

GRAMMAR: Past perfect

- 1** Choose the correct tenses to complete the sentences.
- That evening, I was tired because I ____ ten kilometres in the afternoon.
a had run b ran c was running
 - We ____ hungry because we'd already eaten.
a weren't being b hadn't been c weren't
 - By the time we arrived at the theatre, the play ____.
a had already started b already started c was already starting
 - When I met Lara I was sure I ____ her somewhere before.
a saw b was seeing c had seen
 - I'd put on a thick jacket and I ____ too hot later.
a was being b had been c was
 - I ____ how the movie would end because I had read the book.
a had known b knew c know
 - He had cut his finger as he ____ the meat.
a was preparing b preparing c had prepared
 - We arrived late at the party, so most of the food ____.
a had gone b went c was going
 - I didn't have any money with me as I ____ my wallet.
a didn't bring b hadn't brought c wasn't bringing
 - Camilla said she had met Igor while she ____ around Europe.
a travelled b was travelling c had travelled

- 2** Complete the sentences with the verb pairs. Write one past simple and one past perfect form in each sentence.

say / go live / move know / go meet / know
pass / study be / lose finish / leave be / leave

- After we _____ our dinner, we _____ the restaurant.
- The teacher _____ cross because I _____ my work at home.
- He _____ stressed because he _____ his phone.
- Jorge _____ all his exams because he _____ hard all year.
- I _____ Javier once at Laura's house, so I _____ who he was.
- She _____ in Italy for three years before she _____ to France.
- Eduardo _____ most of the people at the club because he _____ there before.
- After I _____ goodnight, I _____ to bed.

VOCABULARY: Sports and competitions

- 3** Order the letters to make words that match the definitions.
- to behave dishonestly in order to achieve something THEAC _____
 - someone who watches people playing sport TRAPCOTS _____
 - to win a point CROSE _____
 - someone who does sports like running and jumping THELATE _____
 - the person who controls the game FREEERE _____
 - a prize for winning a competition HOTPRY _____
- 4** Complete the words.
- She hopes to get a gold m_____ at the next Olympics.
 - Our team needs another goal to d_____ the match.
 - There was a huge c_____ watching last night's game.
 - Don't forget to w_____ u_____ before you go running.
 - Would you like to t_____ p_____ in our swimming competition?
 - You can't g_____ u_____ now. You're nearly at the finishing line!

PRONUNCIATION: 'd/hadn't

- 5**  **10.1** Practise saying the sentences. Pay attention to the pronunciation of 'd and hadn't. Listen, check and repeat.
- She'd already won the match.
 - He hadn't taken part in the competition.
 - We'd lost both games.
 - They certainly hadn't cheated.
 - We hadn't scored yet.
 - They'd drawn in the semi-final.

READING: Finding information in a text

WEARABLE FITNESS DEVICES



News
Reviews
Fitness trackers
Watches
Forum

Fitness trackers



- A** Wearable fitness is everywhere you look. There are now hundreds of types of fitness tracker on the market, the simplest of which simply count how many steps you take in a day. The more sophisticated models record your heartbeat, your food intake, your skin temperature, even how often you snore in your sleep! They allow you to observe and measure details about your own body that previously only doctors were able to see. Which, of course, is fascinating. But apart from providing interest in our lives, are these (often expensive) gadgets worth it? Do they serve any real purpose, other than making a nice profit for a number of companies?
- B** Well, it turns out that in a lot of cases they probably do. Not because fitness trackers provide 100% accurate data. (If you try out two different brands of fitness tracker, it's very likely that you'll get two quite different step counts over the course of the day.) But because they're always there – often on your wrist – reminding you that you haven't moved or slept enough recently. Turn on your phone and a figure will pop up, telling you how well you're doing. (Some models will even tell you how well your friends are doing!) And that's what most of us need – a constant reminder that we need to do better.
- C** And let's not forget that they're fun. Without a fitness tracker, we may know that we should use our legs more and our wheels less, but we may not actually do anything about it. When we wear a device that rewards us with a 'ping' every time we reach our target step count, we are more likely to get off the bus two stops away from work and walk. Daily routines become a sort of game we play with ourselves, and who wouldn't that appeal to?

