

Part A • Grammar, Vocabulary and How to ...

GRAMMAR

1 Circle the correct words.

0 You **have to** / **mustn't** have a ticket when you travel by bus.

1 We **must** / **must've** make a decision soon or it'll be too late.

2 The children **shouldn't** / **should** spend less time playing computer games and more time reading.

3 You **needn't** / **need to** bring sandwiches because we'll give you lunch.

4 You **don't have to** / **mustn't** go to bed early. You don't have school tomorrow.

5 You **shouldn't** / **don't have to** walk in the road because there's a lot of traffic.

___ / 5

2 Circle the answer (A, B or C) that best completes each sentence.

0 I can't see ___ moon tonight.

A the	B _	C a
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1 He's ___ receptionist in a hotel.

A a	B an	C _
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2 I'm not very good at ___ football.

A a	B the	C _
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3 Raquel is ___ cleverest person I know.

A a	B the	C _
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4 Do you have ___ interesting job?

A a	B an	C the
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___ / 4

3 Complete the sentences with the correct form of the words in brackets.

0 It's the best bread we have ever eaten (ever / eat).

1 Pedro is _____ (kind) person she's ever met.

2 It's _____ (interesting) article I've ever read.

3 She's the happiest she _____ (ever / be) at the moment.

4 He sings _____ (sad) songs I've ever heard.

5 That's probably the most uncomfortable bed they
_____ (ever / sleep) in.

___ / 5

VOCABULARY

4 Complete the sentences with the words and phrases (A–H). There are TWO words you do not need.

0 The children are working very F at the moment.

1 It can be difficult to accept ____, but we can also learn from it.

2 Umberto's a ____ artist. He's got a natural ability for painting.

3 My grandfather was _____. He had rules for everything.

4 The book was so hard I wanted to ____, but I finished it in the end.

5 Oana is such a _____. She always gets annoyed when other people win.

A bad loser

B carry on

C competitive

D failure

E give up

~~F hard~~

G strict

H talented

___ / 5

5 Complete the sentences with the correct form of the words in brackets.

0 She needed help so she made (**make**) a call to her old manager.

1 The company is _____ (**launch**) its website to the public today.

2 I _____ (**send**) a message, but you didn't reply.

3 I only _____ (**download**) the app because I didn't have to pay for it.

4 This is a great website if you need to _____ (**find**) information about transport.

___ / 4

6 Circle the correct words.

0 I don't usually read the **introduction** / **developer** at the beginning of books.

1 I think every child should have access to good **education** / **introduction**.

2 Julia's taking a course so she can be a video game **leadership** / **developer**.

3 He's going on a course to learn **leadership** / **inventor** skills.

4 The only way to be **developer** / **successful** is by working hard.

5 If you want to be an **inventor** / **successful**, you need to be able to accept failure.

___ / 5

HOW TO ...

7 Circle the answer (A, B or C) that best completes each sentence.

0 A baseball bat is usually ___ of wood or metal.

A made	B lasts	C consists
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1 The ___ is to win more points than the other players.

A goal	B rules	C score
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2 We had an amazing view of the ___ at the tennis match.

A court	B field	C pitch
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3 We like playing ___ in the house so we're not looking at screens.

A board games	B team sports	C video games
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4 The aim of football is to ___ the ball into the goal.

A bat	B pass	C shoot
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5 The first player to ___ ten points is the winner.

A goal	B score	C succeed
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6 A game of ice hockey normally ___ about 60 minutes.

A lasts	B plays	C stages
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___ / 12

TOTAL: ___ / 40

x 1.25 = ___ / 50

Part B • Listening, Reading and Writing

LISTENING

1 [Audio UT4.01] Listen to a podcast about screen time. Number the points (A–E) in the order you hear them.

0 B

1 _____

2 _____

3 _____

4 _____

A Having different apps open at the same time.

~~**B** Number of hours spent on devices.~~

C Apps for controlling time spent on devices.

D Turning off devices more frequently.

E Talking to children about screen time.

____ / 4

2 [Audio UT4.01] Listen again. Are the statements True (T) or False (F)?

