

A top-down view of a dark brown wooden surface with horizontal grain. The word "Welcome" is centered in the middle. Above and below the text are several flowers: pink tulips, purple tulips, and pink roses, some in bud and some in bloom, with green leaves. The flowers are arranged in a decorative, asymmetrical pattern.

Welcome



Paul Milliken
Photography

READING

1 Read the text quickly and answer the questions.

- 1 Who are the new BMXers?
- 2 Do they like racing or 'freestyle' BMX?

Did you think that BMX racing was just for men? Think again ...

Meet the new BMXers

It was a dark, rainy, winter's day at the National Cycling Centre in Manchester (UK) and I was taking photographs of the girls' BMX team. They were riding around the track with apparently no fear. They all obviously had a real passion for the sport.



Olivia, aged 15, has long, brown hair. She's smart and confident, and the way she was smiling showed how much she loved it. How did she first become interested in BMX? ¹
Although all the racers were boys, she knew instantly it was the sport for her. 'It's not harder for girls to get into the sport,' she said – anyone can do it. 'BMX gives you knowledge. When you come to the track, you learn something new every day.'

So what is a BMX? A BMX is a bike with small wheels and a low seat. Small wheels actually go faster than big wheels at speeds of up to 20 km/h. ² These mean that a bike can travel quickly without the rider using their legs too much. But there are no gears on a BMX, so the rider has to pedal a lot to go fast. ³

Some BMXers love doing jumps and crazy stunts – this is called 'freestyle'. Other riders prefer racing. BMX races are fast but short.

⁴ Both riding styles have something in common: riders fall off their bikes a lot. That's why they all wear a helmet, as well as knee and elbow guards under their racing clothes.

Many people think that BMX is scary or dangerous, but fear isn't a thought that goes through this BMX team's minds. ⁵

They don't see the difference between male and female, not while they are out on the track doing what they enjoy the most.

2 Read the article again. Five sentences have been removed from the text. For each space choose the correct sentence. There are three extra sentences which you do not need to use.

- A** She laughed because some of the riders were moving their legs so quickly.
- B** They usually only last for about 40 seconds.
- C** BMX race bikes can be very expensive.
- D** She was watching her older brother race.
- E** They weren't worried by the rain either.
- F** They see BMX as a fun sport, a way of life, a good social activity.
- G** Normal bikes have at least 20 gears.
- H** This is the biggest problem with BMX races.

3 Match the **highlighted** words in the text to the meanings.

- 1 part of a bicycle that controls the speed of the wheels
- 2 tricks or difficult jumps on a bike
- 3 a path, often circular, used for races
- 4 a hard hat that protects your head
- 5 things you wear to protect parts of your body when playing a sport

**Track
Gears
Stunts
Helmet
Guards**



TALKING POINTS

Should schools offer the same sports to girls and boys? Or are some sports for boys and others for girls?

Do you think there is too much sport on TV? Why? / Why not?







Past progressive

- The **past progressive** refers to an action in **progress** during a **particular time** in the **past**. It is formed with **was/ were + the -ing** form of the verb.

Past progressive

I **was** playing video games all afternoon.

Where were you? We **were** waiting for hours!


I **was** running back to the hotel.

The wind **was** blowing.

The waves **were** crashing over our canoe.

Question form

- Was he doing his homework at 5:00?
- Were they swimming in the pool?
- Were you waiting for hours?
- Was I running fast?
- Was she playing video games all afternoon?

- 
- The past progressive is often used with a **when** clause. This use draws attention to the idea of one action in **progress** interrupted by another **past action**. The **simple past** is used in the **when** clause.



Past progressive with **when** clause

- I **was practicing** the piano **when** the electricity **went out**.
- They **were walking** their dog **when** lightning **struck** a tree next to them.
- I **was swimming** **when** it **began** to rain.
- We **were fishing** **when** it suddenly **got** very windy.

GRAMMAR

Past continuous

1 Read the examples. Then choose the correct words to complete the rules.

- 1** I **was taking** photographs of the girls' BMX team.
- 2** They **were riding** around the track.

- a** We use the past continuous to talk about actions in progress at a particular time in *the present / the past*.
- b** We form the past continuous with the correct *present / past* form of *be* and the *infinitive / -ing* form of the verb.



Choose the correct form of the verbs to make past continuous sentences.

