

Name _____ Class _____ Date _____

TRIATHLON IN THE DARK

1 Watch the video up to 01:47. Complete the sentences with words from the video.

- Last week an amazing _____ visited the vlogger's school.
- He lost his _____ when he was 17.
- He tried running, cycling and _____.
- He eventually made it to the _____.
- His story shows that you can overcome _____ if you keep on trying.

2 Look at the phrases in the box. How do you say them in your language? Underline the words in sentences 1–3 that can be replaced by these phrases. Write the correct phrase next to each sentence.

Can you imagine?
Eventually ...
He made it!

- He was successful because he didn't give up. _____
- He became a Paralympic athlete. Isn't that amazing? _____
- After a lot of training, I finally managed to get onto the team. _____

3 Watch the video from 01:47 to the end. Match 1–5 with a–e to make rules.

- We use *must*, *might*, *could*, *may* and *can't*
- We use *must*
- We use *might*, *could* and *may*
- We use *can't*
- Must*, *might*, *could*, *may* and *can't*

- are followed by an infinitive without *to*.
- when we are absolutely sure about something.
- when we are sure something is not true.
- to talk about deduction and possibility.
- when we think something is possible, but we're not sure.

4 Circle the correct options.



- You're eating a lot. You *must* / *can't* be hungry!
- They're looking at a street map. They *can't* / *might* be tourists.
- That ice cream is really expensive. It *must* / *can't* be delicious.
- They're wearing T-shirts. It *can't* / *might* be cold today.
- There's ice on the road. It *might* / *can't* be slippery.

5 Complete the sentences with *must*, *might*, *could*, *may* or *can't* and the verbs in the box.

belong cost have practise taste

- These biscuits don't have any sugar in them. They _____ very sweet.
- This jacket is made from very expensive leather. It _____ a lot of money.
- That bicycle is quite small. It _____ to a child.
- Jo plays tennis for three hours every day. She _____ much time to meet her friends.
- The musicians are excellent. They _____ a lot to be so good.

6 Circle the correct options.

- I've got a lot of work today. I might ... home late.
a come b coming c to come
- Don't touch the pan. It ... be hot.
a mustn't b can't c might
- It's freezing in here. You ... be cold.
a must b might c can't
- Tom is carrying lots of bags. He ... some help.
a might needs b could need c can't need
- It takes a lot of work to play the viola. It ... be easy.
a can't b must c may

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HOW TO TAKE A SELFIE

- 1 Watch the video up to 01:18. Match 1–5 with a–e to make sentences.

- 1 We have to
- 2 We ought to
- 3 You mustn't
- 4 You shouldn't
- 5 We don't have to

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- a hold the camera low.
- b ignore the background.
- c keep any bad photos.
- d know how to pose for them.
- e take selfies.

- 2 Look at the underlined phrases in the box. How do you say them in your language? Circle the correct meaning from the video.

We don't need to take selfies, but ¹in a way we have to.
²Here's what you need to do.
³Oops!

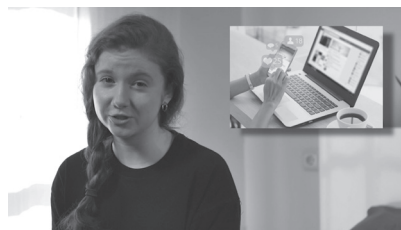
- 1 a to some extent b anyway
- 2 a There is b This is
- 3 a I made a mistake. b I'm surprised.

- 3 Watch the video from 01:18 to the end. Match the rules with the words in the box.

didn't have to had to have to
 must mustn't need to
 ought to should shouldn't

- 1 Things we are obliged to do. _____
- 2 Things that are or are not necessary to do. _____
- 3 Things we aren't allowed to do. _____
- 4 To give advice. _____
- 5 Things we were or weren't obliged to do in the past. _____

- 4 Circle the correct options.



- 1 Some people feel they *have to* / *don't need to* post selfies because of social media.
- 2 I *must* / *had to* stay at home last week because I wasn't feeling well.
- 3 This is a free service so you *don't have to* / *mustn't* pay any monthly fees.
- 4 You *mustn't* / *don't need to* use your phone while you're riding a bike.
- 5 We *don't have to* / *shouldn't* eat food in the library.

- 5 Underline and correct one mistake in each sentence.

- 1 You must to change your shoes before going into the gym. _____
- 2 Did she has to pass a test to go to her school? _____
- 3 We haven't to wear school uniforms at our school. _____
- 4 You ought listen to your teacher's advice. _____
- 5 I don't have do a lot of homework this weekend. _____

- 6 Circle the correct options.

- 1 You ... to switch off your phone during lessons.
a must b should c ought
- 2 ... you have to take a lot of tests at your last school?
a Do b Did c Had
- 3 You ... take breaks from your computer every 20 minutes.
a should b ought c need
- 4 ... to finish the project by tomorrow?
a Am I have b Have I c Do I have
- 5 We ... talk during the test.
a don't have to b mustn't c don't need to