

WORKBOOK

AND DIGITAL WORKBOOK WITH KEY

and access to audio

FOURTH EDITION

READY FOR

A man with a beard and curly hair is running up a set of concrete stairs. He is wearing a dark t-shirt, dark shorts, and running shoes. He has white earbuds in his ears. The stairs and the background wall are illuminated with a strong green light, creating a vibrant, energetic atmosphere. The man is in mid-stride, looking forward with determination.

LUCY HOLMES



macmillan
education

B2
FIRST

WORKBOOK
AND DIGITAL WORKBOOK WITH KEY
with access to Audio

FOURTH EDITION

READY FOR

LUCY HOLMES

 | macmillan
education

B2
FIRST

Macmillan Education Limited
4 Crinan Street
London N1 9XW

Companies and representatives throughout the world

Ready for B2 First 4th Edition Workbook without Key
ISBN 978-1-380-05235-3

Ready for B2 First 4th Edition Workbook without Key + Access to
Audio Pack ISBN 978-1-380-05232-2

Text © Lucy Holmes 2021

Design and illustration © Macmillan Education Limited 2021

The author has asserted their right to be identified as the author of
this work in accordance with the Copyright, Designs and Patents
Act 1988.

This edition published 2021

First edition entitled “Ready for FCE Workbook” published 2001 by
Macmillan Education Limited

All rights reserved. No part of this publication may be reproduced,
stored in a retrieval system, or transmitted in any form or by any
means, electronic, mechanical, photocopying, recording, or
otherwise, without the prior written permission of the publishers.

Original design by EMC Design Ltd.

Page make-up by SPI Global

Illustrated by EMC Design Ltd.

Cover design by The Restless

Cover photograph by Getty Images/xavierarnau

Picture research by Emily Taylor

Authors’ acknowledgements

I’d like to thank Emma Ash and my three lovely kids, Lily, Jacob and
Sofia, for their constant love and support. I’d also like to thank my
dog, Pippi, for forcing me to take a break by demanding walks!

The publishers would like to thank The Content Station.

The authors and publishers would like to thank the following for
permission to reproduce their photographs:

Alamy Stock Photo p87, Alamy Stock Photo/AFLO p7, Alamy
Stock Photo/David Chapman p66(br), Alamy Stock Photo/Ulrich
Doering p15, Alamy Stock Photo/Juice Images p36(tl), Alamy Stock
Photo/The Keasbury-Gordon Photograph Archive p9(b), Alamy
Stock Photo/Library of Congress/S.Dupuis p8, Alamy Stock Photo/
Marka p45, Alamy Stock Photo/Painters p68, Alamy Stock Photo/
Pictorial Press p50, Alamy Stock Photo/PictureLux p44(bl), Alamy
Stock Photo/Ruby p13, Alamy Stock Photo/Hongqi Zhang p12(tl);

Blend Images/Terry Vine p95;

Getty Images pp4, 5(a), 92, Getty Images/10’000 Hours p97,
Getty Images/AFP p64, Getty Images/AscentXmedia p17(br), Getty
Images/Astrakan Images p57, Getty Images/Atlantide Phototravel
p65, Getty Images/Sam Barnes p98(tr), Getty Images/Jack
Berman p80, Getty Images/Bettmann pp72(tl), 81, Getty Images/
Walter Bibikow p60, Getty Images/Peter Cade p34, Getty Images/
Michael Campanella p24(t), Getty Images/Sarah Casillas p14, Getty
Images/CHITSANUPONG p77, Getty Images/Richard Drury p37(br),
Getty Images/Elva Etienne p79, Getty Images/EyeEm/Bibin Joseph
p47, Getty Images/EyeEm/Nico Smit p88, Getty Images/fStop p5(b),
Getty Images/Vladimir Gappov p12(b), Getty Images/Gordie Broon
Photography p72(b), Getty Images/Halfpoint p49, Getty Images/
Hemera p76, Getty Images/Hispanolistic p27, Getty Images/Hulton
Archive p73(tr), Getty Images/Imgorthand p37(tl), Getty Images/
iStockphoto p52-53, Getty Images/Jacobs Stock Photography Ltd
p90(tl), Getty Images/Julian Elliott Photography p9, Getty Images/
Harold M. Lambert p73(tl), Getty Images/Martin-dm p10(tr), Getty
Images/Maskot p33, Getty Images/Betsie van der Meer pp10(tl),
58, 89, Getty Images/Andrew Merry p56, Getty Images/MoMo

Productions p48, Getty Images/Monkeybusinessimages p96,
Getty Images/Morsa Images p98(br), Getty Images/Leon
Neal p24(b), Getty Images/ONOKY/Fabrice Lerouge p55, Getty
Images/PamelaJoeMcFarlane p36(br), Getty Images/Peepo p83,
Getty Images/PeopleImages pp22, 78, Getty Images/Photodisc
p16, Getty Images/Plume Creative p40, Getty Images/Witthaya
Prasongsin p38, Getty Images/Recep-bg p19, Getty Images/Lilly
Roadstones p11, Getty Images/Oliver Rossi p48, Getty Images/
David Sacks p63, Getty Images/SANGMANEE p32, Getty Images/
Science Photo Library p31, Getty Images/SSPL/NMeM/Glenn Hill
p73(br), Getty Images/Svetikd p26, Getty Images/Tinyevilhog p88,
Getty Images/UWE_UMSTAETTER p5(bl), Getty Images/Klaus
Vedfelt p41, Getty Images/Watsamon Tri-yasakda p5(c), Getty
Images/Tom Werner p90(tr), Getty Images/Westend61 pp5(d), 29;
Hero Images pp42, 74, 84;

Shutterstock.com/Colorsport p17(tr), Shutterstock.com/Columbia/
Sony/Kobal/ Chan Kam Chuen p28, Shutterstock.com/Encierro p70,
Shutterstock.com/Evgeny Subbotsky p66(bl).