- 1** Read the text about gadgets that measure your fitness, then match paragraphs A–C with three of summaries 1–6.
- 1 A disadvantage of wearable fitness devices. _____
 - 2 What do fitness trackers do? _____
 - 3 The companies that make these fitness devices. _____
 - 4 The enjoyment factor of wearable fitness devices. _____
 - 5 The author's experience of these fitness devices. _____
 - 6 Why wearable fitness devices are useful. _____
- 2** Read the questions and match them to paragraphs A–C. Then write short answers. There are two questions for each paragraph.
- 1 What part of the body do you wear some of these devices on? _____
 - 2 What do we all know we should do less of? _____
 - 3 How many different kinds of device are available? _____
 - 4 Where can you look at the information these devices collect? _____
 - 5 What activity do we know we should do more often? _____
 - 6 What can some devices count while you are in bed? _____
- 3** Complete the sentences with *example, for, like* or *such*.
- 1 We can all get more exercise, _____ instance, by walking rather than driving.
 - 2 With this device daily routines, _____ going upstairs and walking home from the station, can be fun.
 - 3 Everyone can now monitor aspects of their body's behaviour, _____ as their heartbeat and temperature.
 - 4 We can find out, for _____, how deeply we're sleeping.

GRAMMAR: Reported speech

- 1** Complete the sentences with *said* or *told*.
- 1 She _____ she would call me at the weekend.
 - 2 Nerea and Lucia _____ me they had seen you at the gym.
 - 3 She _____ me that Gabriel had gone to the meeting.
 - 4 He _____ that Yasmin would take Lola to the airport.
 - 5 Isaac _____ he would talk to Miguel about the problem.
 - 6 He _____ that Sophia liked her colleagues.
 - 7 Paula _____ me she had met you at the wedding.
 - 8 He _____ me that Livia wasn't coming.

- 2** Use the prompts to rewrite the sentences in reported speech.

- 1 'I'll phone you from the station.'
My sister / tell me / she phone me / from the station
_____.
- 2 'Dad can cook dinner for you and Laura.'
My mum / say / Dad cook / dinner for us
_____.
- 3 'I didn't see Luke in town on Saturday.'
He / tell me / he / not see / Luke in town on Saturday
_____.
- 4 'I've just bought a new computer.'
Maria / say / she buy / a new computer
_____.
- 5 'We're going to move to France.'
He / tell me / they going to move / to France
_____.
- 6 'I haven't made up my mind.'
She / say / she / not make up / her mind
_____.
- 7 'I'm meeting Davi on Friday.'
Vitor / tell me / he meet Davi / on Friday
_____.
- 8 'Alba loves going for walks.'
He / say / Alba love / going for walks
_____.

VOCABULARY: Parts of the body

- 3** Match parts of the body a–j with the definitions 1–8.
- 1 This is in your head and controls how you think. _____
 - 2 This helps your arm to bend. _____
 - 3 These are the soft edges of the mouth. _____
 - 4 This helps your leg to bend. _____
 - 5 This part of the body contains the heart. _____
 - 6 This is the soft part of the front of the body, above your legs. _____
 - 7 These are the two parts of your body at the tops of your arms. _____
 - 8 This is just above your foot at the bottom of your leg. _____
- a shoulders e stomach i elbow
b thumb f lips j knee
c chest g forehead
d brain h ankle

- 4** Complete the words.

- 1 After running, the m_____ in my legs were tired.
- 2 She'd broken a b_____ in her foot and couldn't walk.
- 3 Azra was wearing a pretty scarf around her n_____.
- 4 A healthy diet and regular exercise is good for your h_____.
- 5 He was wearing sandals, so I could see his t_____.
- 6 After a few days in the sun, her s_____ was really brown.
- 7 Why is she pointing a f_____ at me?
- 8 Vito has an expensive-looking watch on his left w_____.

