

### Listening

**1 Recording 1** Listen to five people talking about people who have had a positive influence on them. Match the person each speaker talks about with the statements (a–f).

- Speaker 1** (talking about Trevor) e, \_\_\_  
**Speaker 2** (talking about her grandmother) \_\_\_  
**Speaker 3** (talking about Jerome) \_\_\_  
**Speaker 4** (talking about her tutor) \_\_\_  
**Speaker 5** (talking about Paul) \_\_\_

- a** This person doesn't like to talk about their achievements.  
**b** This person made a big effort to overcome their difficulties.  
**c** This person helped me learn how to do my job.  
**d** This person decided not to go to university.  
**e** This person was unable to use parts of their body.  
**f** This person liked to share their experiences with others.

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**2 Recording 2** Listen to the news programme. Write true (T) or false (F).

- 1** Dangle have recently opened a new factory in the north of England. F  
**2** Martha Salvador has been found guilty of online fraud. \_\_\_  
**3** Pupils at the school in Grimpton have accepted changes to the school rules. \_\_\_  
**4** The purpose of the *Evergreens* project is to provide old people with fruit and vegetables. \_\_\_  
**5** United and City had the same score at the end of the first half of the match. \_\_\_  
**6** The weather is expected to get worse this evening. \_\_\_

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**3 Recording 2** Listen again and complete the notes with one word from each news story.

- 1** It is possible that a smartphone will be produced in the new Dangle factory.  
**2** Victims of the online fraud may be awarded \_\_\_\_\_.  
**3** Some pupils in Grimpton believe their \_\_\_\_\_ have been decreased by the new rules.  
**4** In the *Evergreens* project, older people are expected to provide \_\_\_\_\_ to youths.  
**5** United had more \_\_\_\_\_ of the ball in the second half of the match.  
**6** An overnight drop in temperatures could result in a \_\_\_\_\_ in certain parts of the country.

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### Grammar

**4 Complete the sentences using the correct form of the verbs in brackets.**

- 1** Anna admitted breaking (break) the speed limit when she was driving through the village.  
**2** The headmaster has promised \_\_\_\_\_ (improve) the sports facilities at the school.  
**3** She's considering \_\_\_\_\_ (get) a new motorbike.  
**4** The police officers warned us \_\_\_\_\_ (not drive) any further down the road.  
**5** I'm hoping \_\_\_\_\_ (finish) painting the kitchen this week.  
**6** You're supposed \_\_\_\_\_ (revise) this evening for your exams so you can't go out.

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

- 1** jeans / He / old / wearing / pair / was / a / dirty / of  
He was wearing a dirty old pair of jeans.  
**2** need / woman / to speak / You / there / standing / the / over / to  
 \_\_\_\_\_  
**3** next / buy / They / expecting / a / are / to / year / flat  
 \_\_\_\_\_  
**4** me / cup / Chris / favourite / breaking / for / blamed / his  
 \_\_\_\_\_  
**5** arrived / There / any / sandwiches / when / hardly / were / left / I  
 \_\_\_\_\_  
**6** absolutely / I / top / flowery / adore / beautiful / this  
 \_\_\_\_\_

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6 Complete the sentences with the words and phrases in the box.

even hardly in of on that to  
whereby which who with

- 1 I'm planning to participate in the next London marathon.
- 2 We're looking for somebody \_\_\_\_\_ experience of working with children.
- 3 My son, \_\_\_\_\_ is nearly ten, still won't make his own bed.
- 4 He's got several qualities, the most important \_\_\_\_\_ which is generosity.
- 5 I'm sure she didn't take your phone \_\_\_\_\_ purpose.
- 6 Dominic didn't \_\_\_\_\_ tell me before he made his decision to quit his job.
- 7 I'm doing an online course \_\_\_\_\_ you learn how to be a better leader.
- 8 Nora confessed \_\_\_\_\_ she hadn't spoken to her mother about going out.
- 9 My sister has \_\_\_\_\_ spoken to me since she moved abroad.
- 10 The bad weather is expected \_\_\_\_\_ continue throughout the weekend.
- 11 I've been working in the garden all day, \_\_\_\_\_ is why I want to stay in tonight.

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### Vocabulary

7 Match the sentence halves.

- |  |          |
|--|----------|
| 1 The defendant pleaded                      | <u>f</u> |
| 2 Frank is still in a bad                    | —        |
| 3 If you want to burn off some calories,     | —        |
| 4 The police are trying to crack             | —        |
| 5 My grandmother's not very on               | —        |
| 6 Their star player was sent off for talking | —        |
| 7 The judge awarded him                      | —        |
| 8 The government is planning to appeal       | —        |

- a you should take up running.  
b against the court's decision.  
c way after he fell down the stairs.  
d the ball after her accident.  
e back to the referee.  
f ~~guilty to all of the charges.~~  
g down on people selling pirated videos.  
h custody of the children.

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8 Choose the correct answer, a, b or c to complete the sentences.

- 1 The majority of voters are in favour b paying lower taxes.  
a on                      b of                      c with
- 2 I think some of my dad's interest in cars has rubbed \_\_\_\_\_ on me.  
a up                      b off                      c out
- 3 Eric \_\_\_\_\_ me of stealing one of his books.  
a warned              b forgave              c accused

4 She really \_\_\_\_\_ out from the crowd with that bright red jacket.

- a stands              b sits                      c speaks
- 5 I owe a real \_\_\_\_\_ of gratitude to my brother.  
a debt                      b price                      c wealth
  - 6 I used to rebel \_\_\_\_\_ my parents' decisions when I was a teenager.  
a about                      b against                      c away
  - 7 Mr Brown \_\_\_\_\_ for the defence in a recent court case.  
a accused                      b pleaded                      c testified
  - 8 We really appreciate your hard work. It's been \_\_\_\_\_.  
a invaluable              b irrelevant              c pointless

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9 Complete the sentences with the correct word. The first letters are given.