Additional Sources:

Data on p. 33: a recent survey by the UK retailer Littlewoods,
<https://www.littlewoods.com/>, cite after: Liz Bury, “Children bedtime
stories on the wane, according to survey” (11 Sept 2013), The
Guardian © Guardian News & Media Ltd 2019.

Data on p. 76: Alain Cohn et al. ‘Civic honesty around the globe’
(05 Jul 2019), *Science* © 2020 American Association for the
Advancement of Science, DOI: 10.1126/science.aau8712.

The inclusion of any specific companies, commercial products, trade
names or otherwise does not constitute or imply its endorsement or
recommendation by Macmillan Education Limited.

Ready for conforms to the objectives set by the Common European
Framework of Reference and its recommendations for the evaluation
of language competence.

Printed and bound in Dubai

2024 2023 2022 2021 2020

10 9 8 7 6 5 4 3 2 1

CONTENTS

1 Lifestyle	4
2 High energy	12
3 A change for the better?	20
4 A good story	28
5 Doing what you have to	36
6 Relative relationships	44
7 Value for money	52
8 On the move	60
9 Mystery and imagination	68
10 Nothing but the truth	76
11 What on earth's going on?	84
12 Looking after yourself	92
Phrasal verbs list	100
Student's Book wordlists	102
Word formation list	109
Irregular verbs list	118
Audioscripts	120
Workbook answer key	129

Reading and Use of English Part 7 Multiple matching

Don't forget!

If there are any questions you have not answered, scan the whole text again to look for the information you need.

- 1 You are going to read an article in which four people talk about their lifestyles. For questions 1–10, choose from the people (A–D). The people may be chosen more than once.

Which person states

- running out of money forces them to give something up?
- their partner is keen for them to have a lifestyle change?
- they'd like to be able to take more time off to relax?
- more sleep at night would have a beneficial effect on their life?
- they've become more eager to try new sports?
- they undertook a building project as part of a lifestyle change?
- they get great pleasure from their journey to work?
- a change in career led to a positive outcome?
- they are motivated to do physical exercise by their partner?
- their previous job used to be very demanding?

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

- 2 In the following two sentences from the magazine article, the word *run* is used with different meanings.

*This is a direct result of **running** my own real estate agency.*

*I can't make up my mind at the moment – I need to soon or she'll **run** out of patience!*

Match the expressions with *run* (1–8) to their meanings (a–h).

- | | |
|----------------------------------|---|
| 1 to run a tight ship | a to be in a bad situation where there is a possibility of something bad happening to you |
| 2 to run in the family | b to finish naturally |
| 3 to be running on empty | c to try to escape |
| 4 to run your eye over something | d to look quickly at the whole of something |
| 5 to run for office | e to control something firmly and effectively |
| 6 to make a run for it | f to continue to be active with little energy left |
| 7 to run the risk of | g refers to a quality or ability that many relatives have |
| 8 to run its course | h to try to be elected |

- 3 Complete the sentences using the correct form of the expressions from Exercise 2. There is one expression you will not need. There is an example at the beginning (0).

0 Would you mind running your eye over my proposal for the meeting?

1 It appears you have an excellent talent for drawing. Does it _____?

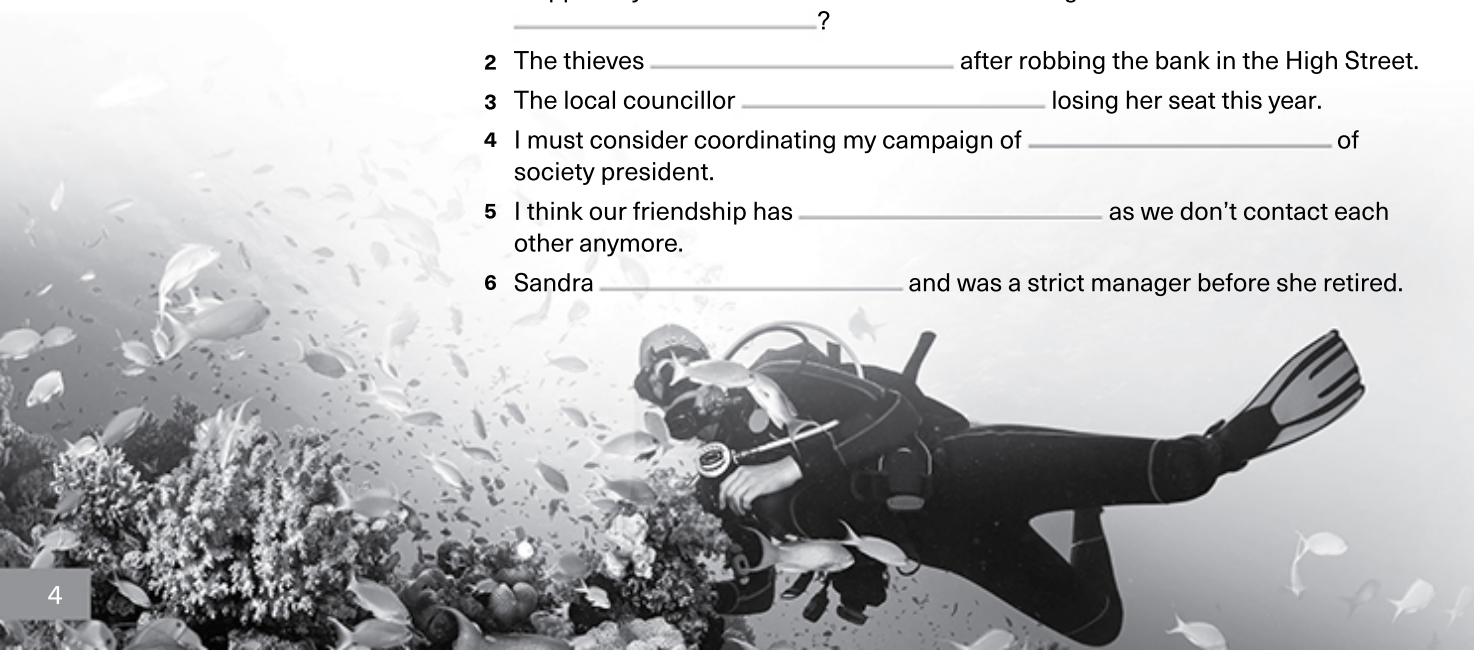
2 The thieves _____ after robbing the bank in the High Street.

