O’ZBEKISTON RESPEBLIKASI OLI TA’LIM,

FAN VA INNOVATSIYALAR VAZIRLIGI

Farg’ona davlat universiteti akademim litseyi

Ingliz Tili

Fanidan yozma ish ko’nikmalarini oshirish bo’yicha Uslubiy Ko’rsatmasi



Saydumarova Dilobar

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Mazkur uslubiy ko'rsatma CEFR (milliy sertifikat) va ingliz tilida o'qish ko'nikmasini shakllantirmoqchi boshlagan har qanday soha mutaxassislari, akademik litsey hamda o'rta maxsus maktablarining ingliz tili fani o'qituvchilari va o'quvchilari uchun mo'ljallangan. Har bir berildan matn o'qishning barcha turlarini tez va samarali o'qish hamda turli savol turlarini yechishni o'rgatadi. Shu bilan birga ushbu uslubiy ko'rsatma o'qishning turli savol turlari yechishda zarur bo'ladidan foydali mashqlar va ko'rsatmalarni o'z ichiga oladi.

Ushbu uslubiy ko'rsatma Farg'ona davlat universiteti akademik litseyining 2025-yil 10 sonli pedagogik kengashida tasdiqlangan.

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B1 level - The Importance of Music in Schools.

Read the text below and ***complete the sentences with a maximum of 4 words***. *Record your answers on the answer sheet. The first one (0) has been done as an example for you.*

The Importance of Music in Schools "Music helps the mind develop and grow," my dad often says, and I have found this to be very true. It is a proven fact that participating in a music program in school will help develop your brain to a higher level and faster than other students. Music actually improves communication between the right and left sides of the brain, allowing you to gain better comprehension and memorization skills.

So, why do we need music in our schools?

Well, because music is everything.

Music is science. It is exact and demands acoustics. The conductor's score is a graph that contains volume changes, melody and harmony, all the while keeping the group at a constant pace.

Music is math. It is based on the rhythmic subdivisions of time, done in a split second.

Music is history. The music you hear or play is usually an indication of the time and environment in which it was created.

Music is physical education. It requires an immense amount of coordination of fingers, hands, arms, lips, cheeks and facial muscles. Not to mention control of your diaphragm, back, stomach and chest muscles to make sure every note comes out clearly and in pitch.

Music is a foreign language. Its terms are usually in Italian and the music is not in any language known to man. It is its own language and uses symbols to represent ideas.

Music is the universal language that everyone understands and can relate to. Music is what brings everything together. Most of all, music is art. It is the greatest form of art that allows a human to take boring notes on a page, and transform them into an emotion and feeling you cannot measure.

Music is just as important as all the classes you are required to take, and it is critical that music classes remain in schools. Not only to provide a place for students to belong, but also something that will help their minds grow and develop like no other class.

B1/B2 – Reading Comprehension Sample Tasks

2 Complete the sentences with a maximum of 4 words.

- A number of mental skills get better if you go to a music program in school.

_____

- Music has elements that change or stay the same, comparing it to…

_____

- Music is a reflection of when it was composed, it can be related to…

_____

- Sport and music both need a lot…

_____

- Because music communicates ideas it can be compared to a…

_____

- Musicians create art by reading…

_____

- For many reasons, music lessons should…

_____

B1/B2 – Reading Comprehension Sample Tasks

1. B1 level – My Holiday in California

2. *Read the story below and complete the text with the correct phrase. Mark the correct answer on your answer sheet. There are two phrases you do not need to use. The first one* ***(0)*** *is given as an example.*

A. went to Hollywood

B. B. couldn't go on

C. C. had delicious

D. D. was closed

E. E. had lots of stars

F. F. stayed at our Grandpa's house

G. G. had really big H. was this really big wave I. loved the food there

H. J. was really cool

My Holiday in California.