0 Ava is surprised about the time people spend on devices. T

1 The presenters agree that devices are bad for your eyes.

2 Joshua thinks children should decide how long to spend on devices.

3 Ava finds it easy to control her children's screen time.

4 Joshua recommends an app to control children's screen time.

 / 8

READING

3 Read the webpage about success stories. Complete the sentences with a **DATE** or **NUMBER**.

0 Josef Koeberl took an ice bath in 2020.

1 Felix Baumgartner did a parachute jump in _____.

2 Chloë McCardel swam _____ miles between two islands in 2014.

3 Dean Karnazes ran 350 miles in _____.

4 Roger Bannister ran the first ever “sub-four-minute mile” in _____.

___ / 4

Success Stories

What are your favourite success stories?

Handy_35:

Some people take short ice baths for their health, but never for more than a **few minutes. In fact, doctors say it's dangerous to spend more than fifteen minutes in one.** But that hasn't stopped people trying! Josef Koeberl **spent 2 hours 30 minutes in an ice bath in September 2020, but in December 2020, Romain Vandendorpe lasted 2 hours 35 minutes.**

Flowerpower:

Felix Baumgartner jumped from a balloon nearly 39 kilometres up in the **sky. He started to plan the jump in 2010 with a team of scientists and finally made it in 2012.** Cameras recorded the event and millions watched it **on the internet. Baumgartner reached a speed of 1,357 kilometres per hour, faster than the speed of sound.** Two years later, in 2014, Alan **Eustace jumped even further, with a distance of 41 kilometres.**

R2D4:

Chloë McCardel is a swimmer who has swum from England to France 44 **times. In 2013, she tried to swim the 110 miles from Cuba to Florida,** but she had to stop after getting hurt in an accident. She tried another **difficult swim in 2014. This time she swam 74 miles from one Caribbean island to another.** This was further than anyone else had ever **swum with only the simplest equipment.**

MetalMike:

Ultra-runner Dean Karnazes runs really long distances. In 2005, he ran about **350 miles without a break. He wasn't fast, but he ran a long way without sleeping or eating!** He completed it in 80 hours 44 minutes. For a few years **this was the longest anyone had run for. However, in 2013, Kim Allan** from New Zealand ran around a park for 86 hours 11 minutes with no sleep.

Penny_159:

Roger Bannister was an athlete famous for running the "four-minute mile". **In the 1950s, nobody thought it was possible to run a mile in four minutes.** In 1952, Bannister competed in the Olympics in the men's 1,500 **metre race and he came fourth. Bannister was disappointed. His goal** was to run a mile in less than four minutes and he achieved it in 1954. **Nowadays, it's common for athletes to run a mile in that time.**

4 Read the webpage again. Circle the correct answer (A or B).

0 What is the longest you should normally spend in an ice bath?

A A few minutes	B 15 minutes
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1 How did Felix Baumgartner prepare for his jump?

A He watched videos on the internet.	B He had help from a group of experts.
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2 Why did Chloë McCardel give up swimming from Cuba to Florida?

A She was in too much pain.	B She had the wrong equipment.
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3 What do we find out about Dean Karnazes?

A Another person ran for longer than him.	B Another person ran further than him.
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4 What was special about the four-minute mile?

A It was a new race in the Olympics.	B Everyone believed it was impossible.
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___ / 8

WRITING

5 Circle the correct words.

0 You need **deciding** / **(to decide)** what sports you want to learn.

1 How about **speak** / **speaking** to your art teacher?

2 Why not **try** / **to try** looking for a music school?

3 Don't **to worry** / **worry** about being new to the sport.

4 It's easy **find** / **to find** information on the internet.

___ / 4

6 Your friend has written to you and asked for some advice.

I want to do something in my free time, but I don't know what to do.

Have you got any suggestions?

Write an informal email giving your advice. Write about 100 words.

___ / 12

TOTAL: ___ / 40

x 1.25 = ___ / 50

Part C • Speaking

SPEAKING

1 Put the words in the correct order to make questions.

Ask your partner your questions.

0 What / you / talented / are / at / most

What are you most talented at _____ ?

1 do / How / you / an app / often / download

_____ ?

2 you / last / a call / When / make / did

_____ ?

3 teams / of / Are / sports / a fan / any / you

_____ ?

4 is / holiday / had / What / ever / you / the best / have

_____ ?

___ / 4

2 Answer your partner's questions.

___ / 4

3 Describe the picture to your partner.



___ / 12

TOTAL: ___ / 20