

C.N. GRIVAS

4

up

B1

Way

WORKBOOK



**4**

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**up**

**B1**



**WORKBOOK**

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1 Read the text. For each gap (1-6), choose the best option (A-F).

A action \* B heights \* C fly \* D competitive \* E from \* F confident

Last month, I decided that I wanted to try a new sport. The only problem was, I didn't know which one. You see, I don't really like **1** ..... sports like football or basketball, but I still wanted something that is full of **2** ..... . That's when my friend suggested flyboarding, and although I wasn't feeling very **3** ..... , I tried it, and I have to say that I enjoyed it **4** ..... start to finish. Fortunately, I'm not afraid of **5** ..... , so I found it really exciting when the power from the jet ski made me **6** ..... into the air!

2 Use the clues to find five words.

- 1 A tennis ..... is the place where you play tennis.
- 2 A(n) ..... is something you write and send to a magazine.
- 3 ..... is a competitive Irish sport.
- 4 A ..... is someone who supports other sportspeople.
- 5 A running ..... is the place where you go running.

W	F	U	H	I	O	L	M	A	T	E
C	H	E	E	R	L	E	A	D	E	R
R	U	K	I	T	N	O	M	X	P	A
A	R	T	I	C	L	E	T	G	N	I
R	L	C	K	T	R	A	C	K	O	N
F	I	T	A	L	I	Q	Z	R	L	P
T	N	C	O	R	P	C	O	U	R	T
O	G	E	U	R	E	M	E	Q	V	N

3 Fill in the correct adjective.

dull \* huge \* popular \* afraid \* disappointed

- 1 If something is ..... , lots of people like it.
- 2 If someone is ..... with something, they are not happy with it.
- 3 If something is ..... , it is boring.
- 4 If something is ..... , it is very big.
- 5 If you are scared of something, you are ..... of it.

## 1 Fill in the correct word to complete the dialogue.

competitors \* medal \* race \* semi-finals \* armour

**Mark:** Hi, Kerry! Where were you last weekend? I didn't see you at all.

**Kerry:** That was because my school held a huge sports competition. I competed in a running **1)** ..... It was very tiring, but we all really enjoyed it.

**Mark:** Did you manage to win a gold **2)** ..... ?

**Kerry:** No, unfortunately, I didn't. It was a really hot day, and I couldn't run as fast as I usually do. I can't imagine how they used to run with all that heavy **3)** ..... on in the original Olympic Games. Oh, but our volleyball team played really well and got as far as the **4)** .....

**Mark:** Oh, that's great! You said that the competition was huge. How many **5)** ..... were there? Fifty? Sixty?

**Kerry:** No, more than that. Around eighty or ninety. Lots of schools in the city came to take part.



## 2 Fill in the correct verb in the appropriate form.

mind \* tell \* sound \* be \* express \* fall

- 1 To ..... you the truth, Kevin, I dislike Chinese food.
- 2 Paul says he doesn't ..... going to the football match with you later.
- 3 A nice, hot cup of tea ..... great. Would you like me to make it?
- 4 What time ..... the film on? I don't want to miss it.
- 5 Don't wear your new jeans to the park. You might ..... over.
- 6 It's OK, John, you can ..... how you feel to me.

## 3 Choose the correct answer.

- |  |  |
|--|--|
| <p>1 If you <b>ban</b> something, you ....</p> <p>a stop people doing it</p> <p>b help people to do it</p> | <p>4 If you <b>carry</b> something, you ....</p> <p>a leave it somewhere safe</p> <p>b hold it and take it to another place</p>    |
| <p>2 If you <b>can't stand</b> something, you ....</p> <p>a don't like it</p> <p>b like it</p>             | <p>5 If an activity <b>isn't your thing</b>, you ....</p> <p>a don't want to do it</p> <p>b want to do it</p>                      |
| <p>3 If you are <b>male</b>, you are a ....</p> <p>a boy</p> <p>b girl</p>                                 | <p>6 If you do <b>various</b> activities in the evenings, you ....</p> <p>a do lots of different ones</p> <p>b do two the same</p> |

