1 Circle the correct option, *A*, *B* or *C*.

1 I play rugby five times a week. I ..... play it.
(A) often B never C sometimes

2 We are good at gymnastics. We ..... practise.
A always B sometimes C never

3 Alberto ..... goes cycling. He goes once or twice a month.
A often B never C sometimes

4 My parents ..... go out! They are always at home.
A often B never C usually

5 I ..... go snowboarding at the weekend but not often.
A always B sometimes C never

6 We ..... play tennis. We play on Sundays but not every weekend.
A never B always C often

2 Rewrite the sentences. Put the adverbs in the right place.

1 I go skating with my sister on Saturday. (always)
I always go skating with my sister on Saturday.

2 You are tired in the morning. (never)
.....

3 Do they watch TV in the evening? (sometimes)
.....

4 Football is boring. I love it! (never)
.....

5 Carlos goes sailing at the weekend. (often)
.....

6 My family plays baseball together in the summer. (usually)
.....

7 We are very happy when our team wins. (always)
.....

3 Put the words in order to make sentences and questions.

1 doesn't / but / loves / He / hockey / he / always / it / play
He loves hockey but he doesn't always play it.

2 Friday / do / on / athletics / usually / after / don't / school / I
.....

3 in / holidays / usually / summer / do / you / do / What / the
.....?

4 sometimes / sport / and / badminton / hard / boring / Is / a
.....?

5 we / the / surfing / near / but / live / go / never / We / sea
.....

6 usually / very / is / sport / a / dangerous / not / Tennis
.....

4 Find and correct the mistakes in the sentences.

1 I never am at home at the weekend.
I am never at home at the weekend.

2 We go cycling always in the mountains in the summer.
.....

3 Aida plays sometimes football on Saturdays.
.....

4 I like the snow but I don't never go snowboarding.
.....

5 My brothers always don't do sport every day.
.....

6 The swimming pool usually is quiet on Mondays.
.....

7 Do sometimes you play rugby with your friends?
.....

5 Complete Zaida's email with one word in each space.

Reply Forward
Subject:
From:
To:
Date:

Hi Billy,
I love outdoor sports. Every weekend I [1] *always* play football and I often [2] ..... basketball but I [3] ..... play table tennis or other indoor sports. They're boring! In the summer I usually [4] ..... swimming. There's a swimming pool near my house. I also [5] ..... play volleyball with my family. I've got a great ball! We sometimes go sailing but [6] ..... never go surfing. In the winter we sometimes [7] ..... snowboarding. We [8] ..... often tired and go to bed early!
See you soon!
Zaida

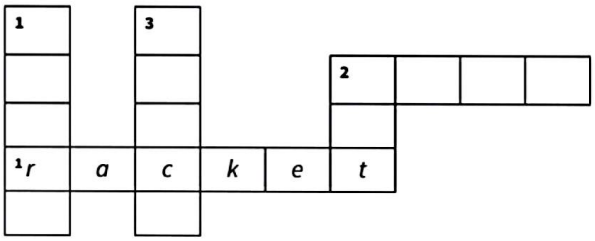
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UNIT 1 VOCABULARY: PLUS

1 **Complete the spaces to make sports words.**

1 s*u r f i n g*
2 f_ _ _ _ _ _ _
3 b_ _ _ _ _ _ _ _ _
4 v_ _ _ _ _ _ _ _ _
5 c_ _ _ _ _ _
6 r_ _ _ _ _ _
7 s_ _ _ _ _ _ _
8 t_ _ _ _ t_ _ _ _ _

2 **Complete the crossword with sports equipment words. Use the clues below.**



Across

1 You play tennis with a …
2 You play rugby with a …

Down

1 You go surfing with a …
2 You play baseball with a …
3 You play hockey with a …

3 **Complete the table with the sports words in the box.**

athletics	badminton	baseball	cycling
gymnastics	hockey	rugby	~~sailing~~
skating	snowboarding	surfing	
table tennis	volleyball		

go	do	play
sailing		

PRONUNCIATION /eɪ/ and /aɪ/

01 **4** **Listen to the words and tick ✓ which sound you hear. Then, listen again and write the words in the table.**

		/eɪ/	/aɪ/
1	play	✓	
2	bike		✓
3	.....		
4	.....		
5	.....		
6	.....		
7	.....		
8	.....		
9	.....		
10	.....		

