short Answers
I <b>play</b> tennis every day.	I <b>don't play</b> tennis every day.	<b>Do I play</b> tennis every day?	Yes, I <b>do</b> ./No, I <b>don't</b> .
You <b>play</b> tennis every day.	You <b>don't play</b> tennis every day.	<b>Do you play</b> tennis every day?	Yes, you <b>do</b> ./No, you <b>don't</b> .
He <b>plays</b> tennis every day.	He <b>doesn't play</b> tennis every day.	<b>Does he play</b> tennis every day?	Yes, he <b>does</b> ./No, he <b>doesn't</b> .
She <b>plays</b> tennis every day.	She <b>doesn't play</b> tennis every day.	<b>Does she play</b> tennis every day?	Yes, she <b>does</b> ./No, she <b>doesn't</b> .
It <b>plays</b> tennis every day.	It <b>doesn't play</b> tennis every day.	<b>Does it play</b> tennis every day?	Yes, it <b>does</b> ./No, it <b>doesn't</b> .
We <b>play</b> tennis every day.	We <b>don't play</b> tennis every day.	<b>Do we play</b> tennis every day?	Yes, we <b>do</b> ./No, we <b>don't</b> .
You <b>play</b> tennis every day.	You <b>don't play</b> tennis every day.	<b>Do you play</b> tennis every day?	Yes, you <b>do</b> ./No, you <b>don't</b> .
They <b>play</b> tennis every day.	They <b>don't play</b> tennis every day.	<b>Do they play</b> tennis every day?	Yes, they <b>do</b> ./No, they <b>don't</b> .



## Rules

### ATTENTION!

The spelling for the verb in the third person differs.

1.

For verbs that end in **-o, -ch, -sh, -ss, -x, or -z** we add **-es** in the third person.

go – goes  
 catch – catches  
 watch – watches  
 miss – misses  
 fix – fixes

2.

For verbs that end in a consonant **+y**, we remove the **-y** and add **-ies**.

try – tries  
 study – studies  
 carry – carries

3.

For verbs that end in a vowel **+y**, we just add **-s**.

play – plays  
 enjoy – enjoys  
 say – says



## EXERCISES

1

Use the correct simple present forms of the verbs in the brackets to complete the sentences.

- Jeremy goes (go) hiking every summer.
- What does Stella do (do) in her free time?
- Helen usually has (have) lunch at half past twelve.
- Hannah doesn't (not enjoy) going shopping.
- What time do your children get (get) up on weekdays.
- Do you watch (watch) TV in the evening?
- My daughter usually studies (study) in the evening.
- We swim (swim) in the pool every day.

2

Circle the mistake in each sentence. Then correct the mistakes.

- David and his sister goes to bed at half past nine.  
go
- What do your son do in the evening?  
does
- Norman doesn't plays basketball on weekdays.  
play
- Does they feel tired after school?  
Do
- Sonia tries very hard to improve her tennis skills.  
tries
- I don't eats unhealthy food for lunch.  
eat
- Jane train on Mondays and Tuesdays.  
trains
- Does you often go on a diet?  
Do

3

Make sentences.

- Nora/not/eat/healthy food.  
Nora doesn't eat healthy food .
- We/get up/at 9:00/at the weekend.  
We get up at 9:00 at the weekend .
- My parents/not go/swimming/on Saturday.  
My parents don't go swimming on Saturday .
- What time/Stella/wake up/on weekdays?  
What time does Stella wake up on weekdays ?
- I/read/ a book/in the evening.  
I read a book in the evening .
- Rick/go shopping/with his mother?  
Does Rick go shopping with his mother ?



## GRAMMAR 2

### Adverbs of Frequency

- We use adverbs of frequency in the simple present tense to describe how frequently we do an activity.
- We usually ask questions starting with "How often \_\_\_\_\_?" to find out the frequency of an action.

## Adverbs Of Frequency

always	100%
usually	90%
frequently	80%
often	70%
sometimes	50%
occasionally	30%
seldom	10%
rarely	5%
never	0%



### Examples

- William always goes jogging in the park behind his house.
- My children never eat junk food.
- Nelly often goes to the gym to keep fit.
- Kate and Fred seldom go swimming at the weekend.



### Other Time Expressions

We use different time expressions with the simple present tense to describe the frequency of an activity.

