

Name _____ Class _____ Date _____

YOU LEARN SOMETHING NEW EVERY DAY

- 1 Watch the video up to 01:30. Complete the sentences with words from the video.

- Claire is someone who _____ the vlogger.
- She is _____ afraid of making mistakes.
- She thinks that fear gives you the energy to do something _____.
- In his parkour lesson, the vlogger had to do a _____.
- He took a few deep _____ before trying it.

- 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 words next to each sentence.

Actually, ...
Basically, ...
Of course, ...

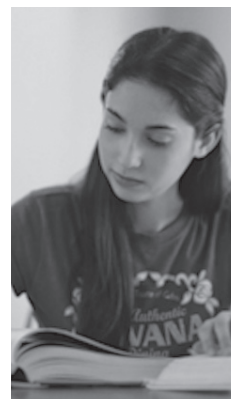
- In fact, there are many sports you can enjoy even with little or no experience. _____
- Naturally, there are times when you should be extra careful to avoid accidents. _____
- To put it simply, trying something new is a way to keep your brain active. _____

- 3 Watch the video from 01:30 to the end. Write gerunds or infinitives.

You can use ...

- _____ as the subject of the sentence.
- _____ after adjectives.
- _____ after prepositions.
- _____ after certain verbs, such as *refuse* and *decide*.
- _____ to explain purpose.
- _____ after certain verbs, such as *enjoy* and *avoid*.

- 4 Circle the correct options.



- Sophie studied hard *to pass* / *passing* her exams.
- Victoria decided *to learn* / *learning* the trumpet.
- Max avoids *to go* / *going* to the dentist as much as he can.
- It's important *to have* / *having* a positive attitude.
- We're looking forward *to see* / *seeing* you in July.

- 5 Complete the sentences with the gerund or infinitive form of the verbs in brackets.

- She stopped _____ (go) to guitar lessons a year ago.
- You shouldn't forget _____ (take) your laptop home today.
- I don't remember _____ (feel) scared at all.
- On the way home, we stopped _____ (have) some ice cream.
- I must remember _____ (phone) my granny for her birthday tomorrow.

- 6 Circle the correct options.

- Thank you for ... these flowers.
a send b sending c to send
- Alex was worried about ... his test.
a pass b passing c to pass
- They climbed to the top of the hill ... a good view.
a get b getting c to get
- I enjoy ... the guitar and the piano.
a play b playing c to play
- They stopped ... a break for lunch.
a to take b taking c take

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KEEPING A JOURNAL

- 1** Watch the video up to 01:46. Underline and correct one mistake in each sentence.

- Keeping a journal is a great way to stay healthy.

- You should write in it once a day. _____
- The vlogger's new hobby is skateboarding.

- The vlogger's friend helped her in maths class today. _____
- The vlogger recommends keeping a journal for two weeks. _____

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

¹Give it a try!

²Here's how.

What will I ³put my heart into today?

- a have a look b make an attempt
- a I'll explain it to you. b Let's try it together.
- a decide to do b be enthusiastic about

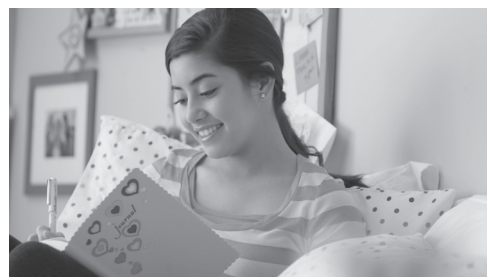
- 3** Watch the video from 01:46 to the end. Complete the rules with the words in the box.

object (x2) subject (x2)

- The _____ is the person or thing who does an action.
 - The _____ is the person or thing that is affected by an action.
 - _____ questions use an auxiliary.
 - _____ questions don't use an auxiliary.
- 4** Are these questions about a S (subject) or an O (object)? Then answer the questions.
- Who inspires you to do your best? _____

 - Who usually cooks the meals in your family? _____

 - Who do you usually meet at the weekend? _____



- What did you write in your journal today? _____
- What subjects do you enjoy most at school? _____

- 5** Complete the questions for the answers.

- I studied Italian last year.
What _____?
- My dad gave me this bicycle.
Who _____?
- I met my cousin yesterday.
Who _____?
- My mum takes me to school every day.
Who _____?
- Dancing makes me feel happy.
What _____?

- 6** Circle the correct options.

- What ... if you don't finish your homework?
a happens c does it happen
b does happen
- Who ... that watch?
a did you give c gave you
b did give you
- What ... today?
a you did learn c learned you
b did you learn
- Who ... to make this video?
a helped you c you helped
b you did help
- What music ... best?
a you do like c do you like
b like you