



Motivate!

English practice Activity book

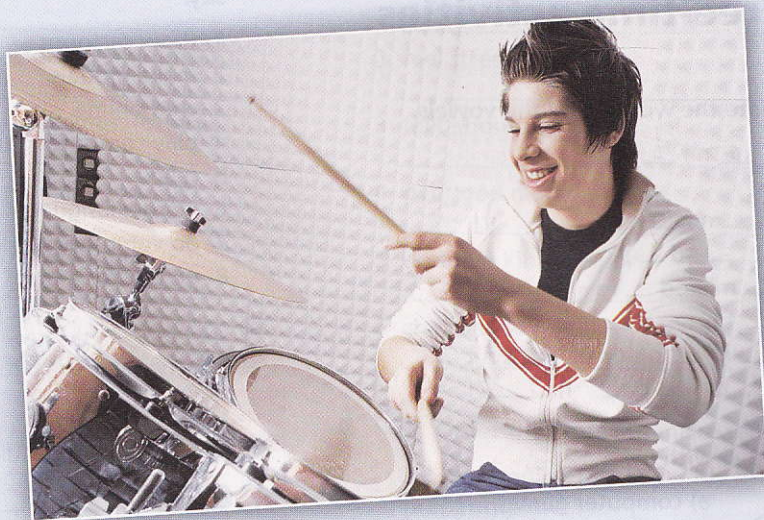


Unit	Subject pentru oameni și cărți	Vocabulary	Grammar	Reading - Culture	Writing
	Starter unit page 4	<ul style="list-style-type: none"> ▪ Introductions 	<ul style="list-style-type: none"> ▪ Vocabulary ▪ Grammar 	<ul style="list-style-type: none"> ▪ Classroom language 	
Unit 1	Free time page 7	<ul style="list-style-type: none"> ▪ Free-time activities ▪ Character adjectives 	<ul style="list-style-type: none"> ▪ Present simple and adverbs of frequency ▪ Present continuous and time expressions ▪ Gerunds* 	Famous sporting events	<ul style="list-style-type: none"> ▪ A personal profile
Unit 2	Technology page 17	<ul style="list-style-type: none"> ▪ IT activities ▪ Jobs 	<ul style="list-style-type: none"> ▪ Past simple ▪ Past continuous 	Famous inventions and inventors	<ul style="list-style-type: none"> ▪ A Thank you letter
Unit 3	Strange but true! page 27	<ul style="list-style-type: none"> ▪ Prepositions ▪ <i>-ed / -ing</i> adjectives 	<ul style="list-style-type: none"> ▪ Past simple and past continuous ▪ <i>when</i> and <i>while</i> ▪ Present and past tenses 	Famous writers and books	<ul style="list-style-type: none"> ▪ A description of an accident
Unit 4	Special places page 37	<ul style="list-style-type: none"> ▪ Places to visit ▪ Formation of adverbs 	<ul style="list-style-type: none"> ▪ Comparatives and superlatives ▪ <i>(not) as ... as</i> ▪ <i>too, enough</i> and <i>not enough*</i> 	Famous places	<ul style="list-style-type: none"> ▪ A travel guide entry
Unit 5	The world we live in page 47	<ul style="list-style-type: none"> ▪ Materials and containers ▪ Endangered animals 	<ul style="list-style-type: none"> ▪ Present perfect ▪ <i>ever</i> and <i>never</i> 	National Parks in the USA	<ul style="list-style-type: none"> ▪ A competition entry
Unit 6	Heroes page 57	<ul style="list-style-type: none"> ▪ Fundraising ideas ▪ <i>make</i> and <i>do</i> 	<ul style="list-style-type: none"> ▪ Present perfect: extensive practice ▪ <i>for</i> and <i>since</i> ▪ <i>should / shouldn't</i> ▪ Tag questions 	Famous heroes and heroines	<ul style="list-style-type: none"> ▪ A magazine article
Unit 7	Incredible journeys page 67	<ul style="list-style-type: none"> ▪ Travel ▪ Extreme adjectives 	<ul style="list-style-type: none"> ▪ Present perfect and past simple ▪ Present perfect continuous ▪ Quantity 	Famous journeys	<ul style="list-style-type: none"> ▪ A description of a journey
Unit 8	On screen page 77	<ul style="list-style-type: none"> ▪ Films ▪ Suffixes 	<ul style="list-style-type: none"> ▪ Future tenses: <i>will, be going to</i>, present continuous ▪ First conditional 	Famous films and film-makers	<ul style="list-style-type: none"> ▪ A film review
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Unit