→ every day / week / month / year

→ once a day / week / month / year

→ twice a day / week / month / year

→ three times a day / week / month / year

→ in the morning / evening / afternoon

→ at night / noon / weekend

→ on Monday / Tuesday / Wednesday / Thursday / Friday / Saturday / Sunday



## EXERCISES

1

Complete the sentences with the words below.

noon

twice

never

often

every day

Tuesday

in

always

- Jane never goes on a diet because she exercises every day.
- How often do your parents go jogging?
- Yuka always does yoga in the garden. It's her favourite activity to relax.
- I go cycling with my sister on Tuesday.
- Helen eats junk food every day. She should stop eating unhealthy food seven times a week.
- Oscar and Julia always get up late in the morning.
- Sally needs to practise volleyball twice a day.
- Jessica always has her lunch at noon.

2

Circle the correct options in the sentences.

- We play football every / once Saturday.
- Helen doesn't often / twice a week watch TV.
- They have a snack in / on the afternoon.
- Paul is a great wrestler. He usually / never beats his opponents.
- Samuel goes to the gym once / every a day.
- I don't do my homework in the evening / Saturday.
- Judy plays computer games at / in the weekend.
- We go hiking three times / always a year.

3

Complete the sentence with the missing words.

- How often does Katy go running in the park?
- My children have a healthy breakfast in the morning.
- Sarah doesn't go swimming at the weekend.
- Mario trains in the afternoon on Mondays.
- I go shopping four times a week.
- Iris and Tina have lunch at noon.
- Mandy never plays volleyball because she hates it.
- Do you exercise at the gym every day?

# GRAMMAR TEST

1-8: For these questions, choose the best options to complete the gaps.

1.



Paula

\_\_\_\_\_ you often go on a diet?

No, I \_\_\_\_\_ go on a diet. I go to the gym to exercise.



Carla

- A) Did / always     B) Do / never  
C) Is / once        D) How / every day

2. **Wilma** : What does Jane do to keep fit?

**Jack** : She \_\_\_\_\_ jogging every day.

- A) go  
B) going  
C) is go  
 D) goes

3. **Alex** : \_\_\_\_\_ do you play tennis?

**Sharon** : Twice a week.

- A) How often  
B) When  
C) How much  
D) What

4. My sister \_\_\_\_\_ up at half past eight on weekdays.

- A) get  
B) got  
 C) gets  
D) getting

5. Benjamin is an athlete. He \_\_\_\_\_ a healthy breakfast every morning and goes running in the park.

- A) has                      B) have  
C) is have                D) does

6.



I \_\_\_\_\_ to be a successful archer in the future.

- A) wants  
B) wanting  
 C) want  
D) am want

7. I go to the gym \_\_\_\_\_ a day.

- A) never  
B) always  
C) tomorrow  
 D) twice

8. **Sally** : When \_\_\_\_\_ your brother train?

**Kate** : On Tuesdays and Fridays.

- A) is  
 B) does  
C) do  
D) are

9. **Iris** : How do you keep fit, Marta?  
**Marta** : Well, I go to the gym once a day. I work out for about two hours.  
**Iris** : Do you do or play any sports?  
**Marta** : Sure. I play tennis. It's my favourite sport.  
**Iris** : What often do you play tennis?  
**Marta** : Twice a week.

**Which underlined word is grammatically WRONG in the dialogue?**

- A) do      B) once      C) play      **D) What**

10.



**Which option DOES NOT complete the sentence?**

- A) three times a week      B) every day  
 C) on Mondays      **D) often**

11. I get up at quarter to eight \_\_\_\_\_. Then I \_\_\_\_\_ a big breakfast and go jogging in the park near my house. I'm a professional tennis player. I train \_\_\_\_\_ a day. I work very hard to be successful in matches.

**Choose the best option to complete the text.**

- A) in the morning / has / often  
 B) always / has / every  
**C) every day / have / twice**  
 D) on weekdays / have / never

12. I. We \_\_\_\_\_ to the gym every Tuesday.  
 II. Tony \_\_\_\_\_ in the park after breakfast.  
 III. Our team always \_\_\_\_\_.  
 IV. Marta doesn't \_\_\_\_\_ every day.

**Choose the best option to complete the sentences.**

- A) go / runs / wins / exercise**  
 B) go / run / win / exercises  
 C) goes / run / win / exercise  
 D) goes / runs / wins / exercises

13. \_\_\_\_\_ doesn't go to the gym every day.

**Which option IS NOT suitable to complete the sentence?**

- A) Sarah      B) Your sister  
**C) My parents**      D) She

14.

I. How often do you go to the gym?	a. No, I don't.
II. When do you exercise?	b. At quarter past eight.
III. What time do you get up?	c. Once a day.
IV. Do you often go on a diet?	d. On Mondays.

