

8 Extra Practice 2

Name:

Vocabulary

1 Coach Bill is meeting with his athletes at the first practice after the summer holiday. Complete the mini-dialogues with the words below.

muscle ♦ track ♦ fresh air ♦ exercise ♦ gym ♦ gained weight ♦ dietician ♦ team

A.

Coach: Chloe, have you ¹ this summer? Your training suit is too small for you.

Chloe: Yes, I didn't ² at all and I wasn't careful about what I ate. What should I do?

Coach: Here is the telephone number of a good ³ She will help you.

B.

Coach: Andrea, welcome to our basketball ⁴

Andrea: Thanks, Coach!

Coach: We usually meet for practice at the school ⁵, but today we're going to practice outside in the ⁶

C.

Coach: Kate, why have you stopped running around the ⁷ ..?

Kate: It's the ⁸ in my left leg. It hurts badly.

Coach: OK. Sit down for a while.

2 Write true (T) or false (F).

- 1. Playing football three times a week will help you **keep fit**.
- 2. Running two kilometres every day will harm your **heart**.
- 3. Eat lots of crisps and biscuits if you want to **lose weight**.
- 4. Because of the **injury**, the gymnast won the competition.
- 5. Some **fitness trainers** work at a sports centre.
- 6. If you break a **bone**, it'll probably hurt.

3 Correct the false sentences in Exercise 2 with the words below.

fresh vegetables ♦ lost ♦ is good for

.....
.....
.....

Grammar

4 Rewrite the sentences using the modals below. Use each modal once. There may be more than one correct answer.

doesn't have to ♦ has to ♦ mustn't ♦ must ♦ don't need to

1. Everyone is required to leave their coats and bags outside the room.
.....
2. It's necessary for Amy to take off her shoes before she exercises.
.....
3. You aren't allowed to bring food into the gym.
.....
4. It isn't necessary for Dan to wear special clothes for this lesson.
.....
5. It isn't an obligation to meet with a personal fitness trainer.
.....

5 Choose the correct answer.

¹ **Should / Can / Could** you believe that I've just won first place in our school's 10 km race? I ² **can't / can / mustn't** stop smiling. A year ago, I ³ **can't / shouldn't / couldn't** run around the track at school once without feeling bad. I was terribly overweight. My friends told me, "You ⁴ **mustn't / have to / don't have to** lose weight!" but I didn't listen to them. One morning, it was too difficult for me to tie my trainers. That day, I decided to change my unhealthy lifestyle. I learned that you ⁵ **don't need to / mustn't / doesn't have to** be a great athlete your whole life in order to succeed. You ⁶ **can't / shouldn't / can** change your lifestyle one step at a time if you're serious about it. You ⁷ **should / mustn't / couldn't** get professional help. A doctor, a dietician and a fitness trainer will all help you do things in a healthy way so you don't get any injuries. You ⁸ **don't have to / shouldn't / must** work very hard. You ⁹ **mustn't / must / can** eat without thinking and you ¹⁰ **mustn't / have to / can't** exercise almost every day. But once you start and you see results, you'll feel healthier and happier.