1

Free time



In this unit you will practise:

Vocabulary ■ Free-time activities
■ Character adjectives

Grammar ■ Present simple and adverbs of frequency
■ Present continuous and time expressions
■ Gerunds*

Reading ■ Culture – Famous sporting events

Writing ■ A personal profile

1

Free time

chat online
relax
make models
play tennis
go to the gym

Vocabulary 1 Free-time activities

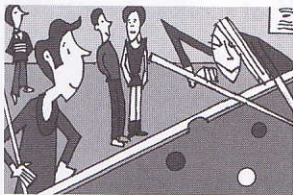
1 Complete the words with the vowels.

- ch a t o n i l e
 1 r _ l _ x
 2 pl _ y t _ n n _ s
 3 g _ t _ _ d _ s c _
 4 m _ k _ m _ d _ l s
 5 g _ t _ th _ c _ n _ m _
 6 pl _ y _ n _ nstr _ m _ nt
 7 g _ _ t f _ r _ m _ _ l

2 Match 1-6 with a-f.

- | | |
|---------|-------------------|
| 1 go to | a) computer games |
| 2 do | b) cartoons |
| 3 learn | c) the gym |
| 4 draw | d) a youth group |
| 5 play | e) a language |
| 6 go to | f) voluntary work |

3 Match phrases from exercises 1 and 2 with the pictures.



1 go to a youth group 2 _____



3 _____ 4 _____



4 Match the activities with what the people say.

- | | |
|-----------------------|-------------------------------------|
| 1 draw cartoons | <input checked="" type="checkbox"/> |
| 2 make models | <input type="checkbox"/> |
| 3 chat online | <input type="checkbox"/> |
| 4 play computer games | <input type="checkbox"/> |
| 5 relax | <input type="checkbox"/> |
| 6 learn a language | <input type="checkbox"/> |
| 7 do voluntary work | <input type="checkbox"/> |
| 8 go out for a meal | <input type="checkbox"/> |

- a Let's go to the new pizza place in Park Street. Good idea. I'm really hungry.
- Ed: R U OK, Dan? Y didn't u come 2 school 2day?
- Dan: I'm in bed. Bad cold.
- c What are you drawing? He's called Superbaby. I'm going to give him really strong legs and big eyes!
- d You're the blue snake and I'm the red snake. You have to eat all the fruit. Press START when you're ready.
- e This is nice! I love lying on my bed and listening to music.
- f I've got CDs and a book. The CDs are great because I learn the correct pronunciation. I study for an hour every day.
- g It's going to be an aeroplane. There are 40 pieces. When it's ready, I'm going to paint it.
- h We're cleaning the park today and planting some trees. We don't get any money, but we enjoy it.



Grammar 1 Present tenses

1 Rewrite the sentences using the adverbs of frequency in brackets.

My mum is tired after work. (always)

My mum is always tired after work.

1 I go to the gym before school. (never)

2 Alice gives me guitar lessons. (sometimes)

3 Jan is tired on Monday mornings. (often)

4 I do voluntary work on Fridays. (usually)

5 We're late for school. (hardly ever)

2 Look at the table and write sentences.

My life	How often
walk to school	100%
1 take taxis	0%
2 go to the cinema	70%
3 go out for a meal	10%
4 go to pop concerts	50%
5 stay up late on Fridays	80%
6 buy new CDs	70%
never = 0% sometimes = 50% usually = 80%	hardly ever = 10% often = 70% always = 100%

I always walk to school.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

3 Write sentences for you, your family and your friends. Use the present simple and the adverbs of frequency in the box.

always hardly ever never
often sometimes usually

go to discos

My parents never go to discos.