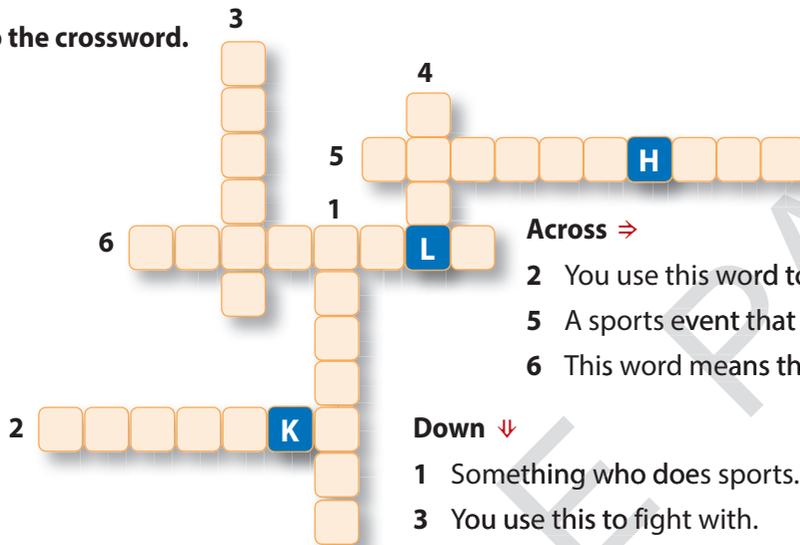


**4 Fill in the correct preposition.**

of \* from \* on \* about

- 1 It was amazing! People came ..... far and wide to hear them sing.
- 2 You must tell her about the puppies – she’s mad ..... animals.
- 3 I wasn’t keen ..... Steven to begin with, but now we are best friends.
- 4 Why didn’t you tell me you weren’t fond ..... strawberries before I bought them?
- 5 Apart ..... Wendy and Sue, who else wants to go to the cinema this week?

**5 Do the crossword.**



**Across ⇒**

- 2 You use this word to say you don’t like something.
- 5 A sports event that includes five sports.
- 6 This word means the same as ‘maybe’.

**Down ↓**

- 1 Something who does sports.
- 3 You use this to fight with.
- 4 You have this when you go to a restaurant.

**6 Fill in the correct adjective.**

married \* amusing \* comfortable \* lazy \* original

- 1 I love this sofa. It’s so .....
- 2 When she asked him if he had a girlfriend, she didn’t know that he was already .....
- 3 My little brother never studies – he is very .....
- 4 What was the ..... name of the group before they became Thunder Boys?
- 5 How ..... ! That dog is wearing a funny hat.

**7 Match the columns.**

- |   |            |       |   |       |
|---|------------|-------|---|-------|
| 1 | chariot    | ..... | a | race  |
| 2 | basketball | ..... | b | hoop  |
| 3 | sporting   | ..... | c | club  |
| 4 | golf       | ..... | d | event |





1 Fill in the correct word.

from \* in \* of \* on

The film is about Loki – the new boy at Summerhill High School. He loves to **play tricks** 1) ..... people. Jenny **falls** 2) ..... **love** with him, but what she doesn't know is that Loki **comes** 3) ..... another planet. Loki wants to **escape** 4) ..... our world and go home to his own planet.

The film has **plenty** 5) ..... funny moments and will make you laugh a lot.

2 Match the words with the pictures.

comedy \* fantasy \* horror \* romance \* science-fiction



1 .....



2 .....