At the end of May we went to California in America. We stayed in the Hotel Irvine for four days which was a brilliant hotel and then we (0) __F__ for a week which was also really cool. Grandpa has a cool house and he also has the Disney Channel, which we loved! The first couple of days, we went to Del Taco. This is a Mexican restaurant like you've never seen in England before. It has tacos, quesadillas (the soft ones) and it also has burritos. Del Taco was my favourite place to eat because it (1)____ Mexican food. We also went to Rubio's (king of the fish taco) which is another Mexican restaurant. My sister BooJam went to a sandwich place called "Which Witch" and she (2)____ . We went to Knottsberry Farm and I went on the Jaguar rollercoaster ride. My sister (3) ____ because she was too small. The queuing was very scary because it was in an Egyptian tomb, but the ride was really good. One of the rides (4)____ . It was a ride where you got to lie down and fly in Camp Snoopy. I loved it and so did my sister too. We also went on a ride where we bounced up and down and that was so much fun. We (5)_____ to look around. Our tour guide was Grandpa. We saw the Hollywood Sign, Mann's Chinese Theatre, the handprints in the concrete on the floor and the Hollywood Walk of Fame which (6)____ on the floor. I saw the handprints of Daniel Radcliffe, Rupert Grint and Emma Watson.

B1/B2 – Reading Comprehension Sample Tasks

4 They are my favourite characters from Harry Potter. Los Angeles has lots of swimming pools. We went in a swimming pool with diving boards and had lots of fun swimming around and diving. We went to Newport Beach and I was swimming in the sea and there (7)____ and I had to cling onto the sand as the wave washed over me. It really hurt but it was also cool at the same time. We also bought necklaces for each other.

Oceans of plastic

Read the article below and complete the text with the correct phrase. There are two phrases that you do not need to use. The first one (0) is given as an example. Write your answers on the answer sheet.

A. has ever been made

B. are thrown away

C. have been dumped in the oceans in 2010 alone

D. are tiny fragments of plastic that have been broken up

E. less rubbish ends up being thrown into the sea

F. has discovered plastic bags everywhere

G. finds its way into our oceans every year

H. has been collected there by the currents

I. more dangerous than disposable bottles

J. more than had originally been thought

Oceans of plastic Scientists from the USA's University of Georgia have released details of their recent study into how much plastic rubbish (0) G. The new findings were released at the American Association for the Advancement of Science's annual meeting. The amount of plastic reaching the oceans each year is staggering at around eight million tonnes. Dr Jenna Jambeck, who led the study, said that this is "equal to about five plastic bags full of plastic for every foot of coastline around the world." Eight million tonnes of plastic per year is actually about the midrange estimate for the study, with a range of 4.8 milllion tonnes to 12.7 million tonnes estimated to (1) _____. The study has also estimated the total amount of plastic in the world's oceans, which is somewhere between 20 and 2,000 times (2) _____.

China is the top plastic dumper, throwing around a million tonnes of plastic rubbish into the sea by itself. This is partly because of its huge population, but also because so many of its people live along its lengthy coastline. The European Union, taken as a whole rather than as individual countries, comes in at number 18. Plastic once it has been made does not rot away. That means that all of the plastic that (3) _____ is still in existence on our planet's surface. In the sea, it gradually breaks up into smaller and smaller pieces, but it doesn't completely disappear. Ocean currents cause huge areas of plastic rubbish to

form in specific places. For example, the Great Pacific Garbage Patch, which covers an area of ocean roughly twice the area of France, is a mass of floating plastic waste that (4) _____. In some places, it can be up to 10 metres deep! There are already beaches on Pacific islands that are covered in multicoloured sands. When you look closely at the blue, yellow and red grains of sand it becomes evident that they are not sand at all. Instead, they (5) _____ and washed ashore by the action of the seas.

If we don't do something, the study predicts that by 2025, some 17.5 million tonnes of plastic may find its way into the oceans in that year alone! That would mean 155 million tonnes more plastic in the oceans between now and then. Some countries need to look at how they manage their waste in the coming years, so that (6) _____. In developed countries, we need to stop the wasteful practices like using disposable plastic shopping bags. Most supermarket carrier bags for example have a useful life of just 20 minutes before they (7) _____ and we use billions of them every year in the UK alone.