- 1 We could hear the t h u n d e r s t o r m and see the streaks of lightning in the distance.
- 2 It was blowing a g \_\_\_\_\_ this morning. Several trees got blown over in my area.
- 3 Andy tends to act on his own i \_\_\_\_\_. He won't ask for help unless he's really stuck.
- 4 She never ties her shoe l \_\_\_\_\_. I'm surprised she doesn't fall over more often.
- 5 It's a really s \_\_\_\_\_ day. It's so humid, I can't stop sweating.
- 6 The player had been taking b \_\_\_\_\_. He had accepted money to play badly and lose games.
- 7 My mother gave me a heart-shaped p \_\_\_\_\_ to hang from my silver necklace.

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### Function

10 Complete the sentences and questions with the words and phrases in the box. Then match them with the categories a–e. The categories may be used more than once.

conclude context discussed exactly  
examine first sum turning

- 1 So, what did I think of the ideas discussed ?  
\_\_\_\_\_
- 2 What I'll do \_\_\_\_\_ is ... then I'll ... \_\_\_\_\_
- 3 So now, if I could \_\_\_\_\_ up ... \_\_\_\_\_
- 4 OK, that's the outline. \_\_\_\_\_ now to ... \_\_\_\_\_
- 5 To \_\_\_\_\_, I think we could say that ... \_\_\_\_\_
- 6 I'd like to \_\_\_\_\_ the pros and cons ... \_\_\_\_\_
- 7 So, what \_\_\_\_\_ is the article about? \_\_\_\_\_
- 8 I'd like to provide some \_\_\_\_\_ ... \_\_\_\_\_

- a Explaining the structure  
b Outlining what will happen  
c Asking a question based on the structure in the introduction  
d Explicitly stating that you're starting or ending a section  
e Introducing the discussion or conclusion

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### Reading

**11 Read an interview with a free runner. Match the questions a–h with the paragraphs 1–9.**

- a What made you become involved in *Jump for Joy*?
- b Is it as dangerous as some people say?
- c How did you build a career in free running?
- d Where are the best places for free running?
- e What exactly is free running?
- f Tell us a bit more about *Jump for Joy*.
- g Where do you see yourself in 10 years' time?
- h When did you realise that you had a talent for free running?

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**12 Read the interview again. Write true (T) or false (F).**

- 1 Free running and parkour started at the same time. F
- 2 Free running includes elements of different sports. —
- 3 Free runners tend to suffer more injuries than other athletes. —
- 4 Jess spent much of her youth doing gymnastics. —
- 5 Jess hasn't been able to make a living from free running. —
- 6 Jess was worried about the motivation of local young people. —
- 7 *Jump for Joy* is a relatively new project. —
- 8 Manchester's Exchange Square is Jess's favourite place for free running. —
- 9 Jess admits that she may have to give up being an active free runner. —

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*Jess Russo, 26, is a free runner and community activist, based in Manchester, UK*

1 e

It's a relatively new sport which has grown out of the parkour movement. Parkour is a cross between athletics and gymnastics, which takes place in an urban environment. It's all about getting from one point to another in the most efficient way, by running, climbing and jumping over obstacles such as walls, benches and railings. Free running is based on the same principles as parkour, but with more personal expression. In practice, that means including gymnastics moves like flips and spins.

2 —

It's no worse than football or rugby. I've known people who've suffered terrible injuries doing those sports. The thing about free running is that you can hurt yourself if you haven't trained properly or if you try to do something too ambitious. For that reason, free runners need to be in top physical condition. They also need to know how to perform basic moves, like jumping and landing, which will keep them out of hospital.

3 —

I first got into it as a teenager, but I'd been doing gymnastics since I was five. I absolutely loved it and I was forever practising with my friends. The thing about gymnastics is that you can practise the moves wherever you like, so we'd do it in the car park next to my house, or in the playground. Unlike some kids, we never got bored of doing that, so by the time I discovered free running, I was already pretty good at a lot of the moves.

4 —

Free running had always been a hobby for me and I never imagined making money out of it. Only when an advertising agency approached me did I realise I could make a living from it. First I made a couple of adverts for sports companies, and that opened doors to the media and fashion worlds. Since then, the work has been varied, from being a stunt double in films to a catalogue model, but it pays the bills and allows me to keep doing what I love.

5 —

Growing up in the inner city, I was aware of the deprivation and lack of opportunities that some children faced. You couldn't escape it and, because of that, a lot of kids felt it was pointless to work hard at school, or anything else. That hasn't changed much over the years, so I wanted to do something to help local kids find some focus and avoid the traps of despair and hopelessness. *Jump for Joy* seemed like a great way to do that.

6 —

Basically, some local free runners have got together to help young members of the community. Our aim is to teach them ways of channelling their energy and valuable life skills like discipline and creativity. We put on free workshops and events where young people can learn about free running and practise in a safe environment. The project is in its early stages but it's already having a positive impact on the lives of local kids.

7 —

When I'm at home, I love Manchester's Exchange Square because that's where all the local free runners hang out and there's some great street furniture for us to work with. Of all the places I've visited though, Lisbon has to be at the top of my list. The city seems to be made for free running and there's a fantastic community who like to share their ideas and stories.

8 —

I hope to keep free running as long as I can, but as you get older you lose your flexibility, so I doubt I'll be doing it professionally. Nevertheless, I'd like to be involved in one way or another, so maybe I'll set up my own free-running academy and train the next generation of free runners.