5 **Complete the sentences with the words in the box. There are three extra words.**

athletics	badminton	do	~~go~~	play
racket	sailing	snowboarding	stick	

1 I *go* skating at the weekend.
2 You ..... baseball outside.
3 You go ..... on water.
4 You need a ..... to play tennis.
5 You play ..... alone or in teams.
6 You go ..... in the mountains.

6 **Read the descriptions and write the sports with the words in the box. There are three sports you don't need.**

cycling	football	running	sailing
snowboarding	surfing	~~tennis~~	

1 *tennis*
You do this sport alone or in teams.
You do this sport inside or outside.
You need rackets and a ball to do this sport.

2 .....
You do this sport outside.
You do this sport on water.
You do this sport alone.
You need a board to do this sport.

3 .....
You do this sport in teams.
You practise and play matches outside.
You need a ball to do this sport.
Players try to score goals to win.

4 .....
You do this sport outside.
You do this sport on snow.
You do this sport alone.
You need a board to do this sport.

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UNIT 2 VOCABULARY: PLUS

1 Complete the phrases with the verbs in the box.

brush	check	~~clean~~	get	have
leave	prepare	put	tidy	wake

1 *clean* your teeth
2 ..... up
3 ..... your hair
4 ..... your room
5 ..... on your shoes
6 ..... your messages
7 ..... breakfast
8 ..... the house
9 ..... dressed
10 ..... your school bag

2 Complete the spaces to make food words.

1 c h *e e s e*
2 c e _ _ _ _
3 v _ _ _ _ _ _ _ _ _
4 y _ _ _ _ _ _
5 c _ _ _ _ _ _
6 a _ _ _ _ _ _
7 h _ _ _ _
8 b _ _ _ _
9 t _ _ _ _ _ _ _

3 Match the food words from Exercise 2 with the definitions below.

A These are good for you and can grow in the garden, e.g. potatoes and beans. *3*
B It's yellow or white and we often put it inside a sandwich. .....
C You use this to make toast. .....
D You have this with milk for breakfast. .....
E It's made from milk. We often put fruit or sugar with it. .....
F Bees make this. .....
G This is a round vegetable. It's got leaves and can be green. .....
H They are red and round. We often put them in a salad. .....
I This is a tropical fruit with a hard, green skin. .....

PRONUNCIATION The sound /ə/

02 **4 Which words have the sound /ə/? Listen and write the words in the table. Then, listen again and check.**

/ə/	No /ə/
avocado	*bread*
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	.....
.....	
.....	

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

1 I / my teeth / after breakfast. / clean
I clean my teeth after breakfast.
2 hair. / gets / and / She / dressed / then brushes / her
.....
3 am / I / my / moment. / tidying / at / room / the
.....
4 usually prepare / school bag / He doesn't / evening. / his / in the
.....
5 leaving / house / is / She / now. / the
.....
6 moment, / At the / on / I am / my / shoes. / putting
.....
7 check my / wake up. / messages / when I / I always
.....

6 Complete the text. You have the first letter of each missing word.

My morning routine

I wake [1]u *p* at six o'clock. I [2]g ..... dressed, brush my [3]h ..... and then I have [4]b ..... . I usually have [5]h ..... chocolate, toast with [6]j ..... and a [7]y ..... for breakfast, but sometimes I have [8]c ..... with milk. After breakfast, I [9]p ..... my school bag and clean [10]m ..... teeth. Then, I [11]p ..... on my shoes and [12]l ..... the house at eight o'clock.

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