

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 I⁰ ___ play computer games or things like that. I'm allowed to do what I want. I know I really¹ ___ spend so much time on the computer but it's useful when I² ___ do some research for class projects. I'm writing about teenage stress at the moment but we³ ___ hand our homework in until next week. I⁴ ___ forget to finish it – but I think I⁵ ___ have a break now and take the dog for a walk!

- 0 a don't have to b shouldn't **c mustn't**
- 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

- 0 Unfortunately I never have enough time for myself during term time.
- 1 I find a lot of useful information when I _____ the Internet.
- 2 Jack usually has to _____ around the house at the weekend.
- 3 Mum sometimes gives me money to _____ for clothes on Saturdays.
- 4 Brad and Dan _____ lots of sports but they don't often win anything!
- 5 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 ⁰ _____ very well. But he had an amazing ¹ _____, so he sang brilliantly! But I didn't really enjoy the film, and anyway, I prefer to ² _____ something more creative in the evenings. Unfortunately, I don't have much free time at the moment because I have to ³ _____ around the house at the weekends. And I can't ⁴ _____ 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 ⁵ _____ properly in my lessons. But never mind – I'm going to bed early tonight!

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|-----------------|---------|-----------|
| 0 a play | 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 ⁰ on stage and it was really exciting. Our school hall was ¹ _____ of parents who came to watch. I think there were ² _____ 200 people each evening. It was strange at first to sing and act ³ _____ an audience, but we soon started to enjoy it. The students were all ⁴ _____ 11 and 15 years old, but they were brilliant at performing! We sang and danced for three hours, ⁵ _____ 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?
 a That's not good.
 (b) Sure. What's up?
 c Don't worry!</p> <p>1 I'll give you a hand.
 a That's kind of you.
 b It's very simple.
 c I suppose so.</p> <p>2 I'm not sure how to do this.
 a I hope not.
 b Yes, that's fine.
 c Let me show you.</p> | <p>3 Our homework's quite difficult.
 a All you have to do is read it.
 b I'm not very good at this.
 c I think that's wrong.</p> <p>4 I'm looking for something on the Internet.
 a Thanks very much.
 b What do you need?
 c I can't find it.</p> <p>5 I can help you if you like.
 a That's wonderful.
 b I'm at home now.
 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?
 (a) tired
 b organised
 c relaxed</p> <p>1 Luke says Emma is good at
 a preparing for exams.
 b passing exams.
 c helping him with exams.</p> <p>2 Luke says he studies
 a only the night before the exam.
 b something each day.
 c a lot every morning.</p> | <p>3 As well as studying for exams, Emma has to
 a walk the dog.
 b help her dad with housework.
 c get some exercise.</p> <p>4 When she's not studying, Emma
 a plays tennis.
 b uses her computer.
 c goes to the gym.</p> <p>5 When Luke is stressed, he enjoys
 a being creative.
 b spending time with his brothers.
 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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