3 The local councillor _____ losing her seat this year.

4 I must consider coordinating my campaign of _____ of society president.

5 I think our friendship has _____ as we don't contact each other anymore.

6 Sandra _____ and was a strict manager before she retired.



MAKING A POSITIVE CHANGE

Four people were asked how they'd change their lifestyle and why.



A Luke

I've wanted to make improvements to my life for as long as I can remember. But it's easier said than done, isn't it? It's just getting rid of bad habits that I have come to accept in my life as normal, I guess. I tend to work long hours. This is a direct result of running my own real estate agency. Usually, with people who have regular jobs, when it's the weekend or evening, it signals a time to put your feet up and switch off. With me, this is a rare occurrence. I'm not exactly tied to my phone, but it's my responsibility if something goes wrong. I can't ignore it because there's no one else to solve the problem and sometimes it can't wait until Monday morning. My wife wants us to take a year out and just see the world. We're lucky that we have the finances to do it, but I can't make up my mind at the moment – I need to soon or she'll run out of patience!



B Sophia

To be honest, I really don't have a great deal to complain about when it comes to the way I live my life. This isn't to say I don't spend countless hours trying to improve it, though. I'm always trying something different. I used to stick to the same thing and was very much a creature of habit. I wasn't very daring at all. These days, I'm far more adventurous. From time to time, I'll get bored with going for a jog, so I'll do a course in skiing or scuba diving or anything random like that. Then, I'll get bored of it or simply won't have the cash and I'll get my running kit on again. I always seem to come back to that because it's just a case of putting on some trainers. I suppose the main thing is that it's good to stay active, especially as you get older. Luckily, my boyfriend feels the same way as me in this regard, so we encourage each other.



C Elizabeth

I guess the single most useful thing for me would be to start again and completely change direction in terms of my chosen work path. But that's not going to happen any time soon, so in a close second place, I'd have to say turning my light off at a decent time would be a fantastic idea. It sounds so simple, doesn't it? But, for some reason, it isn't. I usually go upstairs and start reading. If I get into something good, this means going to sleep late. If I could wake up late, it would be OK, but I can't. I just get into a vicious circle this way, and I'm sure I'm not alone. So, I have to rely on my alarm and set off early the next morning. I must say, though, that my bike ride is a great start to the day. I absolutely love it, especially when I see all the traffic jams and stressed out drivers on the way. I wouldn't want to change this. I didn't use to do it and I can honestly say I even enjoy it in the pouring rain. That surprises a lot of people.



D Daniel

I often have moments to think about how I can change my life. The thing is there's a difference between thinking about it and actually doing it. I'm proud that I've actually managed to do so because there was a point when I thought I couldn't. I used to work in London and had to commute in from the suburbs every day. My day would start at around 6, and I wouldn't be back home, relaxing on my sofa, until around 12 hours later. Then when we had kids, I decided to give up my high-powered job and instead took on something much more manageable. This was stressful for me at the time, especially when we were renovating our new home, but I have no regrets. It's a simple lifestyle, but I guess that's the whole point. Shorter working hours mean I get to catch up on stuff during the week that I'd have usually had to find time for at weekends and this is great.



Vocabulary Lifestyle

Write the words in the correct order to make sentences. There is an example at the beginning (0).

- 0 quite / grandmother / My / has / lifestyle / sedentary / a
My grandmother has quite a sedentary lifestyle .
- 1 American / I / know / way / little / very / about / life / the / of
 _____ .
- 2 job / My / means / I / lifestyle / a / stressful / have
 _____ .
- 3 of / you / the / people / private / Are / lives / interested / in / famous
 _____ ?
- 4 active / was / When / he / young / he / a / very / had / lifestyle
 _____ .
- 5 your / How / lifestyle / would / you / to / change / try
 _____ ?
- 6 extremely / modern / is / way / The / life / of / fast-paced
 _____ .
- 7 well / relaxed / My / suits / character / my lifestyle
 _____ .
- 8 of / in / The / this / lead / a / people / traditional / life / town / way
 _____ .

Clothes

Choose the correct adjectives to complete the sentences.

- 0 I'm not keen on *casual* / *tight-fitting* clothes. I prefer baggy ones.
- 1 Oh no! I've got wine on my brand *new* / *second-hand* silk shirt.
- 2 It's best to wear a *scruffy* / *smart* suit to an interview.
- 3 Wow! I love the shoes. They're so modern and *trendy* / *baggy*.
- 4 I'd wear *casual* / *formal* clothes like jeans every day if I could.
- 5 He always chooses dark stuff, nothing *tight-fitting* / *colourful* at all!
- 6 Everyone wore very *casual* / *formal* dresses to the ball.
- 7 *Plain* / *Scruffy* tops tend to be versatile because they go with anything.
- 8 Mohammed's clothes are *smart* / *baggy* because he's lost weight.

Get phrases

- 1 Complete the sentences with words from the box to form a verb with *get*. The verb with *get* should have the same meaning as the verb or phrase in brackets. There is an example at the beginning (0).

away back ~~by~~ off out of over to

- 0 I'd like a new job because it's hard to get _____ *by* _____ (*manage to live*) on my salary.
- 1 Jack is slowly getting _____ (*recovering from*) the death of his father.
- 2 How did that prisoner manage to get _____ (*escape*) from all those police officers?
- 3 We didn't get _____ (*arrive in*) Paris until late, so we didn't want to call and wake you.
- 4 They got _____ (*returned*) at four in the morning, so they're still sleeping.
- 5 I wish I could get _____ (*stop*) the habit of buying coffee from coffee shops. It's expensive!
- 6 Let me know when you're getting _____ (*leaving*) the train and I'll come and pick you up.

