

Listening

Progress Test B

Name _____

No. _____

Class _____

Date _____

Mark _____

Teacher _____

A

Listen to five teenagers talking about their favourite free time activity. Match each teenager with their free time activity.

- | | | | | | |
|-------|----------|---|---|----------|-------------------|
| Alice | 1 | • | • | a | collecting cans |
| Chris | 2 | • | • | b | mountain biking |
| Kate | 3 | • | • | c | going to concerts |
| James | 4 | • | • | d | waterskiing |
| Alex | 5 | • | • | e | hiking |

B

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

E-sports champion: Juno “ShadowBall” Vernon

1. Birthplace: Seoul, North Korea / South Korea
2. Age he first started playing: seven / six
3. Name fans call him: the laughing / lightning player
4. Hours spent training (per day): six / five
5. Best part: meeting his fans / friends and inspiring young children / gamers
6. Free time activities: reading science fiction / fantasy and playing basketball / hockey

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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 Match the words/expressions from the text with their synonyms.

- | | | | | | |
|-------------|---|---|---|---|----------|
| brought | 1 | • | • | a | involves |
| immediately | 2 | • | • | b | took |
| requires | 3 | • | • | c | ability |
| skill | 4 | • | • | d | enormous |
| huge | 5 | • | • | e | at once |

B Are the sentences True (T) or False (F)?

- | | 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?

In October 2024, Josh _____

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

He _____ *competing at a* _____

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

He _____ *it's* _____ : "

_____ "

Vocabulary and Grammar

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Vocabulary

A Read the sentences and match them to the extreme sports.

Running on outdoor tracks in nature.

1

•

•

a

wing walking

Holding a line and sliding on snow or ice while wearing skis or a snowboard.

2

•

•

b

BMX freestyle

Riding a biking and doing tricks.

3

•

•

c

slacklining

Standing on an airplane while it's flying.

4

•

•

d

trail running

Keeping your balance on a rope between two trees.

5

•

•

e

snowkiting

B Label the photos with free time activities.



a. b



b. g t c



c. w s



d. c c



e. c



f. c

C Complete the sentences with the free time activities in the box.

going out for dinner

swimming

reading

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 Choose the correct option: present simple or present continuous.

Marco: 1. Do you usually do / Are you usually doing any extreme sports?

Joanna: Yes, I 2. go / am going mountain biking every weekend.

Marco: Cool! I usually 3. play / am playing tennis, but right now I 4. take / am taking a climbing course.

Joanna: Cool! At the moment, I 5. try / am trying to join a new climbing group.

Marco: My brother 6. doesn't do / isn't doing anything new now. He usually just

7. watches / is watching football on TV.

B Choose the correct option to complete the sentences with the past simple.

1. Xavier tries / tried slacklining for the first time last week.

2. I didn't do / don't do anything special last weekend.

3. Did you win / Have you won the tournament yesterday?

4. The BMX freestyling competition were / was amazing!

5. Nick doesn't go / didn't go to the concert last night.

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

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

Diana fell asleep while _____

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

They were swimming in the lake when _____

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

I met Alan while I _____

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

While mum was cooking I _____

Writing

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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

Hello _____,

My favourite _____.

I started doing it when _____.

_____.

_____.

The last time I did it was _____.

_____.

_____.

It's important to me because _____.

_____.

_____.

See you soon, _____

Send