1 buy new clothes

2 feel stressed

3 talk about problems

4 get good marks

5 do some kind of sport

6 chat online

4 Order the words to make sentences.

is / the evening meal / at / My mum / moment / preparing / the .

My mum is preparing the evening meal at the moment.

1 twice / goes / guitar classes / a / My brother / week / to .


2 my friends / weekend / I / every / meet .

3 don't / in / I / go / winter / swimming .


4 at / wearing / not / moment / my sunglasses / the / I'm .

5 year / you / play / Do / every / a / do ?

6 this / cartoons / We're / week / in art / drawing .

5  Complete the sentences with the present simple or present continuous form of the verbs in brackets.

- We usually have lunch in the kitchen, but today we 're having it on the balcony. (have)
- 1 She _____ jeans today. She usually _____ a skirt to work. (wear)
 - 2 They usually _____ about films and music, but they _____ about sport at the moment. (talk)
 - 3 They _____ online at the moment, but they usually _____ on the phone. (chat)
 - 4 My sister always _____ Friends on TV. Today she's ill, so she _____ it in bed. (watch)
 - 5 I _____ an email to my cousin right now. I never _____ letters to her. (write)
 - 6 Charlie usually _____ happy at the weekend, but this weekend he _____ stressed. (feel)

6  Correct the sentences. Write one negative and one affirmative sentence.

- I'm playing computer games. (~~x~~ chat online)
I'm not playing computer games. I'm chatting online.
- 1 My aunt works in a shop. (~~x~~ an office)

 - 2 She goes to her youth group on Wednesdays. (~~x~~ the gym)

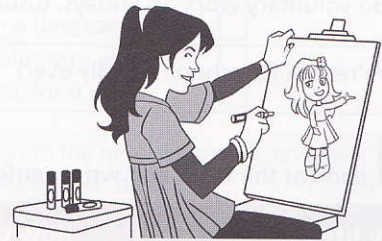
 - 3 Emily's working at home now. (~~x~~ the library)


 - 4 We're watching a DVD at the moment. (~~x~~ play computer games)

 - 5 My dad often watches animal programmes. (~~x~~ sports)

7  Write questions for these answers.

- Who are you writing to?
 I'm writing to my friend in Italy.
- 1 How often _____?
 I write to her once a week.
 - 2 _____?
 No, she never phones me.
 - 3 _____
 in Italian?
 No, I usually write to her in English.
 - 4 What _____?
 I'm telling her about my new hobby – drawing cartoons.
 - 5 Where _____ drawing classes?
 I have them at a place in Westfield Avenue.



8  Match 1–6 with a–f. Then write sentences using the present simple or present continuous form of the verbs in brackets.

- 1 Chris is using your computer. e
He often surfs the net on it.
 - 2 Cathy isn't eating breakfast.
 - 3 What's that terrible noise?
 - 4 My brother's doing voluntary work today.
 - 5 Look at Andy in this photo.
 - 6 Why are you talking to yourself?
- a) I (not talk) to myself. I (practise) for the school play.
 b) She (not eat) in the morning.
 c) He often (help) Green Planet to clean the beach.
 d) He (stand) on his head!
 e) He often (surf) the net on it.
 f) It's my little sister. She (sing) in the shower.

funny
respectful
lazy
shy
quiet
honest

Vocabulary 2 Character adjectives

1 Find the opposites of the adjectives in the wordsquare.

adventurous dishonest friendly
funny generous lazy quiet shy

E	U	Z	C	A	U	T	I	O	U	S
N	N	X	S	E	L	F	I	S	H	T
E	S	X	T	W	J	C	A	Y	S	O
R	O	A	E	Y	U	O	U	L	V	S
G	C	U	A	Q	N	N	T	G	M	E
E	I	V	C	D	O	F	Q	A	O	R
T	A	L	K	A	T	I	V	E	N	I
I	B	Z	M	H	U	D	K	V	J	O
C	L	E	I	K	Q	E	O	A	C	U
P	E	F	C	A	I	N	D	W	I	S
H	O	N	E	S	T	T	E	O	K	A

2 Complete the sentences with the adjectives from exercise 1.

Shy people are a little frightened of new people. Confident people aren't frightened and they feel they can do things well.