You can find some great suggestions for how we can deal with this problem in a brilliant animation produced last year by the children of Ollaberry Primary School in Shetland. With their film, they became UK Champions in the Total Green School Awards 2014.

Three wild animals

*For each question **1 – 8**, choose from the animals described in **A**, **B** or **C**. You can use the letters more than once. The first one has been done for you as an example (**0**). Be sure to write your answers on the answer sheet.*

A. Robins

The robin is, without doubt, one of our favourite garden birds. It seems to trust us, staying close when we're in the garden and even taking food from our hands. This confiding nature has existed for many centuries – the first record of a robin taking food from a human was in the 6th century.



Seeing red

The robin's red breast is part of what endears it to us, providing a welcome flash of colour on a winter's day. But its evolutionary purpose is for a more serious role, with male robins using it to settle territorial disputes, especially during the breeding season. In some populations, up to 10 per cent of adult mortality is due to clashes over territory. This is the reason why robins are born without a red breast, and don't acquire it until their first moult.

Unusual nesting habits

Robins are prolific breeders, often producing between three and five broods a year, each containing four or five eggs. If the weather is mild, they can breed as early as January, though it is more usual for them to start in March. Broods can overlap with the male feeding the chicks of one clutch while the female sits on the eggs of the next. This enables the population to bounce back readily from any overwinter population losses. Robins will nest almost anywhere. Recorded nest sites include plant pots, a pigeonhole in a desk, the engine of a WWII plane, and in the body of a dead cat.

Street singers

Robins are one of the first birds to start the dawn chorus and one of the last to stop singing at night, even in the winter when they sing to defend their winter territories.



B. Grey squirrels

Grey squirrels are a common sight throughout much of the eastern United States and Canada. These small, tree-dwelling rodents fit easily into a number of habitats due to their remarkable adaptability. Grey squirrels are easily recognized by their grey coat (varying from yellowish gray to pure silver, though different color morphs exist), ruffed tail and cream-coloured underbelly.

Grey squirrels provide a source of food for many predatory species within their habitat, including many birds of prey (eagles, hawks, falcons, owls and ospreys), weasels, foxes, coyotes, wolves, bobcats and lynxes. They are also hunted by humans for population control, sport or food throughout much of their range. Grey squirrels predominantly feed on tree nuts, but will also eat flowers, seeds, fungi, insects and even the occasional bird eggs.

In addition to serving as an important prey species, the nut storing tendencies of the grey squirrel help to disperse tree seeds within their habitat.

Adaptability

Grey squirrels have been able to adapt to a number of habitats, as their native environments have become more urbanized and forests cleared. Though they require trees for nesting, squirrels will occasionally make use of outside leaf nests, eaves and attics, allowing them to thrive in suburban and urban areas, and areas without heavy forest cover. Because grey squirrels have a relatively flexible diet (and because acorns--a very common nut in many yards and parks--are a large part of their diet), they are able to further adapt to changing environmental conditions

C. Mice



A mouse is a small rodent with a pointed nose, furry round body, large ears and a long, often hairless, tail. There are hundreds of types of mice, divided into subfamilies of either Old World or New World species. Common varieties include deer mouse, house mouse, field mouse, wood mouse, dormouse, spiny mouse

and zebra mouse. Though some people talk about mice and rats as if they were the same thing, they are actually different types of animals in the rodent family. Rats generally are larger than mice, and they can be bald, scaly and cylinder-shaped.

Size

Mice come in a wide variety of colors and sizes. Some common mice colors are white, brown and grey. Some are very tiny and others are around the size of a baked potato.

Where do mice live?

Mice are hardy creatures that are found in nearly every country and type of terrain. They can live in forests, grasslands and manmade structures easily. Mice typically make a burrow underground if they live out in the wild. Their burrow helps protect them from predators. Their natural predators are cats, birds, wild dogs and foxes.