- 2 Complete each gap in the text with the correct form of the phrases from the box. There is an example at the beginning (0).

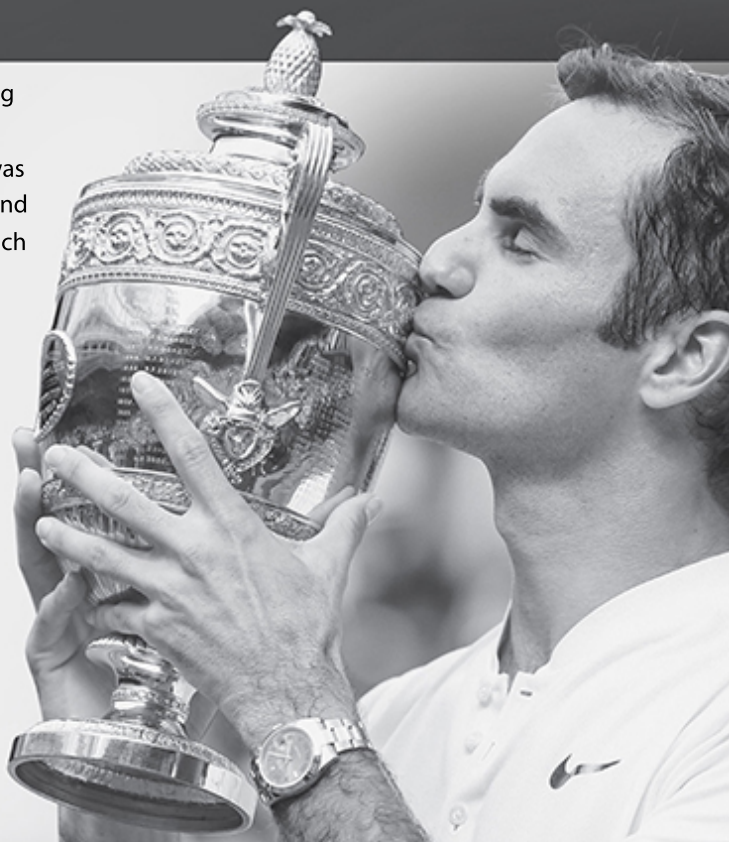
get angry ~~get excited~~ get into trouble get over it
get rid of get stressed get stuck get the chance get to have

MEETING MY HERO

When I heard that Roger Federer was going to be playing an exhibition match in my home town, I tried not to (0) get too excited – I was supposed to be working that day after all. But as my friend said, when would we (1) _____ to see such a legend play again?

I'm happy that I hadn't (2) _____ my old tennis racket because I wanted him to sign the handle. I (3) _____ on the way there, as we (4) _____ in an awful traffic jam and I didn't think we were going to make it. I mean, (5) _____ this experience wasn't something that happened to me every day and I didn't want to miss it. I got there just in time and was over the moon to chat to him.

Unfortunately, I (6) _____ because I was on the local news talking to him. My boss (7) _____ because I should have been at work. One day, she'll (8) _____, but it might take a while!



Language focus *Be used to, get used to and used to*

Complete the questions using the correct form of *be used to*, *get used to*, *used to* and the verb in brackets. There is an example at the beginning (0).

- 0 A: Did you use to have (have) many friends at school?
B: Yes, I did.
- 1 A: _____ you _____ (work) every day?
B: No, I'm not. I have a part-time job.
- 2 A: Have you _____ (be) a student again?
B: Yes, but I miss earning money.
- 3 A: _____ you _____ (swim) every day as a child?
B: Yes, I was because I was in the county team.
- 4 A: What time _____ you _____ (get up) these days?
B: At around seven o'clock in the morning, for work.
- 5 A: Why didn't you _____ (do) your homework?
B: Because it was so difficult.
- 6 A: How long did it take to _____ (eat) English food?
B: Ages. But now I love it!
- 7 A: Why aren't you _____ (speak) French?
B: Because everyone wants to chat to me in English.
- 8 A: _____ you _____ (live) in the countryside?
B: Gradually, I suppose, but I still miss the city.

Language focus Habitual behaviour

Underline the adverbs or adverb phrases used in the incorrect position in the sentences below. Rewrite the relevant part of each sentence. There is an example at the beginning (0).

from time to time she'll

- 0 Sandra tries to maintain a vegan lifestyle but she'll from time to time slip up and eat a burger.
- 1 Did you tend to not have a lot of friends as a kid?
- 2 They'll spend sometimes the whole day watching films.
- 3 My parents never are impolite to staff in restaurants.
- 4 Karen now and again has to commute to her office in the city.
- 5 Always that student is forgetting his homework.
- 6 It's like not her to miss a social gathering.
- 7 My sister used often to go to parties as a teenager.
- 8 I stayed at friends' houses hardly ever when I was younger.

Reading and Use of English Part 1 Multiple-choice cloze

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

How to go about it

When choosing an answer, look carefully at the whole sentence, not just the words immediately before and after the gap.

I can't go to school – it's raining!



It's true that a popular topic of conversation in England is the weather. Have you ever taken a day off school because of it? Would you (0) B suspicious if someone didn't turn up for school because of the weather?

Well, in 1960s England, these were actually (1) reasons to miss school. Back then, teachers were required to record reasons why pupils weren't at school each day. This is clear from (2) at a log from Leighton Buzzard, in the county of Bedfordshire. (3), the reason for non-attendance was the weather.

