

Name _____ Class _____ Date _____

Language focus

1 Complete the sentences with *should* or *shouldn't*.

- 0 I shouldn't sit and watch TV every evening – it's not good for me!
- 1 I _____ do some exercise every day.
- 2 You _____ eat so much chocolate.
- 3 We _____ buy our teacher a present – she's really helpful.
- 4 My brother _____ play so many computer games.
- 5 We _____ all listen more carefully in class.

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2 Underline the correct answer.

- 0 I **must** / **mustn't** get up earlier tomorrow – I was late for school this morning!
- 1 You really **must** / **mustn't** go to bed so late every day.
- 2 I **must** / **mustn't** start studying for my exams.
- 3 Why **must** / **mustn't** we do our homework every day?!
- 4 I **must** / **mustn't** watch TV before I go to bed – I can't sleep!
- 5 Alex **must** / **mustn't** forget his father's birthday again.

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3 Complete the sentences with the correct form of *have to*.

- 0 I don't have to take the dog out today. My mum is going to do it.
- 1 Most children in the UK _____ wear a school uniform, often dark blue or grey.
- 2 _____ (you) study many different languages at school?
- 3 We _____ go to school at the weekend so I usually meet my friends.
- 4 Ben _____ get up at 6.30 every day because he leaves the house at 7.
- 5 Lisa _____ do any chores at home. She's really lucky!

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

- 0 I ___ remember to do my homework, or my teacher will be cross!
 a must b have c should
- 1 You ___ take photos in here. It's not allowed.
 a don't have to b must c mustn't
- 2 Hurry up! We ___ to go now.
 a have b should c must
- 3 Can I ask your advice? What do you think I ___ do about Tom?
 a have to b must c should
- 4 I don't think you ___ go to school tomorrow. You're not well.
 a have b should c must
- 5 We ___ go into town very early tomorrow. It's not really necessary.
 a don't have to b mustn't c shouldn't

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Vocabulary

5 Label the pictures.

instruments dancing singer orchestra play the piano microphone



0 singer



1 _____



2 _____



3 _____



4 _____



5 _____

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6 Match the verbs (1–5) with the phrases (a–g). There is one more phrase than you need.

- | | | |
|--------|----------|-----------------------|
| 0 shop | <u>f</u> | a around the house |
| 1 chat | ___ | b time for yourself |
| 2 do | ___ | c a film on TV |
| 3 get | ___ | d with friends online |
| 4 help | ___ | e something creative |
| 5 have | ___ | f for clothes |
| | | g more sleep |

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7 Match the descriptions (1–5) with the phrases (a–h). There are two more phrases than you need.

- | | | |
|--|----------|---------------------|
| 0 You can do this at weekends with friends. | <u>b</u> | a have a snack |
| 1 You need to do this in your lessons. | ___ | b hang out |
| 2 To study well, you must do this at night. | ___ | c catch a cold |
| 3 You can do this on your computer, to find something. | ___ | d surf the Internet |
| 4 You feel ill when this happens. | ___ | e act |
| 5 Film stars do this for their job. | ___ | f concentrate |
| | | g get enough sleep |
| | | h do sports |

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

Hi! My name's Jake, and I really like ⁰ ___ for other people! I don't know how to ¹ ___ any instruments. But I'm good at singing different types of music, and people say my ² ___ is really unusual! Last week, I was in a school show, and there were ³ ___ 300 people in the audience! I sometimes feel a bit nervous before I do something important ⁴ ___ so many people! But then when I'm finally ⁵ ___ stage, I'm fine – and I really enjoy it!

- 0 a helping **b** performing c preparing
 1 a practise b play c study
 2 a voice b song c concert
 3 a more b over c near to
 4 a between b full of c in front of
 5 a on b at c in

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Useful language

9 Complete the conversation between two friends. What does Sarah say to Jon? Choose from the answers (a–g). There is one more expression than you need.

Jon: Hi, Sarah.

Sarah: 0 c

Jon: Sure. How can I help?

Sarah: 1 ___

Jon: Well, I've finished mine – what's the problem?

Sarah: 2 ___

Jon: Oh, you can get them on the Internet. Let me show you.

Sarah: 3 ___

Jon: No, it's really simple. All you have to do is type in some websites.

Sarah: 4 ___

Jon: Really? I'll give you a hand. I know a lot about music.

Sarah: 5 ___

Jon: Don't worry – I'll enjoy it!

- a I need some pictures of different orchestras.
 b Thanks, Jon – that's great!
 c Hi there! Oh, Jon, can I ask you something?
 d That's really nice of you! It sounds difficult to do.
 e Oh, I'm not very good at that.
 f Do you like studying music?
 g I'm not sure how to do our music homework.

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Listening

10 Listen to two friends, Luke and Emma, talking about stress. Are the sentences True (T) or False (F)?

- 0 Emma is feeling very tired. T
 1 Emma feels she is well prepared for her exam. ___
 2 Luke does a lot of revision every day. ___
 3 Emma has to help at home at the moment. ___
 4 Luke suggests playing computer games to relax. ___
 5 Luke spends time making food when he's stressed. ___

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Reading

11 Read these tips from students on how to relax.

0 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, so my brother usually tells me to stop! But I still enjoy trying!

1 Ben

I can sometimes look at the same page in my book and an hour goes by and I haven't learnt anything! So I put my books away, get my bike and go for a ride. We're lucky that we live in the country, so there are a lot of paths to follow.

2 Clare

I often play my favourite computer game when I want to relax. I love games that can teach me something, like history. I hate the ones with people fighting! I know sometimes I spend too much time in my own little world but at least I feel better after having time for myself.

3 David

I know I need to get enough sleep, so I try not to have any food or drink that will keep me awake. I don't have any lemonade or cola in the evening. And it's really hard, but I try to eat junk food only at the weekends. I can stay in bed a bit longer in the mornings then!

4 Lisa

You know when your head is just too full of 'stuff'? That's when I go to bed and read. Sometimes I even go to bed at 8 pm! Mum thinks I'm mad because it's completely the opposite with my brother Max – he never wants to go to bed!

5 Mark

When I need to relax 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, but you should try it and see. You'll need a rest after 20 minutes!

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

- 0 Sophie relaxes by playing an instrument well.
- 1 Ben goes cycling as a break from studying.
- 2 Clare enjoys all kinds of computer games.
- 3 David enjoys eating junk food.
- 4 Lisa's mum understands why she goes to bed early.
- 5 Mark says drumming can make you feel tired.

F

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Writing

12 Write about your best holiday. Write about:

- where you went
- who you went with
- the daily routine there
- why you enjoyed your holiday.

Write 80–100 words.

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