Mice are nocturnal, meaning they like to sleep during the day. This is why house mice can be heard playing or foraging during the night. Most wild mice are timid toward humans and other animals, but they are very social with other mice. According to the RSPCA, mice are very territorial. Even domestic mice like to have a large area that they can claim as their own.

According to the texts, which animal/s...

choose their homes to protect them from attackers.	**0**	**C**
are sometimes eaten by people.	**1**	
can be comfortable around people.	**2**	
change their colour as they get older.	**3**	
have been known to eat members of their own species.	**4**	
are active both night and day.	**5**	
have to make their nests in trees.	**6**	
help increase the number of trees.	**7**	
recover easily from a decrease in numbers.	**8**	

Teen millionaire

*You are going to read an article about a social media site for girls. For questions 1-6, choose the answer (**A**, **B**, **C** or **D**) which you think best fits according to the text. Here is an example (**0**).*

Example:

1. What do we learn about Miss O and Friends in the first paragraph?

A. It made a big profit in 2005.

B. The cool girls were based on Juliette's school friends.

C. Proctor & Gamble put $15 million into the site.

D. Juliette created the cool girls years before starting the website.

Example:

0. D

How a 16-Year-Old Girl Started a Multimillion Dollar Social Network

By Teen Kids News



Juliette Brindak started a social networking site for tweens when she was 16, and it's doing better than ever. *Miss O and Friends* generates 10 million monthly visits, a twenty-fold increase from its inception in 2005. It's also worth around $15 million, according to early investor Procter & Gamble. When she was ten, Brindak drew characters for a set of five friends she called "Cool Girls," who were all inspired by real-life girls. The main cool girl, Miss O, represents her younger sister Olivia. The set of "Cool Girls" would eventually become "Miss O and Friends.

In the beginning — like many startups — Brindak reached out to family members and friends for investment money. Her mother, a graphic designer, brought her drawings to life while her father, who has a background in business, aided in the fundamentals of creating the company. What started out as a few sketches on the way home from a family vacation quickly ballooned into a haven for millions of adolescents. The site was ranked the third largest girls-only Web site in 2011, according to Inc. Magazine.

Now, at 23, Brindak isn't as in tune with what tween girls are looking for, so she uses the site as an avenue to understand their needs. Through polls, quizzes, and the "Girl2Girl" wall, members are able to keep Brindak updated. "In November 2011, girls were writing on the Girl2Girl wall asking if we could get them tickets to a One Direction concert. This was the first time we ever heard about One Direction and we were able to create a /sponsorship with Simon & Schuster's 'Dork Diaries' books and winning tickets." She's made it possible — through contests — for her users to see celebrities, such as Justin Bieber, Miley Cyrus and the Jonas Brothers, in concert. Currently, she's offering an all-expense paid trip to Canada for four lucky fans to see Taylor Swift's show.

2. Through high school and college, the site has continued to improve. When it was originally launched, there was little more than a few catchy graphics. "There was a homepage, which had the five Miss O characters and simple flash animations," Brindak says. "There was hardly anything to it, but it was definitely a start." Now the site boasts message boards, quizzes, games, music, and more.

3. But managing the site as a college student at Washington University in St. Louis was no easy task. "One teacher, who ironically was an entrepreneur and taught my class on social entrepreneurship, was the only one who wouldn't budge about dates. I had a final on the same day I had to fly out to California for a really important meeting and he said that if I missed it, I would get an entire letter grade taken off my final grade. Luckily, the meeting got moved, but I was so shocked about his reaction."

4. Instead of the typical business majors most entrepreneurs study, Brindak decided to focus on Anthropology and Public Health because her site revolves around women's health issues. "I was able to learn so much about cultures

around the world and also become informed and aware about different ways that I can reach out to women," Brindak says. "The goal for the site was, and still is, to help young girls build confidence and self-esteem."