Victorian school wasn't free. As such, poor people could attend, but only (4) they were (5) by charitable organisations. They didn't use to have appropriate clothing and wore scruffy, thin tops, dresses or trousers, (6) without coats or shoes. Deciding not to set (7) on foot to school in poor weather conditions suddenly becomes understandable. It must have been a real risk to their health. One day, when only 30% of the pupils went to class, lessons were (8) and everyone huddled together close to the fire.

- | | | | |
|----------------|--------------|-------------|----------------|
| 0 A have | B <u>get</u> | C make | D go |
| 1 A correct | B true | C valid | D proper |
| 2 A looking | B searching | C examining | D studying |
| 3 A Hardly | B Rarely | C Almost | D Frequently |
| 4 A if | B then | C whether | D before |
| 5 A guaranteed | B sponsored | C donated | D commissioned |
| 6 A usual | B rarely | C seldom | D often |
| 7 A in | B up | C off | D back |
| 8 A prevented | B opposed | C excluded | D suspended |

Listening Part 3 Multiple matching

- 1 **01** You will hear five short extracts in which people are talking about moving to another country. Before you do the exam task in Exercise 2, listen and match the five speakers to the people in the box.

college student doctor manager school pupil teacher

Speaker 1 _____

Speaker 4 _____

Speaker 2 _____

Speaker 5 _____

Speaker 3 _____

- 2 **01** Listen to the five speakers again and choose from the list (A–H) what each speaker says. Use the letters only once. There are three extra letters which you do not need to use.

A I was very disappointed by the whole experience.

B I was interested in discovering new things.

C I was surprised by the number of English people there.

D I thought the cost of living was OK.

E I found it hard to adapt to the change of routine.

F Communication was sometimes difficult.

G I was concerned about losing my old friends.

H I missed my family a lot.

Speaker 1

1

Speaker 2

2

Speaker 3

3

Speaker 4

4

Speaker 5

5

- 3 Complete the listening extracts with the correct forms of the verbs in the box. The verb in each pair of extracts (a and b) is the same. There is an example at the beginning (0).

get look make set turn

0 a ... my dad got transferred.

b ... there's a lot to get your head round.

1 a I had to _____ the alarm for seven o'clock.

b _____ up a business in another country is not an easy thing to do!

2 a ... I never _____ up for nine o'clock lectures ...

b ... it _____ out to be a great success.

3 a I was actually _____ forward to meeting new people ...

b I haven't _____ back!

4 a ... no one _____ any fuss about it.

b ... it's the best decision I've ever _____.

- 4 Match the extracts in Exercise 3 to the following meanings. There is an example at the beginning (0).

0 There's a lot to learn and understand. ... there's a lot to get your head round.

1 I've never made a better decision. _____

2 Nobody worried about it. _____

3 It's difficult to start a company abroad. _____

4 It was very successful in the end. _____

5 It's been a great achievement and I've become even more successful. _____

Don't forget!

You will not hear exactly the same words as those in sentences (A–H). Before you listen, consider at least one alternative way of expressing the general idea contained in each sentence.





Writing Part 2 Article

Don't forget!

- › Begin with an interesting opening paragraph.
- › Include direct questions and/or direct speech for a lively article.
- › Use contractions and phrasal verbs for an informal style.
- › Include a range of descriptive language and linking words.
- › Leave the reader something to think about at the end.
- › Give your article a catchy title.

- 1 Read the following Writing Part 2 task and model answer. Put the paragraphs (A–D) from the model answer in the correct order.

1 2 3 4

You see this announcement in an international magazine.

WHY ARE PEOPLE SO NOSTALGIC FOR THE PAST?

As we look to the future, so many people like to look back to where they've come from. What are the reasons for this love of our past lives? And why does it sometimes seem so much better than the present? The three best articles will be published in next month's magazine.

Back to the past

A The key is to be able to have this kind of positive selection in the present. But with bills to pay and a nine-to-five job, it's no surprise that the present often proves to be more of a challenge.

B The thing is, we tend to focus on positive memories. If you're anything like me, you'll remember parties and holidays rather than a job you disliked. Stressful aspects of life are going to dominate the present but not the past. That distance almost allows us to forget the things we simply don't want to remember.

C People love to look back at the good old days and to take a trip down memory lane. Why does the present very rarely live up to our nostalgia for the past?

D An obvious answer is that we're getting older. We might reflect that at that point in the past, we had our lives ahead of us and all the excitement and mystery that goes with it. Another response might be that our lives were simpler then. This is almost certainly the case with childhood. We had someone else to look after us and fewer responsibilities.

2 Read the model answer to the task in Exercise 1. Match each paragraph (1–4) to its purpose (a–d).

- | | |
|-------------|--|
| Paragraph 1 | a Summary of the main ideas |
| Paragraph 2 | b Communicating the first idea giving opinions and examples |
| Paragraph 3 | c Introducing with a direct question to the reader |
| Paragraph 4 | d Communicating the second idea giving opinions and examples |

3 Tick (✓) the techniques the writer uses in the model answer in Exercise 1.

- 1 informal language
- 2 taking a neutral stand point
- 3 asking the reader questions
- 4 formal language
- 5 idioms
- 6 semi-formal language
- 7 addressing the reader
- 8 a catchy title
- 9 headings
- 10 a range of adjectives and adverbs

☐
☐
☐
☐
☐
☐
☐
☐
☐
☐

4 Underline an example of each technique you ticked in Exercise 3 in the model answer.

5 Write an answer to the task below. Write your answer in 140–190 words in an appropriate style.

You see this announcement in an international magazine.

UNHAPPY WITH YOUR LIFESTYLE? CHANGE IT!

What would make your life better? Think of two changes that would have a positive effect on your life. The three best articles will be published in next month's magazine.

Write your **article**.

Useful language

Addressing the reader

You wouldn't believe ...
Have you ever ...?
What would life be like if ...
You absolutely must ...
Just imagine ...
I'm sure you'd agree ...