PRONUNCIATION: Unstressed *that*

- 5**  10.2 Listen to the sentences. Is *that* strong (S) or weak (W)? Listen, check and repeat.
- 1 Zeynep said that she was leaving. _____
 - 2 Is that your cousin over there? _____
 - 3 That's not what I said! _____
 - 4 Ismail told me that I was wrong. _____
 - 5 Pam said that the party started at eight. _____
 - 6 Could you give me that book, please? _____
 - 7 Beatriz told Clara that she was angry. _____
 - 8 Sara likes the blue bike, but I like that one. _____

SPEAKING: Making enquiries

1 **▶10.3** Gabriella is a guest at an expensive hotel. Listen to her conversation with the receptionist. Are the statements true (T) or false (F)?

- 1 Gabriella didn't know that the hotel has a fitness suite. _____
- 2 The exercise room has a lot of equipment that guests can use. _____
- 3 Gabriella wants someone to show her the exercise suite. _____
- 4 Guests don't have to pay to use the swimming pool. _____
- 5 The swimming pool is closed at night. _____
- 6 The receptionist will send an extra towel to Gabriella's room. _____

2 **▶10.3** Listen again. You will hear seven of these phrases. Write G (Gabriella) or R (receptionist).

- a Is there anything else I can help you with? _____
- b Could you give me some information about ..., please? _____
- c Just one more thing. _____
- d Excuse me, could you tell me ...? _____
- e I'd also like to ask about ... _____
- f Does that sound OK? _____
- g I was told ... Is that true? ... _____
- h I'll ... if you want. _____
- i Shall I ...? _____
- j Can I just double-check? Do you ...? _____
- k Would you like me to ...? _____
- l Could I speak to someone about ...? _____
- m I was hoping you could help me. _____

3 Put the phrases from exercise 2 into the correct categories.

- 1 starting an enquiry politely _____
- 2 asking for additional information _____
- 3 being helpful _____

4 **▶10.4** Use the phrases in exercise 2 to complete these conversations. There may be more than one possible answer. Then listen and say the missing part aloud.

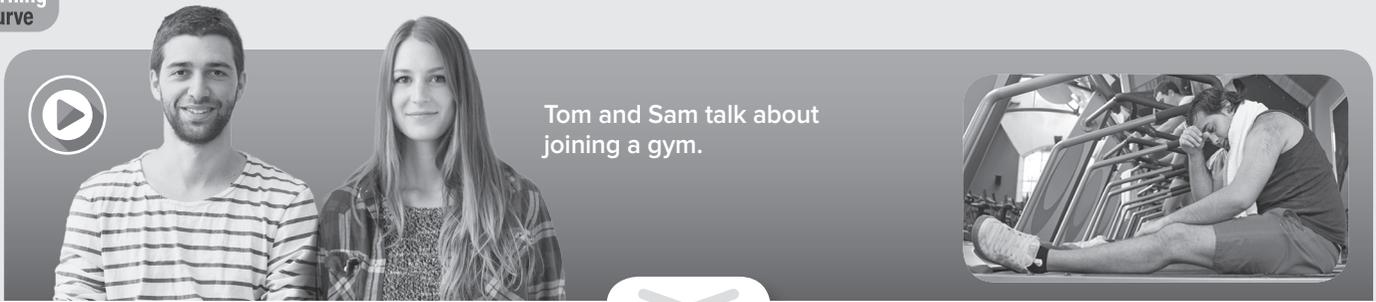
1 In a sports shop

- A** Good morning. Can I help you?
- B** Hello. ¹ _____ trainers, please? I'm looking for a pair for long-distance running.
- A** Yes, we have several suitable pairs. Shall I bring some for you to try?
- B** That would be great, thanks. ² _____ waterproof jackets.
- A** We don't have any available at the moment, but here's a catalogue. You can order them online. Does that sound OK?

2 At the gym

- A** Excuse me, can I get Pilates lessons here?
- B** Yes, we have several teachers. ³ _____ give you a list?
- A** Great, thanks.
- B** You can call them to arrange a time. ⁴ _____?
- A** Yes, perfect, thanks.
- B** Here's the list. ⁵ _____?
- A** No, that's everything. Thanks for your help.