. To share her users' stories with the world, Brindak published the book Miss O & Friends: Write On! The Miss O & Friends Collection of Rockin' Fiction, a compilation of user-submitted stories. Brindak tells us she plans on publishing more books in the near future. "We started off with a business plan that we have used as our guide, but that business plan is always changing. We

continue to find new ways to engage girls, to generate revenue, and new outlets that are appropriate for Miss O and our community

1. When the website first appeared…

A. It included photos of Juliette's family.

B. Only two sites for girls had more visitors.

C. It needed some financial help.

D. Juliette's parents gave up their jobs to help her.

2. What do we learn in the third paragraph?

A. Members provide information to help the site stay relevant.

B. The website now sells tickets for musical events.

C. Juliette was a fan of One Direction.

D. Site members can pay to meet famous singers.

3. How is the site described in paragraph four?

A. It’s quite basic, but is getting better.

B. There is a wide range of elements.

C. The original cool girls now sing.

D. It was more difficult to make in the beginning.

4. What do we learn about Juliette’s time at university?

A. She found her exams difficult to pass.

B. She had to cancel a business trip because of an exam.

C. She was surprised by a teacher’s reaction.

D. Some teachers were unhappy she was working and studying.

5. How did she decide on her degree subject?

A. Her ambition was to work in the health system.

B. It was typically chosen by business people.

C. She wanted to travel and work in other countries.

D. She thought it was relevant to the aims of her website.

6. What does Juliette say about the future?

A. She wants to write another book.

B. The site will follow the original design.

C. She would like to encourage more international contributions.

D. She hopes to promote her members' writing

ANSWERS:

1. B1 level - The Importance of Music in Schools

0	...music program in school
1	...science
2	...history
3	...(of) coordination (of body parts)
4	...(foreign / universal) language
5	...(boring) notes (on a page)
6	...remain in school

World Book Day – the test teen reads

by Genny Haslett, 24, English literature teacher at Bathampton Secondary School

It is often suggested that teachers and librarians aren't pushing secondary school readers towards titles that challenge them enough, and so the organisers of World Book Day have announced a list which might provide some inspiration for anyone who's stuck for ideas. This list of popular books for young adults, voted for by 10,000 people across the UK, features a top 10 to 'shape and inspire' teenagers, and handle some of the challenges of adolescence.

All but one of the books have already been made into films, demonstrating that when a book makes it to the big screen, it often then acquires more readers thanks to the film's success. Of course, this isn't always the case, as with George Orwell's 1984, where the rather mediocre film does not compare so favourably with the book's ability to conjure up a dark vision of life in a police state.

James Bowen's *A Streetcat Named Bod*, published in 2012, is one of the few relatively contemporary books here. It's also certainly for me the least predictable member of the list, but its extended stay on the bestseller list earned it – and its author – a devoted following. It is the touching story of Bob, the cat who helped a homeless man called James get his life back on track. Bob sits on James's shoulder and sleeps at his feet while he plays the guitar on the street, and soon becomes the centre of attention. What makes the story particularly powerful is that it is based on author James Bowen's real life.

Also on the list are J. K. Rowling's *Harry Potter* books. In this case it's actually the whole series rather than one particular title that makes the shortlist. Perhaps the judges struggled to agree which one book to pick. For me, the books are rather more pre-teen than the rest of the books on the list, which are aimed at a more mature readership.

But Harry Potter is a special case: as Harry gets older in each successive book in the series, the stories do become more complex and darker. In a way, readers themselves grow up with Harry and his friends. Rowling asks some tough questions about standing up to authority, challenging 'normal' views and many other subjects close to teenage readers' hearts. This should get rid of the idea that the whole series is just for young kids. In actual fact, half of all *Harry Potter* readers are over the age of 35, but that's another story.

The list goes right back to the nineteenth century with Charlotte Bronte's great romance *Jane Eyre*, showing that some books never grow old, though the majority are twentieth-century works such as Anne Frank's heartbreaking wartime memoir *The Diary of a Young Girl*, which even now I find hard to get through without shedding tears. Personally, I would have swapped J. R. R. Tolkien's *The Lord of the Rings* for one of the many classics that didn't make the final selection, *Lord of the Flies* perhaps, William Golding's nightmare vision of schoolboys stuck on an island.

