

Grammar

A Correct the sentences which have mistakes with the use of the present perfect simple or the present perfect continuous. Tick (✓) the correct sentences. There is at least one correct sentence.

- 0 We've been in this restaurant for an hour now and no-one has been taking our order!
We've been in this restaurant for an hour now and no-one has taken our order!
- 1 Since the start of the year, I've been abroad eight times.

- 2 I'm studying here in England since September.

- 3 I've been working all day and I'm really tired.

- 4 In the last twenty years, she's been writing thirteen best-selling novels.

- 5 I've been knowing Isabella for three years.

B Complete the sentences with 'already', 'yet' or 'just'.

- 0 Jamie and Natalie are here but Emma hasn't arrived yet.
- 6 I'm exhausted! I've _____ done a ten-kilometre run!
- 7 I've _____ read that book, although it was three or more years ago.
- 8 I've _____ spoken to Maria on the phone! She called only a minute ago.
- 9 Have you finished your essay _____? You have to hand it in by tomorrow, you know!
- 10 I'm calling to say we've _____ arrived at Paul's. We're actually walking in through the door now.

C Complete the conversation with the present perfect simple or present perfect continuous of the verb in brackets.

- A: You look a bit tired, Tom. Do you want to sit down?
- B: No, it's all right, thanks. I (0) 've been sitting down (sit down) all afternoon! No, the reason I'm tired is that I (11) _____ (train) a lot recently for this run I'm doing next week – it's 20k.
- A: Wow. That's a long way! Have you (12) _____ (go running) today?
- B: No, unfortunately not. I (13) _____ (hurt) my knee – something happened when I was running yesterday – so I'm having two or three days off.
- A: Oh, that's really bad luck.
- B: Yes, and because I'm quite worried about the run, I (14) _____ (not sleep) well these past few nights.
- A: Have you (15) _____ (go) to the doctor about that knee?
- B: No, I'm worried she might tell me I can't do the run.
- A: Tom! You've got to look after yourself!

D Write the correct forms of the verbs in brackets or write *already* or *yet*.

- Hi, Ken.
- This is just a quick note to let you know I (0) 've made (make) my plane reservations. I've been very busy and I (16) _____ (not buy) my suitcase (17) _____.
- I (18) _____ (study) a lot. My final exam is tomorrow and I (19) _____ (not finish) reading the book (20) _____.

E Choose the correct words.

- A: Have you taken your English exam (0) already / yet?
- B: No, not (21) already / yet. I've (22) been studying / studied for weeks. I've just (23) been finishing / finished two special review courses at the university.
- A: I haven't (24) been starting / started studying (25) already / yet.

Score ____ / 25

Vocabulary

A Complete the sentences with the correct form of 'take', 'make' or 'do'.

- 0 Recently, she's been doing a lot of volunteer work.
- 1 I _____ a big mistake when I moved to this town.
- 2 She's _____ a lot of time off work through illness recently.
- 3 If he's wondering what to do with the money, he could _____ a donation to charity.
- 4 James is _____ a really important exam next week so he's been studying hard.
- 5 Why don't you _____ something artistic, like drawing or painting?

B Match the words and phrases with the meanings.

- | | | |
|----|-----------------------|----------|
| 0 | comfort zone | <u>a</u> |
| 6 | push yourself | — |
| 7 | progress | — |
| 8 | measure your progress | — |
| 9 | take risks | — |
| 10 | give up | — |
-
- | | |
|---|--|
| a | a situation in which you are confident and relaxed |
| b | to stop trying to do something |
| c | to do something that you know might cause problems or be dangerous |
| d | to make yourself work hard |
| e | to do something in order to judge how well you are doing |
| f | to develop or improve |

C Match the sentence halves.

- | | | |
|----|--|----------|
| 0 | Do everything you can to achieve your goal and never | <u>a</u> |
| 11 | Sometimes, you really have to push | — |
| 12 | It's important to set a goal that pushes you beyond | — |
| 13 | Of course, by getting married, you're taking | — |
| 14 | Bungee jumping is an example of | — |
| 15 | Exams are the most useful way we have of measuring | — |
-
- | | |
|---|--------------------------------------|
| a | give up. |
| b | a very important step. |
| c | an extreme sport. |
| d | yourself to achieve a personal goal. |
| e | our progress. |
| f | your comfort zone. |

D Complete the sentences with words from the box. There is one extra option.

do make push measure risks ~~take~~ work

I've decided to (0) take an important step in my life. I'm going to (16) _____ myself more and take some (17) _____. I think I'll (18) _____ an extreme sport and also do some volunteer (19) _____ after school. This is important to me. At the end of the year I'll (20) _____ my progress to see how well I've done.

E Complete the sentences. Choose A, B or C.

- 0 I'm starting a new job. I want to _____ in my career.
 - (A) progress
 - B push
 - c do
- 21 I'm really busy these days but I still don't want to _____ the things I like doing.
 - A give up
 - B measure
 - c do
- 22 I can't stay in my _____ zone if I want to do more exciting things.
 - A progress
 - B push
 - C comfort
- 23 Look! I _____ a photo of us on holidays.
 - A did
 - B took
 - c made
- 24 You look very tired. Why don't you take _____?
 - A time off work
 - B an extreme sport
 - C an important exam
- 25 Yuri, I've decided _____ something artistic. I'm painting a portrait of my son!
 - A to do
 - B to take
 - C to work

Score ___ / 25

Total score ___ / 50