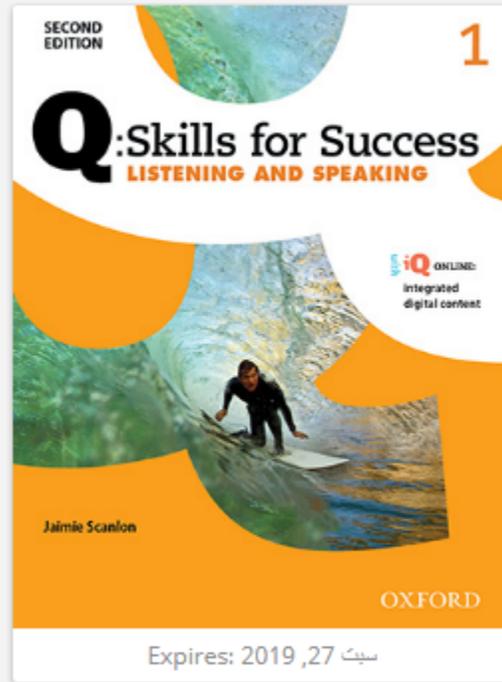


Please select a level



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Listening and Speaking Level 1



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Unit 5
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Complete the sentences with the correct words from the word bank.

improves lowers-stress benefits active brain concentrate humans skill

My brother doesn't play any team sports, but he's very active. He likes running and swimming, and he rides his bicycle everywhere. He says that exercise has many benefits. Riding his bike to school lowers stress. He has energy when he gets to school. His brain is wide awake and ready to think. He can concentrate on his studies. The exercise improves his health, too. He almost never gets sick. He is a fast runner, but he doesn't have any skill with a ball. That's why he doesn't play soccer. My brother says humans drive too much and sit too much these days. We all need to move around more. I guess he's right about that!

Submit

Try again

See answers

Score: 8/8



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Listen to the report. Then choose the correct words or phrases to complete the sentences.



1. Nikolai Andrianov was born .
2. His home life was .
3. A at the sports school asked him to stay.
4. He was when he got a place on the national team.
5. In 1972, he won medals at the Summer Olympics.
6. When he retired from gymnastics, he became a .
7. People remember him because he was not of anything.

Submit Try again See answers Score: 7/7

Listen to the report again. Check the signal words you hear.



- | | | |
|---|---|--|
| <input checked="" type="checkbox"/> Finally | <input checked="" type="checkbox"/> The next thing I'll discuss | <input checked="" type="checkbox"/> In addition |
| <input checked="" type="checkbox"/> First | <input checked="" type="checkbox"/> First of all | <input checked="" type="checkbox"/> The last topic |
| <input checked="" type="checkbox"/> Also | <input checked="" type="checkbox"/> Lastly | |

Submit Try again See answers Score: 8/8

Match the words to the correct definitions.

1. get free from someone or something	escape
2. a sports trainer or instructor	coach
3. to stop thinking about something; to not remember	forget
4. fun; causing you to feel a lot of energy	exciting
5. able to stay calm when you are waiting or when you have problems	patient
6. old; from a long time ago	traditional
7. keep safe	protect

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Try again

See answers

Score: 7/7



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Read the dictionary definitions. Then choose the number of the correct definition for the word in bold.

ben-e-fit  **AWL** /'benəfit/ noun
1 [count] something that is good or helpful:
*What are the **benefits** of having a computer? • I did it for your **benefit** (= to help you).*
2 [count, noncount] (POLITICS, BUSINESS) money or other advantages that you get from your job, the government, or a company you belong to:
*unemployment **benefits** • All our employees receive medical **benefits** in addition to their salary.*

re-cord  /'rekərd/ noun [count]
1 notes about things that have happened: *Keep a **record** of all the money you spend.*
2 (SPORTS) the best, fastest, highest, lowest, etc.
*the **record** for the 100-metre race*

1. What kind of **benefits** does the company offer?
 1
✓ 2
2. The teacher keeps a **record** of everything she does in class.
✓ 1
 2
 3
3. Brazil holds the **record** for winning the World Cup the most times.
 1
✓ 2
 3
4. There are a lot of health **benefits** to...

Submit

Try again

See answers

Score: 5/5

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Read the dictionary definitions. Then choose the number of the correct definition for the word in bold.