Of course there'll always be some choices we don't agree with, but that's what I think makes a list like this so fascinating. I've been using it with my class of 16-year-olds, and I got them to evaluate it and make other suggestions for what to include or how it could be changed. But what I hope can really make a lasting difference is if it stimulates them to try out writers on the list, perhaps ones they haven't come across before, and be introduced to new styles of writing.

1 What criticism does the writer make in the first paragraph?

A World Book Day has been poorly organised.

B School librarians aren't working hard enough.

C Teenagers are reading books that are too easy.

D Teachers don't encourage pupils to read enough.

2 What point is made about books which are made into films?

A The best books tend to be made into films.

B The film of a book makes more people read the book.

C Many people prefer to watch a film than read the book.

D It is useful to be able to compare the book and the film.

3 What does the writer suggest about *A Streetcat Named Bob*?

A She is surprised that it is on the list.

B The book did not sell as well as it deserved to.

C It is the most recently published book on the list.

D It is the only autobiography on the list.

4 How does the writer justify the presence of the *Harry Potter* books on the list?

A The books' fame can help the list get more attention.

B The later books in the series are more suitable for teenagers.

C Teenagers should read books that they will also enjoy as adults.

D It makes sense to have a whole series as well as individual books.

5 Which book does the writer feel shouldn't be on the list?

A *Jane Eyre*

B *The Diary of a Young Girl*

C *The Lord of the Rings*

D *Lord of the Flies*

6 What does the writer intend to do?

A be more fully developed in future

B prompt pupils to read more widely

C enable pupils to write more effectively

D provide a useful topic for discussion in class

Popular local shops

For each question, choose the correct answer.

The people below all want to go shopping.
There are eight descriptions of shops.
Decide which shop would be the most suitable for the people below.

1 Jim wants to buy some new shoes for work. He needs something reasonably cheap and, as he's working long hours, he needs a shop that is open late during the week.

2 Hamid wants a shop where he can get measured for a new suit. He is happy to spend quite a lot but wants a place that has been recommended by other customers.

3 Sheila wants to go shopping after she finishes work. She wants to buy an inexpensive dress or a skirt and would like to eat something made locally before her train leaves.

4 Natalie is looking for a gift for her daughter who has passed her exams. She'd like to buy her something for university and wants to avoid the busy shopping centre.

5 Manuela is on holiday in the UK and is looking for some chocolate for her friend. She would also like to buy something to read when she gets back to her hotel.

Popular local shops

A Wedges

Take a break while you're shopping and try our delicious home-cooked hot meals. Popular with students, everything is reasonably priced. While you're here have a look at some of the second-hand clothes we have available.

B New Street Corner Shop

Get something to remind you of your visit here and look around at our wide range of souvenirs. We have lots of toys, sweets, locally made chocolates and attractive postcards and posters.

Looking for something to read?

Pick up a newspaper, a magazine or the latest novel for the journey home.

C Stella's Boutique

Late-night shopping in Stella's boutique. Many of our clothes are on special offer, with some items two for the price of one. Visitors can also enjoy locally made cakes and snacks in our café. Just a short two-minute walk from the train station.

D Masons

We're closing down next week and have a fantastic sale. Everything must go! We have the cheapest range of clothes in town and a great selection of men's wear, including suits, shirts and shoes. Open late this Saturday.

E Henry's

Henry’s is known for its high-quality clothing, as our users’ comments prove, whether that’s dresses, skirts or stylish suits. Our highly experienced staff will measure you and make sure you get the perfect fit. A little more expensive than the high street shops but worth every penny.

F Design Corner

We’re a new shop in the old part of town and away from the crowds. But there’s nothing old about our goods. We sell dresses, skirts and blouses made by local designers, and beautiful posters, pens and pencils that will look great in the office or on a student’s desk.