- 1** They *were wearing* / *were wear* dark helmets.
- 2** He *isn't playing* / *wasn't playing* ice hockey last night.
- 3** My friends *wasn't talking* / *weren't talking* about sports.
- 4** What was he *doing* / *do* on the court?
- 5** *Were* / *Was* she watching the games?
Yes, she *was* / *were*.
- 6** Mark *is climbing* / *was climbing* yesterday.
- 7** My parents *was going* / *were going* to a bike race.
- 8** Were they *listening* / *listen* to the match?
No, they *weren't* / *wasn't*.

3

Look at the picture of a park last Saturday morning. Write positive and negative past continuous sentences about what the people were and weren't doing.

0 Kim / play tennis / swim

Kim was playing tennis. She wasn't swimming.

1 Adam and Pete / run / skate

2 Myla / throw a ball / hit a ball

3 Karl and Liam / play squash / kick a ball

4 Megan and Ana / cycle / climb

5 Lucy / catch a ball / do athletics

3 Look at the picture of a park last Saturday morning. Write positive and negative past continuous sentences about what the people were and weren't doing.

0 Kim / play tennis / swim

Kim was playing tennis. She wasn't swimming.

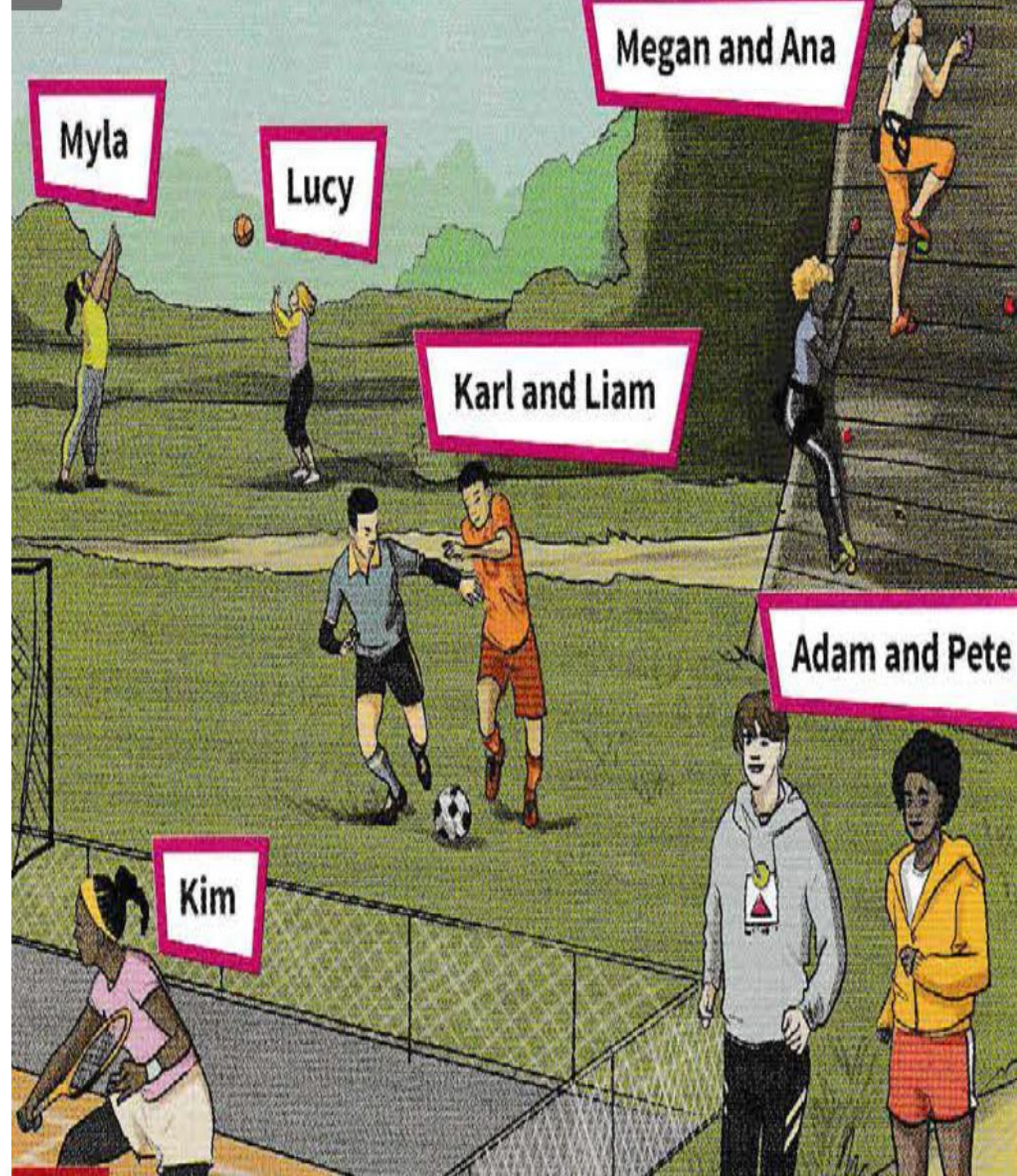
1 Adam and Pete / run / skate

2 Myla / throw a ball / hit a ball

3 Karl and Liam / play squash / kick a ball

4 Megan and Ana / cycle / climb

5 Lucy / catch a ball / do athletics



4 Write questions in the past continuous.

0 you / do / sports at 3.30 yesterday?

Were you doing sports at 3.30 yesterday?

1 what / you / do / at 8.30 yesterday evening?

2 you / read / at 10.30 / yesterday evening?

3 what / you / wear / last / Sunday?

4 you / sleep / at midnight last night?

5 you / have / breakfast at 8.00 this morning?

6 what / do / five minutes ago?

5 Ask and answer the questions in Exercise 4.

VOCABULARY

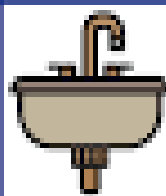
Words with different meanings

1 Read the sentences. Choose the correct meaning of the **words**.

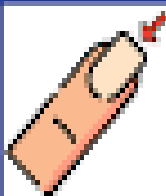
EP

- 1 I did the extra maths **exercise**. Did you?
 - a noun: physical activity to get stronger
 - b noun: written work to practise something
- 2 Does this tracksuit **fit** you?
 - a verb: be the right size
 - b adjective: healthy and strong
- 3 Who won the Chelsea–Arsenal **match**?
 - a verb: be the same
 - b noun: a sports competition
- 4 The Bulls won the basketball game by 20 **points**.