Tom and Sam talk about joining a gym.

LISTENING

1 10.5 Listen to the podcast. Tick (✓) the parts of the body which are mentioned.

- a foot _____
- b neck _____
- c muscle _____
- d ankle _____
- e wrist _____
- f stomach _____
- g shoulder _____
- h bone _____
- i heart _____
- j knee _____

2 10.5 Listen again. Choose the correct options to complete the sentences.

- 1 How long has Hakim been going to the sports centre?
 - a about one year
 - b about two years
 - c about five years
- 2 For his height, Hakim
 - a weighs too little.
 - b weighs the right amount.
 - c weighs too much.
- 3 Hakim wants a workout that's good for his
 - a stomach.
 - b muscles.
 - c heart.
- 4 Hakim says that he
 - a has always been active.
 - b has never done much exercise.
 - c has never injured himself.
- 5 Hakim had to have an operation when he was
 - a eight.
 - b eleven.
 - c twenty.
- 6 What happened while Hakim was skiing?
 - a He got an injury to his leg.
 - b He damaged part of his arm.
 - c He caused a serious accident.

READING

1 Read the blog about sports injuries. Choose the best summary.

- a Peter didn't prepare properly for his run and, because of his injury, he will never be able to run again.
- b Peter hadn't realized there was a problem with his ankle and made things worse by doing more exercise.
- c Peter wasn't used to doing much exercise, and badly hurt his ankle soon after starting his run.

2 Choose the correct options to complete the sentences.

- 1 According to Peter, after a sports injury you feel
 - a upset and annoyed.
 - b surprised and frightened.
 - c tired and embarrassed.
- 2 Peter hurt his ankle
 - a when he got up one day.
 - b while he was running.
 - c when he was preparing to run.
- 3 Peter's doctor told him
 - a to stop running for a few weeks.
 - b to run shorter distances.
 - c to stop running completely.
- 4 Peter had
 - a had a few injuries in the past.
 - b never injured himself before.
 - c only recently started running.
- 5 Peter says that stress
 - a means it takes longer to recover from injury.
 - b is hard for most people to control.
 - c can make it difficult for him to run.
- 6 Peter says that he
 - a thought his ankle would never get better.
 - b was impatient to recover as quickly as possible.
 - c did what his doctor had told him to do.



Guest blogger Kate gets some advice on recovering from sports injuries.

How I got back on track

We all know we should do plenty of exercise and many of us have a favourite sport or activity. But what happens if you suffer an injury and can't do the sport you love? How do you cope with it and how do you recover from it? Peter Jackson, sports coach and runner, told us about his experience of being injured.

It's tough. You feel so many negative emotions. You're angry because you can't do your sport. You feel disappointed because your body has failed you. And you're bored because you can't do what you want to do!

One morning last year I got up and noticed a problem with my right ankle. It was a slight pain at first and I thought it would go away. I'd done a long run the day before – a few miles more than usual – and thought perhaps that was why. Anyway, I went running, as usual. I'd done everything properly to prepare. I'd put a bandage on for support and, of course, I'd warmed up before starting.

But as I ran, the pain got worse and worse and after three miles I had to give up and go home. The next day, I saw my doctor who told me that I'd injured my ankle quite badly and that I would have to rest it for four to six weeks – that meant no running at all! It was a bit of a shock. Until that point, I'd run every day for the previous four or five years, with no problems. Suddenly, I had to learn new habits. Most importantly, I had to start listening to my body – it was telling me to rest.

Of course, at first I felt very stressed by not being able to run, but I learned to manage that. It's often said that stress is caused by the feeling that we can't control a situation, and stress stops the body from getting better. So the first thing I had to understand was that I was in control because I was helping myself to get better. I couldn't take part in running any more, but by resting my ankle and doing the exercises that the doctor had shown me, I was taking part in my recovery. I learned to be patient – to accept that it takes time to get better – and above all, I learned to be positive – to believe that I would recover.

