

KEEP IN SHAPE!

No.1

Upper Street *Keep in Shape!* Is produced weekly. It includes exercises and activities for grammar, vocabulary, reading, speaking and listening. The level is aimed at low B2 to C1. The speaking and writing are flexible activities suitable for any level.

Most of the grammar, vocabulary, reading and speaking activities follow the format of the APTIS exam. This is an exam that assesses your level (unlike the Cambridge First, for example, which you pass or fail). If you would like more information about APTIS please contact Rosa at admin@upperstreet.es.

All the best,

Daniel

1. Multiple choice. Grammar and Vocabulary
2. Reading task 1
3. Reading task 2
4. Speaking task
5. Writing task
6. Ideas for listening
7. Answers

1. Multiple choice. Grammar and vocabulary

1. The guide drew our attention _____ the beautiful paintings.

At On To

2. They're happy _____ until the end of the week for your answer.

For waiting To wait Wait

3. I wouldn't answer that email if I _____ you.

Were Am Would be

4. We can put _____ the picnic until the weather is a bit better.

Out Down Off

5. It was the red wine he ordered _____ the white wine.

That What Which

6. I read a very bad _____ of the film on the Internet.

Critic Column Review

7. The bad weather certainly _____ our enthusiasm for the excursion.

Lessened Dampened Darkened

8. They want to _____ a party to celebrate the end of exams.

Throw Make Put

9. There were _____ people at the event, which was very disappointing.

Hardly Hardly any Hardly some

10. I know it was a difficult decision to _____, but it was the right one.

Get Do Take

2. Reading Task 1

Complete the text with one word from the list below. There are three words you do not need to use.

COMETS

Comets originate well ¹_____ Jupiter in the outer regions of the Solar System, where water and methane remain cold and frozen. In these very cold regions ²_____ from the Sun, ice doesn't turn to gas. Ice remains ice. Only ³_____ comets pass into the inner Solar System where they are closer to the heat of the Sun ⁴_____ the volatile materials in the comet vaporize so that they stream out, along with some dust, creating an atmosphere around the nucleus called the coma. The coma can be much bigger than the nucleus -- thousands or ⁵_____ millions of kilometers across, sometimes even growing to the size of the Sun. Bigger dust particles remain in the coma ⁶_____ lighter ones are pushed into the tail by the Sun's radiation and charged particle emissions. A comet ⁷_____ of the coma, the nucleus it surrounds, and the tail that streams away.

what / beyond / when / do / even / consists
far / under / time / whereas

3. Reading task 2

The following text has been jumbled up.
Put the sentences into the correct order.

1. Sister Mary was truly a religious woman.
2. As Sister Mary started tipping the gas into the fuel tank, the traffic light turned red.
3. In addition to her duties as a nun, she was also very active in various hospitals visiting sick patients and taking care of all their needs.
4. She therefore had quite a large audience witnessing the spectacle.
5. He called to her - "I swear! If that car starts I'm becoming a religious man!"
6. So, it was no surprise that one day when she ran out of petrol, the only container she could find to put the gas into was a bedpan.
7. Just when she finished pouring in the last drops of gas a man opened his window.
8. Sister Mary happily walked two blocks to the closest gas station filled up the bedpan with gas and headed back to her car.

4. Speaking Task

Try to spend about 45 seconds to 1 minutes answering each question.

Record your answer and send it to receive feedback (see above, page.1)



Describe what you see in the photograph.

What can we do to help protect wildlife?

Why do you think are the reasons for and against having a pet?

When was the last time you went to a zoo? Do you think zoos are a good thing?

5. Writing Task
Email

A friend from abroad has asked you to suggest a book she could read that would help her to understand, or learn more about your country. She would prefer a novel but would also read a non-fiction book if you recommend it.

Write to your friend and recommend a book (between 180 and 250 words).

6. Ideas for listening

On YouTube, you can find a series of videos in which 70 people give short answers to a question. This is one example:



https://www.youtube.com/watch?v=uUkR5hM_HPg

Choose a video to watch.

Notice and write down some of the expressions people use

Are any answers repeated? Which?

Are any of the answers funny?

Which words were difficult to understand (check with subtitles)

Practice repeating these words

Note down any new or unfamiliar expressions

Note down any expressions you would like to use in the future.

Write, or record your own answer to the question (What was the happiest day of your life? for example.)

7. ANSWERS:

1. Multiple choice. Grammar and Vocabulary

**1-TO 2-TO WAIT 3-WERE 4-OFF 5-THAT 6-REVIEW 7-DAMPENED 8-THROW
9-HARDLY ANY 10-TAKE**

2. Reading task 1.

1 – beyond 2 – far 3 – when 4 - do 5 - even 6 – whereas 7 – consists

3. Reading task 2.

1, 3, 6, 8, 2, 4, 7, 5