G Walkers Department Store

Visit one of the city’s most popular shopping destinations. We sell the latest luxury designer clothes and everything for the home, and we have a restaurant with an international menu. You should reserve a table if you wish to eat as we can get quite busy!

H Bartons

If you’re in town looking for a bargain don’t forget to pay us a visit. Situated in the heart of the shopping mall, our popular sale has everything for the professional man, including suits, shirts and shoes. Don’t forget our roof-top café! Late-night shopping Monday to Friday.

Lost Luggage

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

Lost Luggage

Two years ago, I went on holiday to Rome with my family. It was a four-hour train journey from our home, and we all helped to plan the trip. We were looking forward to seeing the famous sights! Everything went really well and we had a great time visiting the amazing tourist attractions. I was in charge of taking all the photos with my band new phone, which had an excellent camera. We stayed in Rome for two weeks, and it was really incredible.

On the train journey back home, I decided to open my backpack, but I couldn't find it. **(1)**……. I was very upset because I'd packed my phone in that backpack, along with my travel journal. **(2)**……. Weeks passed, and then months. At first, I contacted the train company every week, but after some time, it was clear that my backpack was never going to be found. After a while, I forgot all about it.

Last month, I took the train to Florence on a school trip. Incredibly, my backpack went missing again! **(3)**……. After Rome, I always kept my phone and other important items in my pockets.

Two weeks after the Florence trip, I received a phone call from the train company. They told me they had my backpack, and they would send it to my local station. I assumed it was my backpack from the school trip. **(4)**……. Someone from the train company had found the backpack from Rome in a dusty old storeroom! Everything inside it was safe, and I finally got to share the photos with my family. **(5)**……. I decided we should all go back to Rome for another holiday … but this time, I would be much more careful with my things!

A I never travelled with the same train company again.

B When I arrived at the station, I couldn't believe my eyes!

C All my memories of Rome were in that backpack.

D I couldn't leave the station without my bag.

E It was so wonderful to see them.

F I knew I would never see my new phone again.

G I searched and searched, but it was nowhere to be seen!

H But, this time, there were no precious memories inside.

Saved by dolphins

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

I've always loved the sea, and I started surfing when I was five years old. I live near the beach in California, so I try to get out on the waves every day.

(1)……. It was a warm, windy day with some good waves. I was resting on my board and watching a group of bottlenose dolphins playing in the surf a short distance away, when suddenly a great white shark appeared. It was huge, but it moved so fast that I didn't see it coming.

The shark tried to bite me, but it couldn't get its teeth around me and the board. It tore a big chunk out of the board, but I wasn't hurt that time. Then the shark came at me again. **(2)**……. I stayed calm even though I knew the next bite was probably seconds away. **(3)**……. I looked up and saw the bottlenose dolphins swimming around me. They formed a circle around me and my surfboard, so the shark couldn't get near me. I was amazed. It was like something out of a film.

I knew a lot of stories about dolphins helping humans, but I never really believed them until it happened to me. Dolphins are very intelligent and they knew what to do to help me stay safe. They stayed close to me until I managed to get back on my board and catch a wave back to the shore, where I collapsed with relief. Someone who was at the beach called an ambulance, and I was taken to hospital.

(4)……. I won't give up my favourite activity. I'm not angry with the shark. **(5)**……. I'll always be grateful to the dolphins. They saved my life.

A I've stayed out of the sea ever since.

B But the next bite never came.

C Six weeks later, I was back on my surfboard.

D Two months ago, I went surfing alone.

E I've always loved dolphins.

F I know I was in his home, and he was protecting it.

G I knew that I would survive the attack.

H This time it bit my leg and pulled me off my surfboard.

Fitness activities

For each question, choose the correct answer.

The people below all want to do something to keep fit.
There are eight descriptions of fitness activities.
Decide which activity would be the most suitable for the people below.

1 Theo is new to the area and wants to get fit for the first time in his life. He is more interested in team sports and would like to make friends as well.

2 Barbara loves running and would like to join a running club. She can't afford a membership fee to begin with but if she likes it, she'd be keen to sign up and volunteer as well.