<p>ben-e-fit¹ AWL /'benəfit/ <i>noun</i> 1 [count] something that is good or helpful: <i>What are the benefits of having a computer?</i> • <i>I did it for your benefit</i> (= to help you). 2 [count, noncount] (POLITICS, BUSINESS) money or other advantages that you get from your job, the government, or a company you belong to: <i>unemployment benefits</i> • <i>All our employees receive medical benefits in addition to their salary.</i></p> <hr/> <p>re-cord¹ /'rekərd/ <i>noun</i> [count] 1 notes about things that have happened: <i>Keep a record of all the money you spend.</i> 2 (SPORTS) the best, fastest, highest, lowest, etc. that has been done in a sport: <i>She holds the world record for long jump.</i> • <i>He did it in record time</i> (= very fast). • <i>She's hoping to break the record for the mile</i> (= to do it faster than anyone has done before). 3 (MUSIC) a thin, round piece of black plastic that makes music when you play it on a special machine (called a RECORD PLAYER): <i>He still has his old record collection.</i></p> <p><small>From the Oxford Basic American Dictionary for learners of English, © Oxford University Press 2011.</small></p>	<p>3. Brazil holds the record for winning the World Cup the most times.</p> <p><input type="radio"/> 1 <input checked="" type="radio"/> 2 <input type="radio"/> 3</p> <p>4. There are a lot of health benefits to regular exercise.</p> <p><input checked="" type="radio"/> 1 <input type="radio"/> 2</p> <p>5. I bought this old record at a shop downtown. Do you want to hear it?</p> <p><input type="radio"/> 1 <input type="radio"/> 2 <input checked="" type="radio"/> 3</p>
---	--

Submit

Try again

See answers

Score: 5/5



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Drag each sentence into the correct category.

Gerund as subject	Gerund as object
His playing is really good now.	I avoid watching too much TV.
I like school, but studying is hard.	Khalid prefers playing soccer to watching it on TV.
He's very athletic, so learning basketball was easy.	We enjoy going to games.
Swimming is good exercise.	Most people like spending time with family.
Closing my eyes helps me concentrate.	My favorite activity on the weekends is shopping.

Submit Try again See answers Score: 10/10



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Reorder each set of words to make a sentence.

1.	I	like	running	because	it is good exercise
2.	Judy	dislikes	eating	late at night	
3.	Swimming	is	very	good for you	
4.	My father	enjoys	visiting	new places	
5.	Many students	prefer	working	with a group	
6.	Living overseas	helps you	learn	a new language	

Submit Try again See answers Score: 6/6



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Listen to the conversation. Record Part A or Part B. Then listen to your recorded conversation. Then select "Submit" below to send to your teacher.



Part A



Part B



- A: What do you think about baseball?
- B: I don't think it's very exciting. It's a little boring. Don't you agree?
- A: No, I don't think it's boring. In my opinion, it's great!
- B: Well, how do you feel about soccer?
- A: I love it! I feel that soccer is the most exciting game in the world.
- B: That's good. We agree on something!

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Read the statements from a lecture. Put them in the correct order for making a numbered list.

Exercising with friends has many benefits.

First of all, friends help make exercise more fun.

Second, you are more likely to exercise if you made plans with a friend.

In addition to being more likely, you will also exercise for a longer time with a friend.

Finally, exercising with friends makes people less likely to quit.

Submit Try again See answers Score: 5/5



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Watch the video. Then choose the best answer for each question.



1. How many children in the United States take part in sports programs?

- 27 million
- 37 million

2. What do sports help children do?

- learn how to compete
- get along with others

3. What is a problem that can happen when very young children play sports?

- They may never play the sport correctly.
- They may never learn to enjoy sports.

4. What do most people agree on?

- that sports are good for kids
- the age kids should begin sports

Submit

Try again

See answers

Score: 7/7



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Watch the video. Then choose the best answer for each question.



- 4. What do most people agree on?
 - that sports are good for kids
 - the age kids should begin sports
- 5. What do parents need to do before children play sports?
 - Make sure children are physically ready.
 - Teach the rules to children.
- 6. What else should parents consider before children play sports?
 - if the child likes the sport
 - how well the child plays with other children
- 7. What should children and parents focus on?
 - fun
 - winning

Submit

Try again

See answers

Score: 7/7



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