3 ..... film

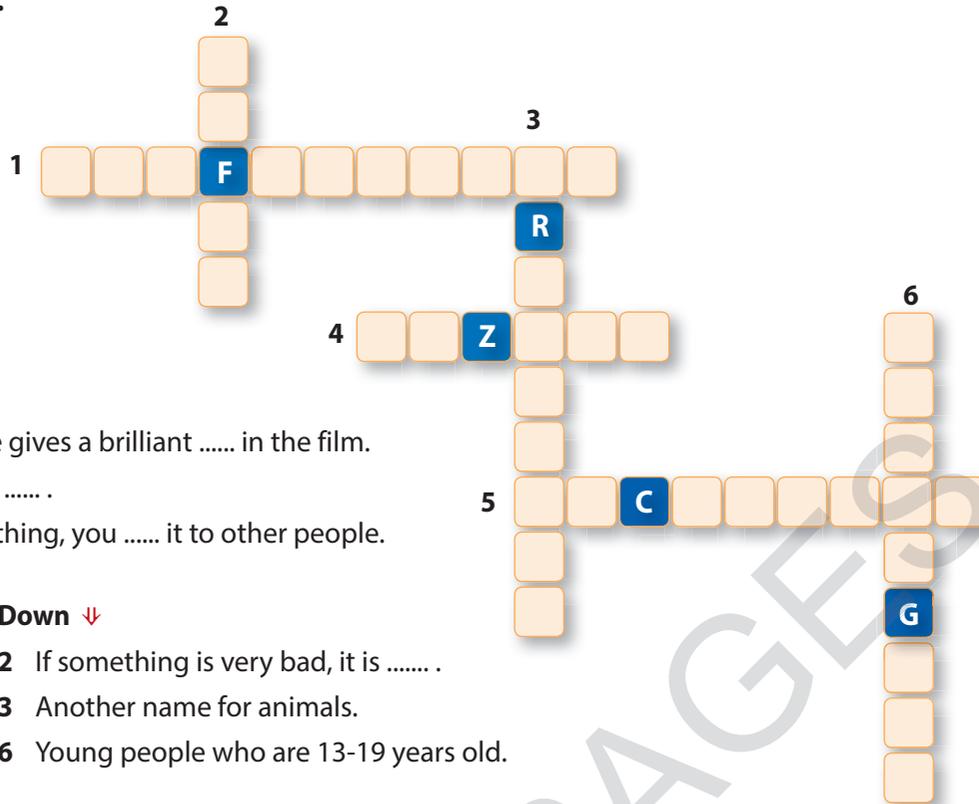


4 ..... film



5 ..... film

**3 Do the crossword.**



**Across →**

- 1 Eddy Redmayne gives a brilliant ..... in the film.
- 4 Harry Potter is a .....
- 5 If you like something, you ..... it to other people.

**Down ↓**

- 2 If something is very bad, it is .....
- 3 Another name for animals.
- 6 Young people who are 13-19 years old.

**4 Choose the correct statement.**

1 The film wasn't very good.

- A Don't miss it!
- B It's not worth the money.

2 It's one of the best films I've seen.

- A Make sure you see it.
- B You really won't enjoy it.

3 Was the film good?

- A No, it was suitable.
- B Yes, you must see it!

**5 Fill in the correct verb.**

agree \* bring \* continue \* rule

- 1 *Fantastic Beasts 3* will ..... the story from the last film.
- 2 Would you like to ..... the world?
- 3 If you didn't want to see the film, why did you ..... to go with them?
- 4 The special effects really ..... the film to life.



## 1 Fill in the correct word.

captain \* kits \* goalkeeper  
teammates \* secret



Hi! My name's Jessica, and I would like to share a **1)** ..... with you. I love football. Yes, I know that it is unusual for girls to say that, but I do. In fact, I am in the local girls' football team – Rednal Rovers. My brother won't agree, of course, but I am a good player. Last week, they even made me **2)** ..... of the team. I felt so proud as my **3)** ..... and I walked out onto the pitch in our red and white football **4)** ..... I will never forget the moment when I managed to score a goal – The other team's **5)** ..... wasn't very pleased, but what can we do?



## 2 Tick (✓) only the true sentences.

- 1 If the game **is a draw**, both teams have the same score.
- 2 If your team's score is **nil**, it has scored a goal.
- 3 If there is **a similarity** between two things, they are almost the same.
- 4 If something is **available**, you can buy it.
- 5 If someone is your **opponent**, they are on the same team as you.
- 6 A **cyclist** rides a bike.

## 3 Fill in the correct word.

ticket \* time \* swimmer \* problem

- 1 You can pass the ball, but you can also pass the .....
- 2 You can have a strong chair, but you can also be a strong .....
- 3 You can book a seat, but you can also book a .....
- 4 You can tackle an opponent, but you can also tackle a .....

