

Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

### Language focus

#### 1 Write full sentences with the words. Use *should* or *shouldn't*.

- 0 what time / I / come / to your house?  
*What time should I come to your house?* \_\_\_\_\_
- 1 You / eat / so much / junk food  
\_\_\_\_\_
- 2 We / study / harder  
\_\_\_\_\_
- 3 Which language / I / start / learning?  
\_\_\_\_\_
- 4 Maria / listen / to / her parents  
\_\_\_\_\_
- 5 I / watch / so much / TV  
\_\_\_\_\_

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#### 2 Complete the sentences with the correct form of *must*.

- 0 I must call my parents when I get to town.
- 1 You \_\_\_\_\_ forget Mum's birthday this year!
- 2 I \_\_\_\_\_ try to go to bed earlier.
- 3 We \_\_\_\_\_ be late for our exam.
- 4 Mark \_\_\_\_\_ stop spending so much time on the Internet.
- 5 Why \_\_\_\_\_ we study at the weekend? We never have any free time.

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#### 3 Complete the sentences with the correct form of *have to* and the verb in brackets.

- 0 My dad has to go (go) to work very early every morning.
- 1 Tom's very lucky because he \_\_\_\_\_ (help) around the house.
- 2 I \_\_\_\_\_ (take) the dog for a walk every day when I get home from school, but I don't mind.
- 3 Emily \_\_\_\_\_ (study) hard because she has important exams this year.
- 4 We \_\_\_\_\_ (get up) early at the weekend so I usually sleep until 10.
- 5 \_\_\_\_\_ (you / wear) a school uniform?

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#### 4 Choose the correct answer: a, b or c.

I'm lucky in my family – no one tells me I <sup>0</sup> \_\_\_ play computer games or things like that. I'm allowed to do what I want. I know I really <sup>1</sup> \_\_\_ spend so much time on the computer but it's useful when I <sup>2</sup> \_\_\_ do some research for class projects. I'm writing about teenage stress at the moment but we <sup>3</sup> \_\_\_ hand our homework in until next week. I <sup>4</sup> \_\_\_ forget to finish it – but I think I <sup>5</sup> \_\_\_ have a break now and take the dog for a walk!

- |                   |             |                  |
|-------------------|-------------|------------------|
| 0 a don't have to | b shouldn't | <b>c mustn't</b> |
| 1 a mustn't       | b shouldn't | c don't have to  |
| 2 a have to       | b must      | c should         |
| 3 a mustn't       | b shouldn't | c don't have to  |
| 4 a don't have to | b mustn't   | c shouldn't      |
| 5 a should        | b have      | c must           |

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### Vocabulary

5 Label the pictures. The first letters are there to help you.



0 singer



1 play the p\_\_\_\_\_



2 i\_\_\_\_\_



3 o\_\_\_\_\_



4 m\_\_\_\_\_



5 d\_\_\_\_\_

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6 Complete the sentences with the words in the box. There are two more words than you need.

surf watch shop get help do have spend

- Unfortunately I never have enough time for myself during term time.
- I find a lot of useful information when I \_\_\_\_\_ the Internet.
- Jack usually has to \_\_\_\_\_ around the house at the weekend.
- Mum sometimes gives me money to \_\_\_\_\_ for clothes on Saturdays.
- Brad and Dan \_\_\_\_\_ lots of sports but they don't often win anything!
- A lot of teenagers need to \_\_\_\_\_ more sleep, but they're always on their computers.

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7 Choose the correct answer: a, b or c.

I went to the cinema yesterday to see a film. The star was actually someone who couldn't <sup>0</sup> \_\_\_\_\_ very well. But he had an amazing <sup>1</sup> \_\_\_\_\_, so he sang brilliantly! But I didn't really enjoy the film, and anyway, I prefer to <sup>2</sup> \_\_\_\_\_ something more creative in the evenings. Unfortunately, I don't have much free time at the moment because I have to <sup>3</sup> \_\_\_\_\_ around the house at the weekends. And I can't <sup>4</sup> \_\_\_\_\_ out with my friends so much in the week because I have to take our new dog for walks! So I'm often tired and can't <sup>5</sup> \_\_\_\_\_ properly in my lessons. But never mind – I'm going to bed early tonight!