Attitude adverbs

Importantly, ...
Surprisingly, ...
Essentially, ...
Suddenly, ...
Amazingly, ...
Incredibly, ...

Developing points

Let's start with ...
On top of all that, ...
What's more, ...
Above all, ...
Another advantage of ...
Yet another reason is ...



Reading and Use of English Part 6 Gapped text

- 1 You are going to read an article about someone who started to do capoeira as a hobby. Six sentences have been removed from the article. Choose from the sentences A–G the one which fits each gap (1–6). There is one extra sentence which you do not need to use.

THE JOYS OF CAPOEIRA



Personally, I can say that I have done capoeira once in my life and have never wanted to repeat that experience. I suddenly became aware of how stiff I was. On top of this was the knowledge that I had an audience of other much more flexible people watching me. This only added to the pain of the moment. I wanted the ground to swallow me up! But Lawrence Pickford has a very different, much more positive, opinion of the popular Brazilian martial art.

A few years ago, he tested video games for a living. He used to socialise with his friends by day and play games by night. Sounds like fun to some. **1** That was when he heard about capoeira in *The Traveller* by John Twelve Hawks and was inspired to take it up himself. Six months later and he had given up his job to go to university.

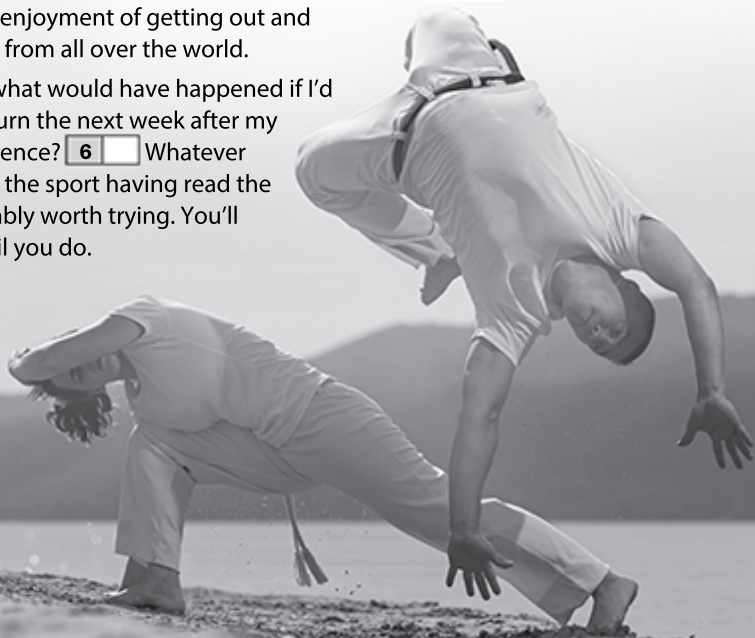
So what's it all about? Put simply, it's a form of Afro-Brazilian martial art which is like a dance with kicks, flips and leaps. It gets you super fit and you do all this to music. **2** Within this dialogue, your movements instantly communicate your character to the other players. In capoeira, participants are known as players. A *roda* is a circle formed around two players who use a series of gymnastic moves, flips and kicks to dance and beat their opponent. Throughout the game, the level of energy increases with the music and singing that surrounds the players. When it was my turn to play, there was an enormous sense of embarrassment due to my questionable flexibility, especially next to all the athletic bodies around me!

Outside the *roda*, the instrumentalists stand. They actually play a vital role in the activity. The reason is because the person with the biggest *berimbau* (a traditional stringed instrument) changes the game's feeling and speed. **3** The movement of the players follows the music being played. As well as the *berimbau*, there are also two types of drum called a *pandeiro* and an *atabaque*, a single or double bell called an *agogo* and a kind of scraper called a *reco-reco*, which originated in Africa.

Balance and strength are key when someone tries to kick you in the head without warning! **4** He is able to do things that he had never imagined he'd be able to do, like walk on his hands and do cartwheels.

It's not just about being more physically fit. There's also the social aspect, which didn't suit Lawrence's insular nature when he first started the sport. **5** But as his confidence grew, so did his enjoyment of getting out and meeting people from all over the world.

So who knows what would have happened if I'd managed to return the next week after my shameful experience? **6** Whatever you think about the sport having read the article, it's probably worth trying. You'll never know until you do.



- A I might now be in great shape like Lawrence, have visited some new countries and have a new circle of friends.
- B According to Lawrence, there's also a kind of conversation going on.
- C For example, it can be faster and more intense at one point and more relaxed and friendly the next.
- D Something you can't compare is the feeling of freedom in the circle.
- E He found socialising difficult and didn't enjoy making small talk.
- F But in actual fact, Lawrence was bored and wanted to spend time doing something physically active.
- G Playing the sport, Lawrence has become fitter and more flexible.

Don't forget!

Check that the whole sentence fits in with the meaning of the text before *and* after the gap.

- 2 In the following sentence from the magazine article, the word *get* is used in two expressions.

You **get the chance** to kick and throw yourself around and **get in shape**.

Complete each gap in the text with the correct form of a *get* phrasal verb from the box.

get at get away with get into get onto get over get round to
get through get together with

Home

Blog

Archives



Last month, when I (1) _____ my friends for a catch up, we (2) _____ the subject of keeping fit. Dana had recently started attending a dance class at the local leisure centre and was really (3) _____ it. She tried to get everyone to give it a try, but they said they were too busy to (4) _____ going. I told her I was still (5) _____ a bad cold. When she didn't press me, I thought I had (6) _____ it. But as the week continued, she kept (7) _____ me to do more exercise until she finally (8) _____ to me and I gave in. To be fair, it's been a lot of fun!