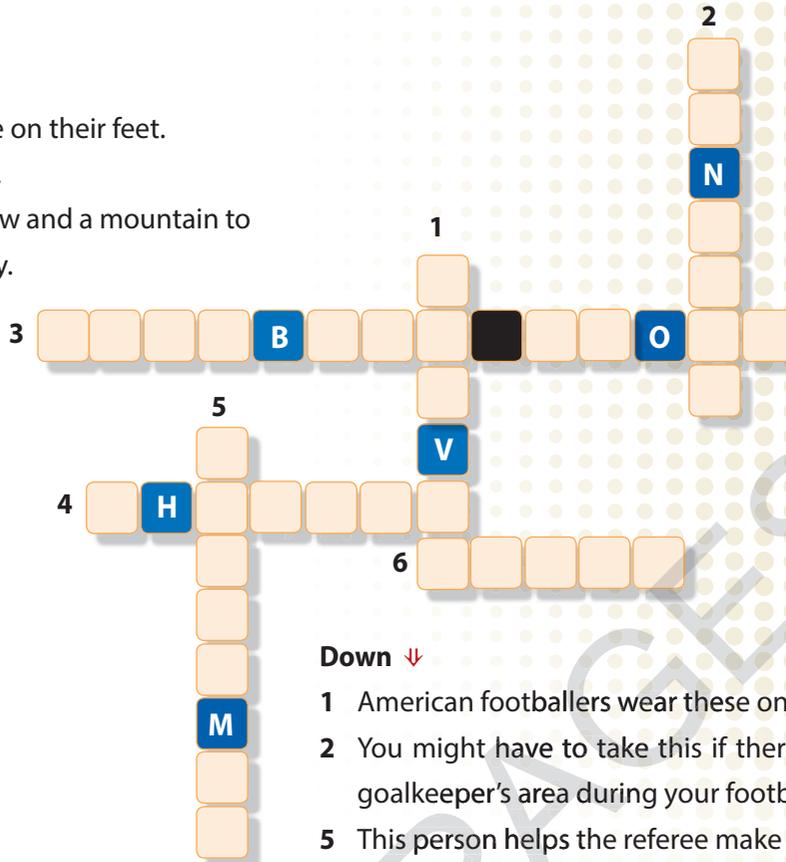
## 4 Choose the correct answer.

While I was **1) looking / surfing** the Internet, I found a website where you can get tickets to football matches. I have always wanted to see Liverpool play, so I **2) booked / surprised** some tickets for me and my friend Jacob; he would **3) definitely / completely** want to go with me. The match was with a team that my sister is mad about – Manchester United, and I really didn't want Liverpool to **4) refer / lose** to my sister's favourite team. Luckily, the goalkeeper managed to make some great **5) saves / draws**, and Liverpool **6) beat / won** United 2-0.

**5 Do the crossword.**

**Across** ⇒

- 3 Footballers wear these on their feet.
- 4 The referee blows this.
- 6 This person needs snow and a mountain to do his sporting activity.



**Down** ↓

- 1 American footballers wear these on their hands.
- 2 You might have to take this if there is a foul in the goalkeeper's area during your football match.
- 5 This person helps the referee make decisions.

**6 Fill in a word from each box to complete the dialogues below.**



- 1 **Tim:** Those are strange clothes, Josh. And what's that on your head?  
**Josh:** It's a **1**) ..... I need to wear this because I'm going to teach my cousins how to play American football, which is a sport with a lot of **2**) .....
- 2 **Cathy:** Do the Irish and the English share a **3**) ....., Patrick?  
**Patrick:** Yes, they do. Although the two countries have a few **4**) ....., the people have no problem communicating with each other.
- 3 **Matt:** What was the score at **5**) ..... between Derby and Aston Villa in today's match, Greg?  
**Greg:** Two-one to Derby. That new player managed to score from outside the **6**) ..... in the last minute.  
**Matt:** Hm! I'm sure the Aston Villa fans weren't too happy about that!

## 1 Fill in the correct verb to complete the sentence.

bring \* feel \* fight \* surf \* take \* tell

- 1 I think you should be honest and ..... your parents the truth.
- 2 Would you like to ..... part in a game of hurling?
- 3 Most people will ..... sorry for the young boy at the start of the film.
- 4 The superhero decides to ..... crime in the city at night.
- 5 The special effects ..... the action to life.
- 6 I'll just ..... the Net before I start my homework.

## 2 Fill in the correct preposition.

from \* of \* on \* to \* with

- |        |   |                |          |       |         |               |       |       |
|--------|---|----------------|----------|-------|---------|---------------|-------|-------|
| full { | 1 | .....          | escape { | 2     | .....   | keen {        | 3     | ..... |
| fond } |   |                | apart }  |       |         | play tricks } |       |       |
|        |   | compete {      | 4        | ..... | refer { | 5             | ..... |       |
|        |   | fall in love } |          |       | lose }  |               |       |       |

## 3 Fill in the correct form of the word in capitals to complete the sentence.

- 1 The superhero is the ..... of the planet.
- 2 My uncle is a ..... who works in a laboratory.
- 3 Superman is very strong and has the ..... to fly.
- 4 At first, the children were in serious trouble, but ....., they were saved quickly.

PROTECT

SCIENCE

ABLE

FORTUNATE

## 4 Fill in a word from each box to find the answer.

running \* basketball  
\* safety \* swimming  
\* full \* chariot

helmet \* time  
goggles \* race  
hoop \* track

- 1 You wear it to protect your head: .....
- 2 The end of a football game: .....
- 3 You wear these in the pool to protect your eyes: .....
- 4 You can score points if you throw the ball into this: .....
- 5 An event held in the ancient Olympic Games: .....
- 6 Where races take place: .....