3 Tracy has decided to join a gym. She wants to have someone who can help and encourage her to work hard. She'd also like to go swimming at the weekend.

4 Steve is looking for a personal trainer and is returning to exercise after hurting his ankle. He is busy at work and needs someone who is available any day.

5 Debbie is a keen athlete and wants to find somewhere she can train on a race-track and compete against other athletes. She likes to train early in the morning.

A Stevie's Gym

Stevie's Gym is well known in the area for offering the best in everything to do with health and fitness. Relax in our luxury swimming pool or use the latest equipment in the gym. It's easy to lose interest if you don't have the right support, and our skilled team of trainers will get you started and help you stay focused.

B Blackwell Gym

The very best in personal service. Our members get a free health check when they join. We will then discuss your aims and design a personal programme to help you achieve your goals. Open six days a week, closed on Sundays.

C The Arcadian Harriers

We meet in the Arcadian Leisure Centre twice a week and set off on planned routes around the area. Join us on Tuesday for the 6k run and Thursday for the 10k. You don't have to become a member to run with us,

but we'd love it if you did. We are also looking for people to help out with events.

D JDC Gym

We offer personal, one-to-one training programmes for beginner and more advanced workouts. Our trainers are available seven days a week and can meet you at the gym or at a place that's more convenient to you. Build your strength and fitness and get help with any injuries you may have.

E Temple Health and Fitness

Whether you want to improve your fitness or lose weight, you can be sure to find the support you need to achieve your goals with our team of personal trainers. Visit our website to view their personal profiles and areas of expertise. Currently we are offering sessions at weekends only.

F Arena Leisure Centre

We know that some days are perfect for achieving goals in the gym, while others are best spent relaxing in the sauna. Whatever your needs, we can promise you a personal service. Please note the swimming pool is being used for competitions every Saturday and Sunday and is not open to the public on these days.

G Central Fitness and Leisure

We are one of the larger leisure centres in the area and can offer a huge range of activities at our 24-hour gym and 400-metre running track that is free to use for members. Sign up to our monthly league table and see how your times compare to other members.

H Sport Special

For those who want to focus on their own personal fitness, Sport Special provides members with a modern gym with the latest equipment. The leisure centre also organises group events such as five-a-side football or hockey. After the match, get to know your team mates in the café for tea, coffee and snacks.

A Helping Hand

Five sentences have been removed from the text below. For each question, choose the correct answer. There are three extra sentences which you do not need to use.

Lee Newton was sitting on a station platform under an old blanket when he saw a young couple talking. **(1)**…… It was a freezing night in January, and the couple were clearly cold. Lee called to them and asked them if they wanted to share his blanket. The three of them started chatting, and Lee learned that their names were Karen and Mark.

(2)…… Lee told them that he'd lost his job and then his flat when he could no longer pay the rent. He had no family to help him, and nowhere to go. **(3)**…… Karen and Mark felt terrible. They couldn't imagine sleeping on the icy platform for even one night. As they spent their night in the station chatting to Lee, they realized that anyone could end up in his situation. **(4)**……

When morning came, Karen and Mark bought an extra train ticket and invited Lee to come home with them. Lee accepted, and gratefully moved into Karen and Mark's spare bedroom. Once he had an address, Lee was able to apply for jobs. **(5)**…… He saved up to buy a small motorbike, then got an evening job delivering pizzas. After a few months, Lee had saved up enough money to rent a small flat of his own.

‘When times get tough, you need friends and family,’ Lee says. ‘Karen and Mark became that for me.’ An act of kindness was all Lee needed to help him get his life back.

A He offered to drive them home.

B He’d been sleeping in the train station for three months.

C They’d missed the last train, and they seemed upset.

D They enjoyed living together, so Lee decided to stay.

E He soon found work in a local factory.

F They felt very lucky to have jobs and a home.

G It wasn’t a big problem because he bought a flat.

H Karen explained that they lived two hours away and they couldn’t afford a taxi home.