**Choose the best option to match the questions with the answers.**

- A) I-d / II-b / III-c / IV-a  
**B) I-c / II-d / III-b / IV-a**  
 C) I-a / II-c / III-d / IV-b  
 D) I-b / II-a / III-c / IV-d

15.

100%	always
90%	usually
70%	often
0%	_____

**Choose the CORRECT option to complete the table.**

- A) sometimes      B) every day  
**C) never**      D) rarely

16. I. I wants to win a gold medal.  
 II. Terry tries very hard to be a successful football player.  
 III. We don't eat junk food every day.  
 IV. They go trekking once a month.

**In which sentence, there is a grammatical mistake?**

- A) I**      B) II      C) III      D) IV

## READING

### My Life and My Routines

I play football in a local team. It's my dream to be a professional football player and play in a world-famous team one day. My life is full of excitement and action. I always get up at quarter to seven and have a healthy breakfast on weekdays. I think breakfast is more important than other meals. I go jogging for about two hours. Then I go to my football club. I train there for four hours. I know that successful football players spend most of their time on training. I eat my lunch at the club at half past one. I usually have grilled chicken, vegetables and fruit. I love ice cream, but I can only eat sweet food or dessert once a week. I have 2 matches every week. I sometimes get injuries in matches. That's the bad side of being a football player. We had a match yesterday. I scored two goals in the match. I was very happy because our team won. On weekdays, I don't have much free time, but I have a different routine at the weekend. I wake up at nine and have a small breakfast. On Saturday, I go to the gym and exercise for three hours. I go swimming on Sunday. It's very important for me to have a strong body and mind.



Ethan



A. Read the text and mark the sentences as T for True, F for False and NG for Not Given.

1. He is a professional football player. T / **F** / NG
2. He goes jogging on weekdays. **T** / F / NG
3. He goes to bed early. T / F / **NG**
4. He eats healthy meals. **T** / F / NG
5. Ethan's football club is very old. T / F / **NG**



B. Which of the following questions DO NOT have answers in the text? Tick.

1. How often does he practise football? \_\_\_\_\_
2. What time does he have lunch on weekdays? \_\_\_\_\_
3. What does he usually have for dinner? \_\_\_\_\_ ✓
4. What is the name of his football team? \_\_\_\_\_ ✓
5. What does he do on the last day of the week? \_\_\_\_\_

## DIALOGUES

1

Complete the dialogue with the questions below.



- A. How often do you play volleyball
- B. Do you often go on a diet
- C. What do you do to keep fit and healthy
- D. Are you interested in any sports



**Hugo:** (1) **B** \_\_\_\_\_?

**Zofia:** No, I never do that.

**Hugo:** (2) **C** \_\_\_\_\_?

**Zofia:** Well, I go to the gym to exercise once a day. I eat healthy food and drink lots of water.

**Hugo:** Wow! You have a great lifestyle. (3) **D** \_\_\_\_\_?

**Zofia:** Yes, I do karate and play volleyball.

**Hugo:** (4) **A** \_\_\_\_\_?

**Zofia:** Twice a week. It's my favourite team sport.

2

Complete the dialogue with the questions below.



- A. Did you win the match
- B. Do you usually score goals
- C. Do you get up early in the morning
- D. How often do you have matches



**Aaron:** (1) **C** \_\_\_\_\_?

**Maxim:** Yes, I do. I because I have football training at half past eight every day.

**Aaron:** (2) **D** \_\_\_\_\_?

**Maxim:** Usually twice a week.

**Aaron:** I think you are a forward player. (3) **B** \_\_\_\_\_?

**Maxim:** Well, yes. We had a match yesterday. I scored two goals.

**Aaron:** Congratulations! (4) **A** \_\_\_\_\_?

**Maxim:** Yes, the final score was 4-1.

## UNIT TEST | NEW GENERATION QUESTIONS

1. Stella is a high school student. She is interested in different sports and activities.



Which of the following is **WRONG**?

- A) She likes being close to nature.
- B) She isn't interested in any individual sports.**
- C) She is interested in a team sport.
- D) She likes a winter sport.

2.

Alberto: Are you interested in any sports and activities?

Cecile: Oh, yes. I play volleyball on Tuesday and go hiking at the weekend.

Alberto: Do you ever eat junk food?

Cecile: Rarely. I usually eat healthy meals.

Alberto: What do you do to keep fit, Cecile?

Cecile: Well, I wake up early and have a healthy breakfast. Then I go jogging. It's a great exercise for me.

**Alberto**                      **Cecile**

According to the conversation, Cecile \_\_\_\_\_.