5 Fill in the correct verb to complete the sentence.

ban \* beat \* book \* express \* pass \* recommend \* tackle \* win

- 1 I think the time will ..... quickly if you read a book.
- 2 She is not always able to ..... how she feels.
- 3 I would ..... the new science-fiction film.
- 4 Manchester United ..... Liverpool again.
- 5 We should ..... the tickets as early as possible.
- 6 Who do you think will ..... the game?
- 7 Do you think they should ..... mobile phones in schools?
- 8 George always manages to ..... his opponent and get the ball back for our team.

6 Tick (✓) only the true sentences.

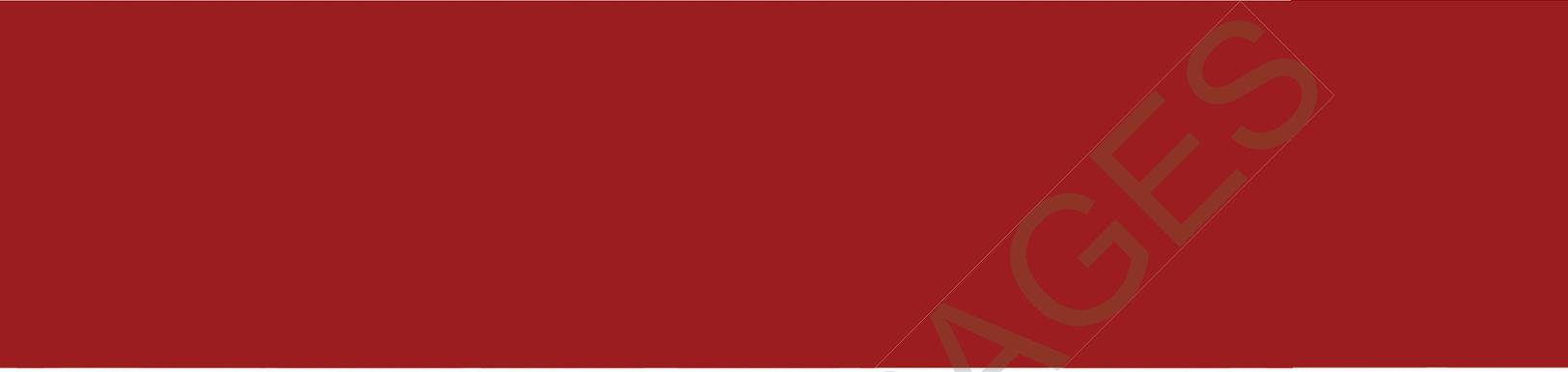
- |  |  |
|--|--|
| <ol style="list-style-type: none"> <li>1 If you are <b>confident</b>, you believe you can do something.</li> <li>2 If you find something <b>dull</b>, it is interesting.</li> <li>3 If there are <b>various</b> options, you have many options.</li> </ol> | <ol style="list-style-type: none"> <li>4 If two countries have <b>cultural differences</b>, they have the same culture.</li> <li>5 If somebody is <b>lazy</b>, they do not work hard.</li> <li>6 The <b>original</b> name of something is its new name.</li> <li>7 If you see the <b>latest</b> film, it is very new.</li> <li>8 If somebody is <b>tough</b>, they are not brave.</li> </ol> |
|--|--|

7 Use the clues to find eight words.

G	O	A	L	K	E	E	P	E	R
X	H	L	L	A	L	C	E	B	L
L	C	F	I	T	I	T	B	A	W
Q	I	A	S	N	A	L	D	P	N
I	E	I	P	M	E	E	K	I	T
W	H	W	M	T	M	S	C	P	R
W	X	A	Q	L	A	B	M	G	J
D	E	F	D	H	S	I	K	A	D
T	S	M	T	J	N	J	N	P	N
P	E	N	A	L	T	Y	O	X	G

- 1 If you win the competition, you will also win a gold .....
- 2 One of the players who leads the team in games is the .....
- 3 Somebody who is on your team: .....
- 4 What you wear when you play football: football boots and your .....
- 5 If there is a foul in the goalkeeper's area, you get a .....
- 6 What the referee blows to stop and start the game: .....
- 7 One of the two people who helps the referee: .....
- 8 The only person in the football team who can stop the ball with his hands: .....





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