 - a noun: the score (e.g. the number of goals/ baskets) at the end of a match
 - b verb: indicate using your finger
- 5 The basketball team has got a new **trainer**.
 - a noun: a sports shoe
 - b noun: a person who prepares players for an event
- 6 I can't **work out** what to do next.
 - a verb: to exercise to make the body stronger
 - b verb: to find the answer to a problem
- 7 We got a **coach** to the volleyball match.
 - a noun: a type of bus
 - b noun: someone who teaches people a sport
- 8 We **train** at the football club twice a week.
 - a noun: a long, thin vehicle that travels on rails
 - b verb: to practise a sport

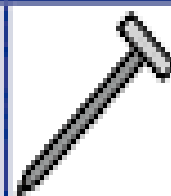
SAME WORD - DIFFERENT MEANINGS



sink



nail



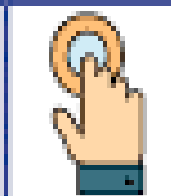
note



fan



button



2

Complete the sentences. Use the correct form of the **words** in Exercise 1.

- 0 This green colour matches your top.
- 1 You aren't enough. Do some!
- 2 We go jogging with the rugby every day, but we never in the gym.
- 3 I can't see the captain. Can you to her?
- 4 I bought some white but they don't me. They're a size 7 but I take an 8.
- 5 I need help with the last on page 144.
- 6 How many has your team got? Did they play any last week?
- 7 Let's get a The railway station is closed, so there aren't any today.
- 8 I can't how to play this game.

3

» Work with a partner. Student A turn to page 121. Student B turn to page 126.

VOCABULARY

Clothes: adjectives

1 Write the letters in the correct order to make adjectives.

1 adlyb-edressd _____

2 dnsceo-dhna _____

3 ufnhensoalabi _____

4 acusla _____

5 uclfbntaremo _____

2 Match the words to their meanings.

1 loose-fitting _____

2 comfortable _____

3 smart _____

4 skinny _____

5 brand new _____

6 trendy _____

7 well-dressed _____

a narrow and fitting closely to the body

b wearing attractive, good-quality clothes

c large and comfortable to wear

d gives a pleasant feeling

e having a clean, tidy and stylish appearance

f completely new

g popular at a particular time

3 Complete the sentences with the correct word from Exercise 1

- 1 I don't like these trainers. They are very trendy, but they are really _____.
- 2 I always buy _____ clothes because they're so cheap!
- 3 My clothes looked great five years ago. Now they look so _____.
- 4 My dad never wears nice clothes. He's really _____!
- 5 It's only a small party at a friend's house. I'm going to wear _____ clothes.

