



Spośród odpowiedzi A, B, C, D wybierz te prawidłowe i przenieś na kartę odpowiedzi niebieskim lub czarnym długopisem.

Reading:

Doing sports is good for your health. That's what they say to encourage people to take up physical activities, but is sport always safe? Some people like taking risks and need some adrenaline when doing sports, some sports are dangerous. Let's take a look at some of them.

Mountaineering is a typical extreme sport. You need to be in perfect physical condition and have good nerves to do it. You can try bouldering (climbing huge boulders), rock climbing and ice climbing.

Another is bungee jumping, that is jumping from a high bridge, tower or crane, with an elastic rope tied around your ankles. This sport comes from New Zealand. There is also a bungee-run - a sportsman runs as fast as he can with an elastic rope around his hips, he stretches the rope and at some point the rope acts like a catapult.

There are many extreme water sports. Free diving, for example, is checking how deep under water you can go with just the oxygen you can take in your lungs. Many die trying to break the world record. Kitesurfing on the other hand is a fun sport in which one just slides on the waves using a board and a huge kite. All you need is a big body of water and wind – the stronger the better.

Parkour started in France in the 90s. A Frenchman, whose passion was climbing trees, decided to take his hobby into the city. The point of the sport was to jump over an obstacle, such as a fence, a railing or a wall, as fast as you can. Nowadays, free runners make a lot of dangerous tricks: somersaults, sudden turns or super long jumps.

The most surprising discipline is extreme ironing. It's a sport started by a Brit who got bored while ironing the clothes. He took the ironing board and went outside. He had so much fun that in 2002 there was the first championship in extreme ironing.

Would you like to try any of the sports?

1. There are:

- A. seven types of extreme sports.
- B. ten types of extreme sports.
- C. more than ten types of extreme sports.
- D. two types of water sports.

2. You need for kitesurfing.

- A. a kite
- B. a board
- C. a big body
- D. a light wind

3. What do you need for bungee jumping?

- A. A catapult.
- B. A special rope.
- C. A bungee-run.
- D. Some adrenaline.

4. To try parkour:

- A. you have to move to France.
- B. you have to live in the city.
- C. you have to have a good jumper.
- D. you have to be in perfect physical condition.

5. What's not true?

- A. Free diving needs special equipment.
- B. Extreme sports come from New Zealand.
- C. Extreme ironing is a young discipline.
- D. Doing sports is always good for your health.

Grammar and vocabulary:

6. Which words don't rhyme?

- A. Key, pea, ski.
- B. Sleigh, ballet, freeway.
- C. Straight, classmate, seat.
- D. Sky, pie, high.

7. What is a piece of furniture?

- A. A cushion.
- B. A shelf.
- C. A washbasin.
- D. A chest of drawers.

8. Where do you usually have breakfast?

- A. In the morning.
- B. In the dining room.
- C. At lunch break.
- D. In the pantry.

9. What do you like doing in winter?

- A. I like making a campfire.
- B. My favourite activity is a snow fight.
- C. I love making ice sculptures.
- D. Skating on a rink is fun.

10. Do you like spending time outside in winter?

- A. No, I'm not.
- B. Yes, I do.
- C. Yes, I like.
- D. No, I don't.

11. I often do the housework, so

- A. I am often well prepared for school.
- B. I often sweep my room.
- C. I do the laundry once a week.
- D. I often take out the rubbish.

12. Is this your fleece?

- A. It is Tom's.
- B. No, leave it here.
- C. Yes, this is my.
- D. Yes, put it in the drawer.

13. I'm a vegetarian. I don't eat.....

- A. aubergines.
- B. lamb.
- C. parsley.
- D. grains.

14. Tom is a real gadget fan. He can't live without his....

- A. portable speaker.
- B. protractor.
- C. charger.
- D. bracelet.



15. Which is correct?

- A. Do they have a match every month?
- B. Is she taking a bus to school every day?
- C. How much flour are in this bag?
- D. Who does he meets after school?

Communication:

16.A: What would you like?

- B:**
- A. Some almonds, please.
 - B. I like pastries.
 - C. I don't like peanuts.
 - D. I'd like dates.

17.A: Ben, you did it again.

- B:**
- A. I know, I'm sorry.
 - B. I didn't mean to.
 - C. I don't mind.
 - D. It's the last time, I promise.

18.A:?

- B: Yes, that's fine.**
- A. What do you think of the new Frozen movie?
 - B. Can I have the soup without puffs?
 - C. Can I use your mobile, please?
 - D. How are you today?

19.A: What time do you usually have pottery?

- B:**
- A. I have extra classes.
 - B. At noon.
 - C. At weekends.
 - D. It's three o'clock.

20.A: Where is your classroom Tom?

- B:**
- A. It's on the second floor.
 - B. It's next to the bookshop.
 - C. Behind this door.
 - D. They are at the gym.

21.A:?

- B: It's misty.**
- A. What kind of a book is it?
 - B. What's the weather like?
 - C. What's this?
 - D. What's it like out there?

22.A: How did you get there?

- B:**
- A. I got a beautiful notebook there.
 - B. I went there on foot.
 - C. I got there with my friend.
 - D. By tram.

23.A:?

- B: A talent show.**
- A. What's going on?
 - B. What are you watching?
 - C. What's on?
 - D. Where can I see Tim?

24.A: What's the date today?

- B:**
- A. It's the eighth.
 - B. It's January 8th.
 - C. It's Tuesday.
 - D. It's the nine of January.

25.A: Hello.

- B:**
- A. Hi, is it you, Kathy?
 - B. Hang up the phone, please.
 - C. Can I talk to you for a minute?
 - D. Can you talk?

Culture:

26. The symbol of Ireland is:

- A. a four-leaved shamrock.
- B. a green colour.
- C. a three-leaved shamrock.
- D. a dwarf.

27. In the Republic of Ireland you can visit:

- A. Belfast.
- B. Cork.
- C. Liverpool.
- D. Shannon.

28. A harp is:

- A. a symbol of Ireland.
- B. an Irish animal.
- C. is an Irish legend.
- D. on Irish coat of arms.

29. St Patrick's Day:

- A. is in March.
- B. is celebrated in winter.
- C. is celebrated in spring.
- D. is a celebration for Leprechauns.

30. Which is true?

- A. People pay in cents and dollars in Ireland.
- B. Ireland is a Catholic country.
- C. Ireland is by the ocean.
- D. There are no mountains in Ireland.