- |                 |              |           |
|-----------------|--------------|-----------|
| 0 a play        | <b>b</b> act | c do      |
| 1 a voice       | b music      | c singing |
| 2 a get         | b do         | c have    |
| 3 a make        | b go         | c help    |
| 4 a shop        | b hang       | c visit   |
| 5 a concentrate | b watch      | c stay    |

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### 8 Complete the text with the words from the box. There are two more phrases than you need.

full more until in front of ~~on~~ near over between

I took part in a show at school last week. It was my first time <sup>0</sup> on stage and it was really exciting. Our school hall was <sup>1</sup> \_\_\_\_\_ of parents who came to watch. I think there were <sup>2</sup> \_\_\_\_\_ 200 people each evening. It was strange at first to sing and act <sup>3</sup> \_\_\_\_\_ an audience, but we soon started to enjoy it. The students were all <sup>4</sup> \_\_\_\_\_ 11 and 15 years old, but they were brilliant at performing! We sang and danced for three hours, <sup>5</sup> \_\_\_\_\_ the end of the show at 10 o'clock. Then we were all so tired that we went straight home to bed!

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### Useful language

#### 9 Complete the five conversations. Choose the correct answer: a, b or c.

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|--|---|
| <p>0 Can I ask you something?<br/> a That's not good.<br/> <b>b</b> Sure. What's up?<br/> c Don't worry!</p> <p>1 I'll give you a hand.<br/> a That's kind of you.<br/> b It's very simple.<br/> c I suppose so.</p> <p>2 I'm not sure how to do this.<br/> a I hope not.<br/> b Yes, that's fine.<br/> c Let me show you.</p> | <p>3 Our homework's quite difficult.<br/> a All you have to do is read it.<br/> b I'm not very good at this.<br/> c I think that's wrong.</p> <p>4 I'm looking for something on the Internet.<br/> a Thanks very much.<br/> b What do you need?<br/> c I can't find it.</p> <p>5 I can help you if you like.<br/> a That's wonderful.<br/> b I'm at home now.<br/> c It took a long time.</p> |
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### Listening

#### 10 Listen to two friends, Luke and Emma, talking about stress. Choose the correct answer: a, b or c.

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|--|--|
| <p>0 How does Emma feel before her exam?<br/> <b>a</b> tired<br/> b organised<br/> c relaxed</p> <p>1 Luke says Emma is good at<br/> a preparing for exams.<br/> b passing exams.<br/> c helping him with exams.</p> <p>2 Luke says he studies<br/> a only the night before the exam.<br/> b something each day.<br/> c a lot every morning.</p> | <p>3 As well as studying for exams, Emma has to<br/> a walk the dog.<br/> b help her dad with housework.<br/> c get some exercise.</p> <p>4 When she's not studying, Emma<br/> a plays tennis.<br/> b uses her computer.<br/> c goes to the gym.</p> <p>5 When Luke is stressed, he enjoys<br/> a being creative.<br/> b spending time with his brothers.<br/> c cooking food.</p> |
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## Reading

### 11 Read these tips from students on how to relax.

a Ben

I can sometimes look at the same page in my book and an hour can go by and I haven't learnt anything so I put my books away, make some food to eat, get my bike and go for a ride. We're lucky that there are some nice trails near our house so I can get into the country really quickly.

b Clare

To take my mind off things, I play my favourite computer game. I'm not into the violent ones as they certainly aren't relaxing but I love ones that I can learn something useful from. Hours can pass and I know sometimes I spend too much time in my own little world but at least I feel better afterwards.

c Sophie

I'm learning to play the piano at the moment, and when I need a rest from studying, I just sit down and play something. I'm not very good at it – actually, I'm awful, so my brother usually tells me to stop! But I still enjoy trying!

d David

I often have problems sleeping so I try not to have any food or drink that will keep me awake. I don't have any fizzy drinks after 6 in the evening and I'll only eat junk food at the weekends when I can stay in bed a bit longer anyway.

e Lisa

You know when you get to a point where your head is just too full of 'stuff'? That's when I go to bed and read. Sometimes I even take a book and a snack at 8 pm! Mum thinks I'm mad as it's completely the opposite with my brother Max who never wants to go to bed!

f Mark

When I've had enough I just put my headphones on and play my drums. Nobody can hear me so I can play them as loud as I want. It's brilliant and really good exercise. People laugh at me, but you should try it some time and see how exhausted you feel after 20 minutes!

#### Which person

- 0 is happy even though they're doing something badly?
- 1 goes to their room early in the evening?
- 2 gets tired after playing a musical instrument?
- 3 escapes by using technology?
- 4 is careful what they eat before bed?
- 5 spends time outdoors?

  c    
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Writing

**12 Write about your best holiday. Write about:**

- where you went
- when you went
- who you went with
- your daily routine while you were there
- your favourite activities
- why you enjoyed it so much.

**Write 100–120 words.**

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