Language focus Gerunds and infinitives

- 1** Choose the correct verb forms to complete the sentences. More than one option may be possible. There is an example at the beginning (0).
- 0 I regret *miss* / *missing* / *to miss* my appointment. Now I have to wait ages for the next one!
 - 1 Our teacher always makes us *do* / *doing* / *to do* two hours of homework every night!
 - 2 Tim and Lisa would hate *live* / *living* / *to live* in the middle of nowhere.
 - 3 Why did the man deny *commit* / *committing* / *to commit* the crime? He was clearly guilty.
 - 4 We're having trouble *find* / *finding* / *to find* volunteers for the charity event.
 - 5 If you have the opportunity *try* / *trying* / *to try* something new, go for it!
 - 6 You mustn't *use* / *using* / *to use* any electronic devices during the exam.
 - 7 Adam would prefer *travel* / *travelling* / *to travel* with family rather than friends.
 - 8 Can you persuade your dad *give* / *giving* / *to give* us a lift home after the party?
- 2** Complete the story with the correct form of the verbs in the box. There is an example at the beginning (0).

be break carry on chat count give up replace save work

Home
Blog
Archives

PEDAL POWER

I had tried many times (0) to be healthier. The main problem was work. When I was stressed one day, I stopped (1) _____ and went for a walk just for a change of scene. This did me the world of good. I remember (2) _____ to my friend who had told me to try (3) _____ my bad habit of working all hours. So, despite the mountain of stuff I had to do, I decided not at 5 pm, (4) _____ and went home instead. And I started cycling, but it soon became apparent that my bike needed (5) _____. So this would be my motivation; every time I went home on time, I would put money in a jar for a new bike.

I must say if you're trying (6) _____ for something, this is a great method! The first few days, I was terribly anxious, but it gradually got easier and I actually found that I was more productive in the office. I forgot (7) _____ the money in my jar until one day I saw that it was full. I went straight out and bought a new bike. If breaking a habit means (8) _____ something you like or think you need to do, it's worth it – I've never looked back.



Vocabulary Sport

Choose the correct options to complete the sentences. There is an example at the beginning (0).

- 0 The hockey player *passed* / *took* the ball to her teammate.
- 1 The footballer *kicked* / *won* the ball over the goal.
- 2 The athletics *meeting* / *lane* was held on a Friday evening.
- 3 Neither competitor wanted to *take* / *be* part in the controversial game.
- 4 The tennis player threw his *stick* / *racket* after his terrible backhand.
- 5 The company bosses met on the golf *green* / *pitch*.
- 6 The 100m race *had* / *took* place at the city's new stadium.
- 7 The child was so happy to receive a medal for *winning* / *passing* the competition.
- 8 It was a shame for the supporters that the teams *matched* / *drew* one-one.

Music

1 Match the sentence beginnings (1–8) to the endings (a–h) to make complete sentences. There is an example at the beginning (0).

- | | |
|---------------------------------|--------------------------------|
| 0 She plays all | a music venue in my city. |
| 1 My son wants to become a rock | b stage seven nights a week. |
| 2 There are many stringed | c instruments in an orchestra. |
| 3 There is a famous live | d guitarist before. |
| 4 I have seen that lead | e musician in the future. |
| 5 Shall we create a | f that track I like? |
| 6 It must be hard to be on | g concert many times? |
| 7 Would you mind playing | h playlist for the wedding? |
| 8 Have you seen him in | i wind instruments very well. |

2 Complete each sentence with a word from the box. You may use each word only once. There is an example at the beginning (0).

charts guitarist live mime radio rock tour ~~tune~~ wind

- 0 I am a terrible singer. I never manage to sing in tune!
- 1 _____ performances are usually far better than recorded ones.
- 2 She is a famous session _____ and can play electric and bass really well.
- 3 When I was younger, I dreamt of playing in a _____ band like Nirvana.
- 4 This group goes on _____ about three times a year. It must be exhausting.
- 5 What's the name of the song that's number one in the streaming _____?
- 6 When pop stars _____ a song, it's always obvious that they aren't singing live.
- 7 _____ instruments include flutes, clarinets and oboes.
- 8 Is your new track going to be played on the _____? How exciting!



Word formation Affixes

1 In each group of four adjectives in 1–6 below, one of the adjectives has been written with an incorrect negative prefix. Find the adjective and write the correct negative form.

- | | | | |
|--------------|--------------|---------------|----------------|
| 1 unsociable | unsure | unresponsible | unknown |
| 2 irregular | irreliable | irrational | irrelevant |
| 3 intolerant | incompetent | inaccurate | inusual |
| 4 dishonest | dissatisfied | disabled | disexperienced |
| 5 impatient | impolite | impleasant | improbable |
| 6 illimited | illegal | illiterate | illogical |

2 Complete the sentences with the correct form of one word from each group in Exercise 1.

- She's a superstar in her own country but still relatively _____ outside of it.
- His illness resulted in _____ attendance at school and he failed all his exams.
- Lara's always punctual, so it's _____ for her to be late; maybe she's overslept.
- The manager was _____ with his team's performance, despite the two-nil win.
- Her arm is still injured, so it's highly _____ that she'll play in the tournament.
- For ten euros a month, you get _____ access to a huge database of movies.

3 Find and correct the eight mistakes with affixes in the blog. There is an example at the beginning (0).

Home
Blog
Archives

Q

(TEAM) BUILDING YOUR CONFIDENCE

My husband, Luca, used to be a really ~~sociable~~ person. He didn't like talking to people he didn't know and people thought he was being dispolite. Then, one day, he was a spectator at a hockey match that an ex-colleague had invited him to. One of their players had overslept, so they needed a player and the organisor asked him to step in. Luca explained that he was unexperienced, but she said that wasn't a problem and handed him a stick. Luca had been a bit dishonest because he had actually played hockey when he was at school, but he hated it. At that time, he thought it was unlikeable that he'd ever play again.