**Choose the best option to complete the sentence.**

- A) plays a team sport once a week**
- B) often eats junk food
- C) goes hiking on weekdays
- D) goes jogging before breakfast

3.



**Green Road Swimming Pool**


Ages	: 5-19
Session 1	: 10:00 a.m. – 01.00 p.m.
Session 2	: 2:00 p.m. – 4:00 p.m.
Session 3	: 5:00 p.m. – 7:00 p.m.

**Note: We do not have any sessions on weekdays.**

**Which of the following is CORRECT according to the information?**

- A) Adults can attend the classes.
- B) There aren't any classes in the afternoon.
- C) Only teenagers can attend the swimming classes.
- D) All the sessions are on Saturday and Sunday.

4.



Serena Williams is a professional tennis player. She is very successful, so she has many medals. She trains very hard to achieve success. She has a healthy lifestyle. She always gets up early and has a healthy breakfast. She usually eats vegetables, fruit, chicken and fish. She loves sweet food, but she is very careful about that. She tries not to eat too much unhealthy food.

**Which of the following questions DOES NOT have an answer in the text?**

- A) What is her occupation?
- B) What does she usually eat?
- C) How often does she train?
- D) Why does she have many medals?



5.



I'm a member of a tennis club. I go to the club on weekdays. I train there for two hours.

I always go hiking at the weekend. It's my favourite free time activity.



Anna

I play football in a local team. It's my dream to be a professional football player in the future.



Amelia



Carla

I love ice skating and bowling. I go bowling every Saturday.

Which of the following is **WRONG** according to the information in the speech bubbles above?

- A) Emma doesn't go to the club on Saturday and Sunday.
- B) Anna is interested in an outdoor activity.
- C) Carla likes indoor activities.
- D) Amelia is a professional football player.

6.



Deniz

This is an individual sport. You need a bow and some arrows for this sport

Which picture shows the sport that Deniz is describing?

A)



B)



C)



D)



7.

Nelly and Sarah are friends. They want to attend an activity together. They are interested in outdoor sports and activities. They like walking in nature. There are four different events.

Which one is suitable for them?

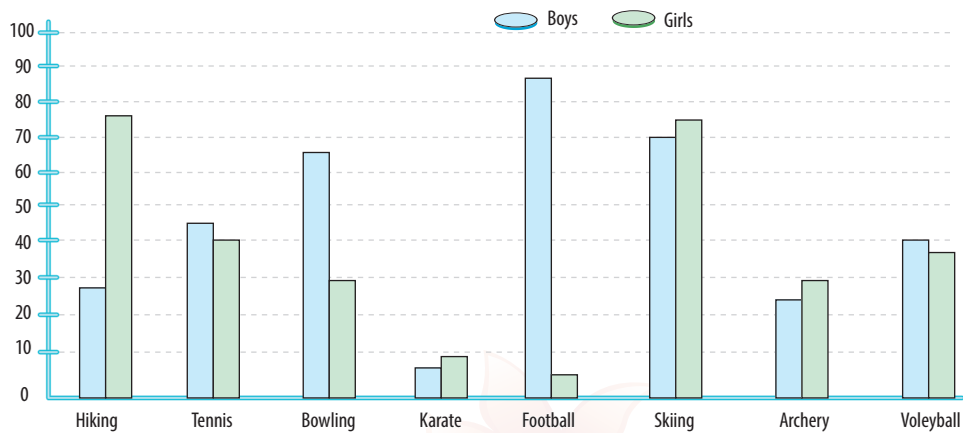
A) Hiking Trip

B) Bowling Tournament

C) Volleyball Tournament

D) Yoga Day

8. The chart below shows the results of a survey on the frequency of some girls' and boys' favourite sports in a city.



Which of following IS NOT correct according to the chart?

- A) The boys spend less time on doing karate than girls.
- B) The boys spend most of their time on a team sport.
- C) The boys and the girls spend the same amount of time on a winter sport.
- D) The girls don't spend more time on soccer than the boys.

9. What do you know about football?

**Nina:** There are two teams in football. Each team has eleven players.

**Mark:** You need a ball to play this sport.

**Rick:** It's a popular individual sport in the world.

**Jane:** Players need to score goals to win a match.

Who gives WRONG information about football?

- A) Nina
- B) Mark
- C) Rick
- D) Jane

- 10.



**Olga :** You're professional basketball player. What do you usually do to keep fit?

**Deniz :** Well, \_\_\_\_\_.

Which of the following DOES NOT complete the conversation?

- A) I go to the gym to exercise
- B) I go jogging every day
- C) I get up early and have a healthy breakfast
- D) I'm not an ambitious person