

Name _____

No. _____

Class _____

Date _____

Mark _____

Teacher _____



Listen to five teenagers talking about their favourite free time activity. Match each teenager with their free time activity. There are three extra options.

- | | | | | | |
|-------|----------|---|---|----------|-------------------|
| Alice | 1 | • | • | a | collecting cans |
| Chris | 2 | • | • | b | watching series |
| Kate | 3 | • | • | c | backpacking |
| James | 4 | • | • | d | cooking |
| Alex | 5 | • | • | e | waterskiing |
| | | | • | f | mountain biking |
| | | | • | g | hiking |
| | | | • | h | going to concerts |



Listen to the biography of an e-sports champion. Complete with the correct information.

E-sports champion: Juno "ShadowBall" Vernon

- 1. Birthplace:** Seoul, _____
- 2. Age he first started playing:** _____
- 3. Name fans call him:** the _____ player
- 4. Hours spent training (per day):** _____
- 5. Best part:** meeting his _____ and inspiring young _____
- 6. Free time activities:** reading _____ and playing _____

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Read the text.

Josh Popham: a Scootering Success

Josh Popham is getting ready for the biggest year of his career. The Welsh 16-year-old won a prize at the UK's national scootering championship, *Scoot GB*, in October 2024. Now he is getting ready for some of the most important events on the scootering competition circuit.



Josh's love for scooters began when he was eight, after a trip to a local skate park. "I remember my parents brought me to *RampWorld*, in Cardiff, and I just loved it immediately" he said. However, it was not until Josh was 12 that he started taking the sport more seriously. He began competing at a professional level in the last two years, winning medals such as second place in the Welsh scootering finals last year. Josh believes scootering requires a combination of technical skill and performance to be successful.

Like most athletes, Josh has a huge support system behind him. His dad Philip Popham initially wanted him to become a football player, but he quickly realised his son's true passion was different. "We never imagined he'd be doing what he's doing," his father said.

Josh is now focusing on the international stage, where he will be competing against some of the world's best riders. "I've got a sponsor now, *Grit Scooters*. This means I have to compete at a higher level, but I've got a lot to look forward to," he said.

Apart from competing, Josh wants to make scootering his future career. He believes social media is helping sports like BMX freestyling and skateboarding grow, so it is also a good sign for the future of scootering.

www.bbc.com (adapted; accessed in August 2025)

A Find synonyms for these words/definitions in paragraphs 2 and 3.

1. took: _____

2. at once: _____

3. involves: _____

4. ability: _____

5. enormous: _____

B Are the sentences True (T) or False (F)? Correct the false ones.

- | | T | F | |
|---|--------------------------|--------------------------|-------|
| 1. Josh Popham is a scooter success from Wales. | ☐ | ☐ | _____ |
| 2. His passion for scootering started when he was thirteen. | ☐ | ☐ | _____ |
| 3. He won two gold medals last year. | ☐ | ☐ | _____ |
| 4. Josh wanted to be a footballer when he was younger. | ☐ | ☐ | _____ |
| 5. His sponsor is called <i>Grit Scooters</i> . | ☐ | ☐ | _____ |

C Answer the questions about the text.

1. What happened in October 2024?

2. When did Josh start competing at a professional level?

3. Does Josh think social media is positive or negative for extreme sports? Justify with a sentence from the text.

Vocabulary and Grammar

Progress Test A

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Vocabulary

A Read the sentences and match them to the extreme sports. There are two extra options.

- | | | | | | |
|--|---|---|---|---|---------------|
| Running on outdoor tracks in nature. | 1 | • | • | a | eFoil surfing |
| Holding a line and sliding on snow or ice while wearing skis or a snowboard. | 2 | • | • | b | wing walking |
| Riding a biking and doing tricks. | 3 | • | • | c | pro scooter |
| Standing on an airplane while it's flying. | 4 | • | • | d | BMX freestyle |
| Keeping your balance on a rope between two trees. | 5 | • | • | e | slacklining |
| | | | • | f | trail running |
| | | | • | g | snowkiting |

B Label the photos with free time activities.



a. _____



b. _____



c. _____



d. _____



e. _____



f. _____

C Complete the sentences with the free time activities in the box. There is one extra option.

going out for dinner swimming reading listening to music meeting friends

- At weekends, _____ helps me to relax. Being in the water is a great feeling!
- There's a new Italian restaurant I want to try. I really enjoy _____.
- I love _____, especially a good novel or adventure fiction.
- Emma enjoys _____ at the shopping centre. They always have fun together.

Grammar

A Complete the dialogue with the present simple or the present continuous.

Marco: 1. _____ you usually _____ (do) any extreme sports?

Joanna: Yes, I 2. _____ (go) mountain biking every weekend.

Marco: Cool! I usually 3. _____ (play) tennis, but right now I

4. _____ (take) a climbing course.

Joanna: Cool! At the moment, I 5. _____ (try) to join a new climbing group.

Marco: My brother 6. _____ (not do) anything new now. He usually just

7. _____ (watch) football on TV.

B Complete the sentences with the past simple.

1. Xavier _____ (try) slacklining for the first time last week.

2. I _____ (not do) anything special last weekend.

3. _____ you _____ (win) the tournament yesterday?

4. The BMX freestyling competition _____ (be) amazing!

5. Nick _____ (not go) to the concert last night.

C Write sentences in the past simple and the past continuous.

1. Diana / fall / asleep / while / she / watch / favourite series

2. They / swim / the lake / when / it / start / rain

3. I / meet / Alan / while / I / run / in the forest

4. While / mum / cook / I / read / favourite book

Writing

Progress Test A

Name

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- A** Write an email to a friend telling him/her your favourite free time activity. Use the information in the boxes to guide you.

Greeting

What is your favourite
free time activity?
When did you start it?

When did you last do it?

Why is this activity
important to you?

End your email

New message



Send