- _____ people love chatting.
_____ people don't make a lot of noise.
- _____ people don't make a lot of friends. _____ people are kind and helpful to other people.
- _____ people think a lot. _____ people make you smile and laugh.
- _____ people tell the truth and do the right thing. _____ people tell lies.
- _____ people are always active and busy. _____ people don't do any work.
- _____ people don't like helping others. _____ people give expensive presents.
- _____ people don't do dangerous sports and don't try new things. _____ people like to try new, exciting and dangerous things.

3 Match the adjectives in the box with the sentences.

adventurous energetic friendly lazy
generous talkative selfish cautious

He's going around the world in a balloon at the moment.

adventurous

- I lie on the sofa and watch TV. My mum makes the supper for me and does the washing-up.

- Alice doesn't want to come camping because she doesn't like insects and spiders. She wants to stay at home and tidy her room this weekend.

- Let's go swimming early tomorrow morning. Then we can cook lunch for all your cousins. After that we can go jogging.

- Nice to meet you. Would you like to come to the beach with a group of us next weekend?

- Put your money away. I'm paying for dinner for everybody.

- No, you can't check your email. It's my computer and you can't use it.

- I'm always on the telephone in the evening.

4 Complete the sentences with adjectives. Write a second sentence with an example.

I am energetic. I always get up early and go for a run before breakfast.

- I am _____. I usually _____

- My best friend is _____. He / She _____

- My sister / brother / cousin is _____.
He / She _____

- My mother / father is _____. He / She _____

- _____ is _____. He / She _____

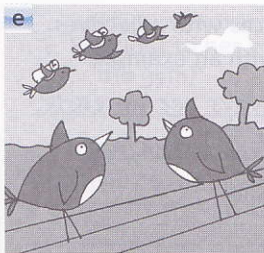
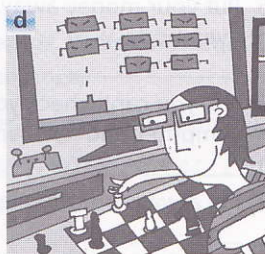
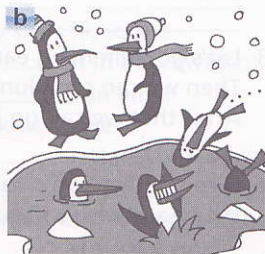
nouns
adjectives
verbs
pronouns
adverbs
tenses

Grammar 2

Gerunds*

1 Match the sentences with the pictures.

- 1 We aren't keen on travelling.
- 2 I enjoy relaxing in the garden.
- 3 He likes playing games on his own.
- 4 They hate swimming in cold water.
- 5 She loves wearing unusual clothes.
- 6 I'm good at singing and dancing.
- 7 She's interested in visiting ancient monuments.
- 8 He's bad at drawing cartoons.



2 Order the words to make sentences.

like / early / don't / getting / up / I .

I don't like getting up early.

- 1 enjoys / Everyone / presents / getting .

- 2 learning / Sue / on / new / is / languages / keen .

- 3 hates / My / karaoke / singing / sister .

- 4 taking / my / love / photos / I / friends / of .

- 5 are / monuments / interested / visiting / My / in / ancient / parents .

- 6 is / at / making / friend / My / good / models .

3 Complete the questions with the gerund form of the verbs in the box.

do go make meet read
spend watch

Where do you like going on your holidays?

- 1 Do you enjoy _____ new people?
- 2 What kind of books do you enjoy _____?
- 3 What activities do you like _____ in your free time?
- 4 Do you like _____ cakes?
- 5 What kind of films do you like _____?
- 6 What do you like _____ your money on?

4 Write questions using the gerund form. Use your own ideas.

- 1 Do you like _____?
- 2 What do you love _____?
- 3 Does _____ enjoy _____?
- 4 What kind of _____ does _____ hate _____?
- 5 Are you keen on _____?
- 6 Is _____ good at _____?



