**LANGUAGE IN ACTION**

**1 Complete the sentences with the past simple form of the verbs in brackets.**

1 What were you listening to when I phoned    
(phone) you?

2 We \_\_\_\_\_\_\_\_\_\_ (share) our photos online.

3 It \_\_\_\_\_\_\_\_\_\_ (start) to rain as we were leaving.

4 What was he doing when I \_\_\_\_\_\_\_\_\_\_ (arrive)?

5 The phone \_\_\_\_\_\_\_\_\_\_ (ring) when I arrived.

6 What were your friends doing when we \_\_\_\_\_\_\_\_\_\_ (eat) breakfast?

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**2 Complete the sentences with *was* or *were*.**

1 We were talking when the film started.

2 While I \_\_\_\_\_\_\_\_\_\_\_ taking care of my baby nephew, the phone rang.

3 Sarah \_\_\_\_\_\_\_\_\_\_\_ singing when the TV broke.

4 I didn’t see you while we \_\_\_\_\_\_\_\_\_\_\_ hanging out after school.

5 She \_\_\_\_\_\_\_\_\_\_\_ doing a school project as I left.

6 My brothers \_\_\_\_\_\_\_\_\_\_\_ cooking dinner when my mum arrived.

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**3 Put the words in the correct order.**

1 dinner, / was having / While I / arrived / Tim / .

While I was having dinner, Tim arrived.

2 was walking, / my phone / I / While / rang / .

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3 left the room / the test, / As / we were doing / the teacher / .

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 I / when / They / arrived home / were cooking

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5 my dinner / I was doing / I didn’t eat / while / my homework / .

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6 her arm / she was / As / Esme broke / climbing, /.

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**4 Circle the correct options.**

1 He *used / use* to be a rugby player.

2 My dad used to *get / got* on with his parents.

3 *Were / Did* your parents use to live in the city?

4 I used to want to be a scientist, but I *changed / used to change* my mind.

5 Now my mum is calm, but she *use / used* to be anxious.

6 I didn’t *use / used* to like salad, but now I eat it every day.

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**5 Complete the sentences with *used to* and *didn’t use* to.**

When my grandpa was a boy …

1 He used to have a dog. **✓**

2 He \_\_\_\_\_\_\_\_\_\_\_\_\_ live in the country. **✓**

3 He \_\_\_\_\_\_\_\_\_\_\_\_\_ walk to school. **✗**

4 He \_\_\_\_\_\_\_\_\_\_\_\_\_ ride a bike. **✓**

5 He \_\_\_\_\_\_\_\_\_\_\_\_\_ have a phone. **✗**

6 He \_\_\_\_\_\_\_\_\_\_\_\_\_ watch TV in the evenings. **✗**

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**6 Circle the correct options.**

My grandma is really inspiring. When she 1*was / were* young, she 2*used to dream / use to dream* of becoming a doctor and helping people. So when she grew up, she 3*went / was going* to university and while she 4*was studying / studied* she 5*was meeting / met* my grandpa. They both 6*become / became* doctors and travelled around the world helping people. I really look up to them!

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**VOCABULARY**

**7 Circle the correct options.**

1 My best friend likes being with other people. She’s very *sociable / lazy*.

2 My dad never worries about things. He’s always *calm / grumpy*.

3 Dan plays the guitar really well. He’s so *helpful / talented*.

4 My grandma is seventy, but she is very *anxious / active* and plays tennis every day.

5 My best friend usually makes good decisions and is *sensible / sensitive*.

6 My mum is very *sensible / sensitive* and she understands how I am feeling.

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**8 Match the adjectives 1–5 with their opposites  
a–e.**

1 patient a  anxious

2 calm b  impatient

3 sensitive c  unhelpful

4 cheerful d  grumpy

5 helpful e  insensitive

6 sensible f  silly

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**9 Circle the correct options.**

I come from a big family with seven brothers and sisters! When I am feeling sad, they always  
1*cheer me up / depend on*. I 2*get on with / give up* all of them. We never fight – well, not often, and we often 3*look up to / hang out* together. My oldest sister, Ruby, is twenty-two. She’s a teacher in a primary school and she 4*takes care of / depends on* little children. She’s always cheerful and patient with them. She can sometimes be a bit quiet and shy, but her students love her. I know I couldn’t 5*cheer up / deal with* the challenges of her job! I really 6*look up to / give up* my sister!