4 Complete the conversation with words from Exercises 1 and 2.

- 1 A: Are you wearing your _____ jeans to the concert?
B: Yes, I am. But they are a bit _____.
- 2 A: Is that a _____ jacket?
B: No, it's _____, from the new sports shop in town.
- 3 A: She is so _____ and always wears the latest fashions!
B: Yes, she isn't the type of person to be _____!
- 4 A: The restaurant sign says _____ clothes only.
B: I'm going home to change these old clothes because I am so _____.
- 5 A: Sam doesn't worry about how he looks. He prefers a _____ style!
B: He's not like his brother who is really _____. He wears the best clothes.



READING

1 Look at the article about shoes before reading it. Tick (✓) where it comes from.

1 a blog ☐

2 an email ☐

3 a teen magazine ☐

4 an online forum ☐

2 Read the article. Are these sentences true (T) or false (F)?

1 Many readers buy expensive shoes.

2 At Raffi's school, everyone wears the same colour trousers/skirt.

3 Raffi wears the same shoes as his friends.

4 Anne Belle wrote her name on her trainers.

5 At Zehra's school, her classmates wear stylish shoes.

6 Zehra admires her art teacher's style.

3 Match the highlighted words in the article to their meanings.

1 protect _____

2 comments _____

3 collection _____

4 essential _____

a things that you say or write that express your opinion

b a group of things or people

c very important and necessary

d keep someone or something safe from something dangerous or bad

4 Complete the sentences with a word from Exercise 3.

1 He always wears sunglasses to _____ his eyes from the sun.

2 Jane likes to write _____ on social media about the clothes people wear in their photos.

3 Some people think it's _____ to look trendy all the time.

4 I love the new fashion _____ at G&C this summer.

What do you think about SHOES?

We all wear shoes every day. They **protect** our feet from the things we do every day – walking, school activities, sports and so on. But for some people they are more than that. They follow shoe styles, and a good pair of trendy shoes or trainers will not be cheap. *Mag About You* did a survey and we discovered that many of you pay a lot of money for shoes. We think it's because they are an **essential** fashion item – specially for the youth of today! A pair of shoes can make or break your style!



Here are some of the **comments** from the survey.

I think it's a bit boring the way everyone in my school wears the same black leather shoes. There are all kinds of shoes we could wear, but we have a uniform, and most people follow the rules. There is one girl in my class who wears all kinds of different things and she's creative, but she isn't fashionable in my opinion. My friends and I try to be a bit different and wear black trainers instead. We buy them from the same shop. But we like them!

Raffi, South Africa

I love shoes, especially trainers. They are trendy and comfortable. You can wear them with everything – trousers, skirts and so on. At school we did a project where we had to add something to a pair of white trainers. I wrote half my name on the left and the other half on the right. It was such a cool project!

Anne Belle, New Zealand

At my school we all have to wear these silly black or brown shoes. They look quite scruffy after a few months. Nobody likes them. Anyway, the kinds of shoes we can wear at school is a big story at the moment! The school agrees now that the style of the uniform is unfashionable. Our art teacher can give the school some advice! She has a great collection of shoes, and in the summer her sandals are always so pretty. She's really well-dressed. I want to dress like her.

Zehra, Turkey

Next week: What do you think about school bags?
Click here to answer our questions.

1 Complete the sentences with the verbs in brackets in the past simple.

- 1 Yesterday I _____ my new jacket to school. (wear)
- 2 After watching Rihanna's new video, everyone _____ a trendy T-shirt like hers. (want)
- 3 Mum _____ to take her shoes back to the shop. (forget)
- 4 Dad _____ into town to get Mum a new pair of earrings. (go)
- 5 Lots of my friends _____ their new Nike trainers online. (buy)
- 6 Emily _____ the fashion show in London last week. (enjoy)
- 7 _____ you text Mac about the sale in Zara next week? (do)
- 8 Serena _____ really smart in her new dress on Friday. (look)
- 9 Andrew _____ a new suit and tie for his birthday. (get)
- 10 My brother _____ wearing caps when he was younger. (love)

2 Write the questions for these answers.

- 1 what / you / do?

I went clothes shopping with my friend.

- 2 your dad / buy / a new shirt?

No, he didn't. He bought a pair of shoes instead.

- 3 go / cinema / with / parents?

No, I visited my friends instead.