1 Read the text and match the paragraphs with the headings. Be careful! There are two extra headings.

- 1 Learning to row
- 2 International teams
- 3 The history of the Boat Race
- 4 The people in the boats
- 5 Two colours of blue
- 6 When, where, what is it?
- 7 Why is it so popular?



The Boat Race

A Every year, in spring, about 250 000 people go to the River Thames in London to watch the Boat Race. And another 28 million people around the world watch it on TV. The Boat Race is sometimes called the Oxford and Cambridge Boat Race, and it's a rowing race between the universities of Oxford and Cambridge. The rowers race from Putney Bridge to Mortlake. It's a distance of 6.7 kilometres, and it takes between 16 and 18 minutes.

B There are eight rowers in each boat. They're all big, heavy men who weigh between 95 and 110 kilos. There's also a cox in the boat, who doesn't row. The cox has to be a very light person, so it's often a woman. She sits at the front of the boat and steers it. She also shouts at the rowers to make them row better and go faster. All the people in the rowing teams are students at the two universities.

C The rowers in the Oxford and Cambridge teams wear blue uniforms and they're called Blues. The Cambridge team wear light blue and the Oxford team wear dark blue. Cambridge supporters shout, 'Come on the light blues!' And Oxford supporters shout, 'Come on the dark blues!'

D Although the Boat Race is a famous British sporting event, a lot of the rowers are not British. In 2010, for example, only six people in the two teams were British. The other 12 were American, German, Canadian, Irish and Dutch.

E Why are people interested in a race that is just 18 minutes long? People like it because it's free. You don't need a ticket and it's a fun day out near the river. Before and after the race, people have picnics in the park. People also like it because it's a very old tradition. The first Oxford and Cambridge Boat Race was on the Thames near Oxford in 1829.

2 Read the text again. Circle T (true), F (false) or DK (don't know).

- 1 You can watch the Boat Race on the river in Oxford. T / F / DK
- 2 It happens in the summer. T / F / DK
- 3 A quarter of a million people go to the river to see it. T / F / DK
- 4 The rowers eat burgers before the race. T / F / DK
- 5 There are no women rowers. T / F / DK
- 6 You must be British to row in the Boat Race. T / F / DK
- 7 You don't pay to watch the Boat Race. T / F / DK
- 8 Oxford usually wins the race. T / F / DK

3 Read the text again and answer the questions.

- 1 How long does the race take?

- 2 What's another name for the Boat Race?

- 3 How far do the rowers row in the race?

- 4 What is the cox's job?

- 5 What colour does each team wear?

- 6 What do people do near the river before and after the race?



A personal profile

Language focus: joining ideas

1 Complete the sentences with *because*, *so* or *although*.

- He's very generous, so he bought me an expensive present.
- I like drawing and painting, _____ I'm not very good at art.
 - I'm scared of insects and spiders, _____ I don't like camping.
 - I take photos all the time _____ I'd like to be a photographer one day.
 - I don't want to try skydiving, _____ I am very adventurous.
 - I never do well in exams _____ I hate pressure and stress.
 - I love going to the beach, _____ I'm not very keen on swimming.

2 Complete the profile with *although* x2, *because* x2 or *so* x3.

My best friend is called Katie. She's thirteen years old and she's tall with blue eyes and long dark hair. We see each other a lot, (1) _____ she goes to a different school. She lives in the same street as me, (2) _____ I often go to her flat after school. We like talking about music, films and clothes.

Katie is intelligent, artistic and talented. She's very good at maths, art and music. She loves drawing, painting and photography. At the moment, she's painting trees and flowers on the walls of her room. I enjoy spending time with her (3) _____ she's very funny. Katie is sociable too. She's got lots of friends (4) _____ she's fun and energetic, and she's very generous with her time. When I have a problem with my maths, she helps me.

Of course Katie isn't an angel, (5) _____ there are some negative things about her. She's a real baby about spiders, (6) _____ she never wants to go camping. And she sometimes gets jealous when I win at table tennis, (7) _____ she's only angry for three minutes!

By Naomi



3 Answer the questions.

- What do the two girls like talking about?
- What is Katie good at?
- What is Katie doing to her room at the moment?
- When does Katie get jealous of Naomi?