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**LISTENING**

**10 Listen to a radio programme. Circle the  
 correct options.**

1 The programme is about … .

a  inspiring young people

b  helpful old people

2 María and Yolanda are … .

a  friends

b  sisters

3 They saw a lot of … on the beach.

a  animals

b  plastic bottles

4 They wanted shops to stop using … .

a  plastic bags

b  plastic bottles

5 They visited Mexico City and … .

a  other towns in Mexico

b  some towns in the USA

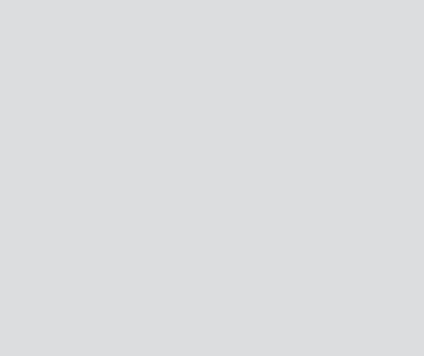
6 The girls want to help protect … .

a  people

b  the environment

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**11 Listen again. Circle the correct options to  
 complete the notes.**

**María and Yolanda**

* **Live in 1*Mexico City / Puerto Vallarta*.**
* **Started their organisation while they were  
  2*at school / on holiday*.**
* **Did two things: collected rubbish from beaches and asked 3*tourists / shops* not to use plastic bags.**
* **Also educated people about the problems with 4*plastic / travelling*.**
* **Now they want no more 5*tourists / plastic bags* on the island.**
* **They are inspiring because they are changing 6*the environment / people* and the world.**

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**READING**

**Helen Keller**

Life is difficult when you are blind. But what about when you cannot see and you also cannot hear? For Helen Keller, this was reality. Helen Keller was born in the USA in 1880. As a baby, she was able to see and hear normally, but when she was about two years old she got very ill. After the illness, Helen was playing when her mother noticed that her child couldn’t see or hear.

Helen found it quite difficult to deal with everyday life, but her mother was determined to help her become independent. She found a teacher for Helen, Anne Sullivan, who was working with deaf children in Boston. Anne started to teach Helen to communicate by using her fingers to spell words. While she was learning, Helen often got very angry and frustrated, but Anne was very patient and helpful, and by the time Helen was ten years old, she started classes at a school for deaf children.

Helen was ambitious and she worked hard. A rich man, Henry Rogers, agreed to pay for her to go to university. Every day, Anne used to go with her and sit next to her to help understand the lectures. In 1904, when she was 24, Helen graduated from university. She was the first deaf-blind person to get a degree.

During her life, Helen became famous and worked for people with disabilities. She travelled to 35 countries and wrote 12 books. Her life is inspiring, not only for blind and deaf people, but for everyone.

**12 Read the text. Tick (✓) five true sentences.**

1 Helen was born in 1880.  ✓

2 When she was a baby, she became ill.

3 She became blind and deaf.

4 Helen’s mother found her a teacher.

5 Her mother helped her use her  
fingers to communicate.

6 She went to university.

7 She got married.

8 Helen wrote some books.

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**13 Read the text again. Circle the correct options.**

1 Helen Keller couldn’t … .

a see

b see or hear

2 Helen’s mother helped her by … .

a finding a teacher

b teaching her to talk

3 Anne taught Helen to communicate … .

a with her fingers

b with sounds

4 When she was ten, Helen … .

a went to Boston

b went to school

5 Henry Rogers paid for … .

a Helen’s teacher

b Helen’s university fees

6 After she graduated, Helen worked … .

a for disabled people

b in a school

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**14 Circle the words in the box in the text. Match them with the definitions 1–6.**

~~ambitious~~ deal with helpful illness

inspiring patient

1 wanting to be successful

ambitious

2 manage to do

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3 disease of the body or mind

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 helps other people

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5 makes you feel you want to do something

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6 doesn’t get angry when something takes a long time

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**WRITING**

**15 Useful language. Circle the correct options.**

1 I *think / explain* she is very helpful.

2 *Person / Personally*, I think my brother is inspiring.

3 In *my / the* view, this is a very important thing.

4 *In / At* my opinion, my grandma is amazing.

5 For *I / me*, the most important thing is the environment.

6 *In / On* my view, he is very talented.

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**15 Write about an inspiring person in your family. Use the prompts below to help you. Write at least 120 words.**

* Who is the person?
* What inspiring things do they do?
* Why do you look up to them?

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| **TOTAL SCORE** |  | 100 |