- 4 do / wear / new jumper?

I did! Everyone loved it!

- 5 how long / film / last?

About two hours, I think.

- 6 eat / restaurant / after the fashion show?

Yes, we did. We had burgers and salad.

- 7 you / get home / late?

No, we didn't. I think we got home at 8.30 pm.

- 8 your parents / buy / new skirt?

Yes, they gave me the money and I got it from Kool Klothez.

- 9 What / you / have / birthday?

I had some new trainers and a T-shirt.

3 Complete the sentences. Put the verbs into the correct positive or negative form.


- 1 It was raining, so I _____ my umbrella. (take)
- 2 The book was boring and I _____ it at all. (enjoy)
- 3 We _____ to Spain for our holidays from Heathrow Airport. (fly)
- 4 My best friend _____ me a lovely birthday present. (give)
- 5 Suni _____ to play with Marta because he was watching TV. (want)
- 6 It was a hot day and we _____ lots of water. (drink)
- 7 You _____ me last week because you had to do your homework. Remember? (visit)
- 8 She _____ you an email this morning. (send)

4 Complete the text with the verbs in the box. Use the past simple, positive or negative.

ask	buy	catch	go	look
see	smile	spend	tell	visit

Eve ¹ _____ shopping with her parents in London last week. They ² _____ a train from Bristol to London. They ³ _____ two days there. They ⁴ _____ all the best shops for clothes in the main shopping areas like Oxford Street, Camden and Carnaby Street! Eve is so lucky because her mum ⁵ _____ her what type of clothes she wanted. So she ⁶ _____ her a lot of trendy things like skinny jeans and cool white trainers. She was wearing them when I ⁷ _____ her at the party on Friday. She ⁸ _____ so happy when people ⁹ _____ her how nice her clothes were – she ¹⁰ _____ all night long. I think I need to go to London soon, too!

5 Choose the correct sentence in each pair.

-  1 a We were there for three days because last week is a holiday.
b We were there for three days because last week was a holiday.
- 2 a Last Saturday I went to the cinema with my friends.
b Last Saturday I go to the cinema with my friends.
- 3 a The National Park is a clean and quiet place, so we chose to go there.
b The National Park is a clean and quiet place, so we choosed to go there.
- 4 a She so surprised and really happy!
b She was so surprised and really happy!
- 5 a I have a lot of fun last weekend.
b I had a lot of fun last weekend.

1 Write the letters in the correct order to make adverbs.

- 1 dalby _____
- 2 larceufly _____
- 3 yarley _____
- 4 saft _____
- 5 elew _____
- 6 talilhthey _____
- 7 vaheyli _____
- 8 Iraey _____

2 Complete the sentences with adverbs from Exercise 1.

- 1 I always go to bed _____ before an exam.
- 2 Eating _____ makes me feel better.
- 3 It's raining _____, so I'll stay at home today.
- 4 You're driving too _____! Slow down!
- 5 Georgina looks really _____ after going to the gym.
- 6 Paul visits his family in South Africa _____, usually in August.
- 7 My team played _____ this year.
- 8 Jamie thinks _____ before he speaks.

1 Look at the photo. Where are the teens? Tick (✓) the event where you think they are.

- 1 a special birthday party ☐
- 2 a party at the end of high school ☐
- 3 a wedding party ☐



2 Now listen and check your answer.



3 Listen again and choose the correct answers.

- 1 Rob is talking about his *cousin / sister*, Denise.
- 2 Denise left school *last year / two years ago*.
- 3 Rob thinks proms are *British / American*.
- 4 Rob thinks it *is / isn't* a good idea to spend a lot of money on a prom dress.
- 5 Denise got a job in a *café / clothes shop*.
- 6 Lara says she is *going to / not going to* buy her prom dress herself.



4 Listen again and complete the first part of the conversation.

Lara: Hey, Rob, is that your sister?

She's ¹ _____!

Rob: Yeah, that's Denise! And that's a ² _____ from last year! Do you ³ _____ Lara? She went to that end-of-year ⁴ _____, the prom.

Lara: And is that Andy Patterson with her? He's very ⁵ _____, isn't he?

Rob: Yep! In his ⁶ _____ tie!

Lara: I can't ⁷ _____ till our prom, can you?

Rob: Do you think I'm going to wear a tie like that?

Lara: Yes, you have to! Everyone does when they ⁸ _____ school.

Rob: Hmm. I think the prom comes from ⁹ _____. I don't like it.