Anyway, fast forward two years and he plays regular in the team. He's still a bit insure of himself, but it has given him so much confidence. He's an engineer and it's even helped him at work. Now, he doesn't stress each time he has to teach a new group of trainists. I would recommend joining a team if you are shy. It helped my husband and can help you too!



- | | | |
|---------------------|---------|---------|
| 0 <u>unsociable</u> | 3 _____ | 6 _____ |
| 1 _____ | 4 _____ | 7 _____ |
| 2 _____ | 5 _____ | 8 _____ |

Listening Part 2 Sentence completion

- 1 **02** You will hear someone giving a talk about sports psychology. For questions 1–10, complete the sentences with a word or short phrase.

The speaker says that as a schoolboy he had no **(1)**

Matthew Syed was an Olympic® **(2)**

According to Syed, we need to practise for about **(3)** hours to become a successful sportsperson or musician.

Tiger Woods started learning golf when he was **(4)** years old.

Success in sport becomes more difficult at a later age due to the number of **(5)** we have.

Many successful table tennis players came from Syed's **(6)**

Syed attributes his own success to having a particularly good **(7)**

Andre Agassi has written a book entitled **(8)**

Syed had a bad sporting experience in **(9)**

Some sports stars depend a great deal on **(10)** to cope with the pressure of competing.

- 2 The collocations in bold are from the listening. Complete the collocations with words from the box. You need to use two of the words twice.

for in on to

- 1 It was really humiliating not to be **picked** **a team** when I was at school.
- 2 My parents' encouragement **played a big part** helping me to keep training regularly.
- 3 If you don't **put** **the hours**, you won't get anywhere in sport.
- 4 Lucy loves the idea of playing the flute, but **when it comes** practising, she's not so keen!
- 5 A lot of young people train hard to become swimmers, but only a very few **make it** **the very top**.
- 6 She is a former Olympic® champion, but **she went** **to** be a TV pundit.



Reading and Use of English Part 2 Open cloze

For questions 1–8, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

SPORTS LOVERS

Some people seem to love the challenge of extreme sports. They enjoy the adrenaline rush **(0)** *that* breaks up the boredom of everyday life. It would be easy to regard these daredevils **(1)** dangerous and irresponsible. In actual **(2)**, there is often much less risk involved than you'd think.

As **(3)** as possible, very little is left to chance. Professional base jumpers have been known to turn back when conditions haven't been right, even **(4)** this has meant letting down a film crew. If the jumpers don't feel safe jumping, nothing will happen **(5)** they are ready.

This is **(6)** to the fact that there isn't a rule book for extreme sports professionals. They're writing it as they go along. **(7)** a mistake could have very serious consequences. This leads **(8)** a sense of trust, both in yourself and in your environment, which isn't encouraged in modern life. We are too worried about what could go wrong.



Reading and Use of English Part 4 Key word transformation

Don't forget!

You must write at least two words and no more than five, and you cannot change the key word in any way.

For questions 1–6, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between two and five words, including the word given. Here is an example (0).

- 0 We have to paint this room again.

NEEDS

This room *NEEDS TO BE* painted again.

- 1 It's impossible for that boxer to continue to fight until he's 50.

GO

That boxer can't until he's 50.

- 2 Can I suggest that you go to bed early tonight?

TRY

Why don't you early tonight?

- 3 It looks like Martin isn't interested in the lecture.

APPEARS

Martin uninterested in the lecture.

- 4 The cover teacher doesn't want to do the planned lesson.

RATHER

The cover teacher the planned lesson.

- 5 I think it's advisable to take out some travel insurance.

IDEA

I think it's a some travel insurance.

- 6 Don't ask Mum because she isn't at home.

USE

It's Mum because she isn't at home.

Writing Part 2 Informal email

- 1 Read the following Writing Part 2 task and informal email. Answer the questions below.

- 1 Does the letter address all of the questions in the task?
- 2 Is the letter organised in a logical manner?
- 3 Is the register suitable for the task?

You have received this email from your English-speaking friend Benny.

● ● ● < >
🔍

I can't wait for your visit to Dublin. Will you be here long with your band?
 When will you be free? Is there anything you want to do while you're here?
 Anyway, let me know and I'll try to organise some things.
 Lots of love
 Benny



To: Benny Ash

Subject: I'll be coming over

(1) Dear Mr Benny Ash

How are you? (2) Thank you very much for your letter which I received on 28th June. It was great to hear from you. You're right, I'll be in Dublin this summer for a week, so it would be fun to hang out. (3) I would appreciate it if you could recommend a place where we could meet. I've only been there once so I don't have a clue.

I'll be coming over to do some concerts with my town band so I won't be free in the afternoons. (4) The evening would be a convenient time to meet, however, I'd love to go to one of the venues where they play traditional Irish music. Is there one you go to?

(5) Incidentally, I'll have to go souvenir shopping at some point as well. I know you hate that kind of thing so just point me in the right direction and I'll go by myself.

Anyway, (6) please pass on my regards to your family and tell them I can't wait to see them again. Let your sister know I'll bring some chocolate for her.

(7) I look forward to your prompt reply.

(8) Yours sincerely

Katie

2 Replace the formal phrases (1–8) in the model answer in Exercise 1 with a more informal equivalent (a–h).

- a By the way, _____
- b Dear Benny, _____
- c But I'm around in the evenings. _____
- d Lots of love _____
- e Write to me soon. _____
- f Where's a good place to meet? _____
- g Thanks for your email. _____
- h Please say hi to your family. _____

3 Write an answer to the task below. Write your answer in 140–190 words in an appropriate style.

You have received this email from your English-speaking friend Tomoko.

It's going to be great when we meet. We've got a whole week! Can you let me know if there's something new and exciting we can try? I know you're into dangerous stuff like me.

Lots of love

Tomoko

Don't forget!

Write your answer using logical paragraphs, a variety of linking devices and a range of language.

Write your **email**.