

### *Keep in Shape! C2 No.1*

Upper Street *Keep in Shape! C2* is produced weekly. It includes exercises and activities for grammar, vocabulary, reading, speaking and listening. You can send you speaking (by audio file) and writing (by word document) for feedback.

Many of the grammar, vocabulary, reading and speaking activities follow the format of the Cambridge Proficiency or APTIS exam. The latter now includes C2 and assesses your level (unlike Proficiency , which you pass or fail). If you would like more information about Proficiency or APTIS please contact Rosa at [admin@upperstreet.es](mailto:admin@upperstreet.es).

#### **1. Mini-topics – Born Yesterday and Anger**

Each mini-topic exercise is loosely connected to a theme and consists of four parts:

- A gap fill sentence
- A multiple-choice sentence
- Three sentences that can be completed with the same word
- Writing prompt questions

#### **2. Listening**

#### **3. Use of English**

#### **4. Writing**

#### **5. Reading**

## 1. Born yesterday

a. Jim's so gullible – he's taken \_\_\_\_ by any story, no matter how far-fetched.

b. She's likely to \_\_\_\_ you at your word as she's very trusting.

a) Accept b) Believe c) Take d) Grant

c. The same word can be used to complete these three sentences.

1. He is someone who likes to \_\_\_\_\_ on other's people's weaknesses

2. What happened was very embarrassing but he's trying to \_\_\_\_\_ it down.

3. He has the ability to \_\_\_\_\_ dumb whereas he's actually very astute.

d.

How easy is it for advertisers to fool people?

Are naïve people less intelligent?

Do sales people deserve the bad reputation they often have?

## 2. Anger

a. When I see her, I'm going to give him a \_\_\_\_\_ of my mind!

b. He \_\_\_\_\_ into a rage when we challenged his decision.

a) Jumped b) Leapt c) Rushed d) Flew

c. The same word can be used to complete these three sentences.

1. Her attacks on my competence were so \_\_\_\_\_ of the mark I had to laugh.

2. Given the mood he's in, I think you should give him a \_\_\_\_\_ berth

3. Our supervisor has a \_\_\_\_\_ range of anger issues that need to be addressed.

d.

What makes you angry?

Do you think anyone you know would benefit from attending an anger management course?

To what extent is anger a healthy way of expressing frustration?

## 2. LISTENING

<https://www.npr.org/sections/parallels/2017/09/03/545599850>

Listen to this radio report at the above link

Fill in the gaps with the words you hear

1. ...an enterprising group of mostly American monks spend their days \_\_\_\_\_ prayers...
2. Choirmaster Father Basil Nixen, a native of Arizona, says medieval Gregorian chants make up what he calls the \_\_\_\_\_ of their lives.
3. ...they trained with Belgian monks and \_\_\_\_\_ a centuries-old monastic tradition - making craft beer.
4. ...not just attracting tourists, but also \_\_\_\_\_ and helping those whose homes were destroyed.
5. ...invited to a small ceremony to bless the land and lay the \_\_\_\_\_ of the new \_\_\_\_\_ brewery.
6. ...the prior, \_\_\_\_\_ the shovel into the hard earth while the other monks pass around goblets of ice-cold Nursia beer.
7. ...now they're also \_\_\_\_\_ - \_\_\_\_\_ members of the town

### 3. Use of English

For questions 1-7 complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the Word given.** You must use between 3 and 8 words including the word given.

Example:

She is determined to go to the class reunion despite feeling unwell.

#### **INSISTS**

She..... she feels unwell.

...insists on going to the class reunion although...

1. He hardly ever uses his gold pen as he's afraid of losing it.

#### **CASE**

Seldom.....he loses it.

2. They were delayed in traffic but were in time for their flight.

#### **MISS**

Despite.....their flight.

3. Her latest paintings are noticeably optimistic compared to her previous work.

#### **SHOW**

Her latest paintings.....contrast to her previous work.

4. You are advised to get a stamp on your passport or they may not let you into the country.

#### **OTHERWISE**

You'd.....may not be allowed into the country.

5. They turned down the proposal because it was too expensive.

#### **GROUND**

The.....it was too expensive.

6. If you take this job you will miss a term but get valuable experience.

**HAND**

Taking this job means.....you'll get valuable experience.

#### **4. Writing - Review**

Task:

Upper Street has asked students to suggest a book they would recommend as a 'good summer read,' a book they consider enjoyable, interesting and useful for learning English.

When writing, think about the following:

Organization/paragraphing

Use of grammar: try to use some more complex structures and vocabulary (topic appropriate and varied language).

A review is the type of task in which you can often introduce narrative (summarizing a plot) and description (if you are reviewing a hotel, for example), so you can make good use of tenses and adjectives/adverbs.

When writing a review, it is often a good idea to aim for a 'middle' tone – if you are too enthusiastic, or too negative, you can quickly run out of things to say!

In the Proficiency exam, you would have 45 minutes to write this. The word length is 280-320.

## 5. Reading

### From *The Grey Woman* by Elizabeth Gaskell

#### **Introduction**

*Anna's father makes her marry a rich French man who she doesn't love. He lives in a rambling, lonely house in the countryside. He is nasty and violent and Anna's only friend is her servant, Amante. One day, Anna discovers her husband is a murderer. Scared for her own life, she tells Amante and they decide to run away together.*

We stole round the end of the building, and on turning the corner—she first—I felt her hold on me tighten for an instant, and the next step I, too, heard distant voices, and the blows of a spade upon the heavy soil, for the night was very warm and still. We had not spoken a word; we did not speak now. Touch was safer and as expressive. She turned down towards the high road; I followed. I did not know the path; we stumbled again and again, and I was much bruised; so doubtless was she; but bodily pain did me good. At last, we were on the plainer path of the high road. I had such faith in her that I did not venture to speak, even when she paused, as wondering to which hand she should turn. But now, for the first time, she spoke:—"Which way did you come when he brought you here first?"

I pointed, I could not speak.

We turned in the opposite direction; still going along the high road. In about an hour, we struck up to the mountain-side, scrambling far up before we even dared to rest; far up and away again before day had fully dawned. Then we looked about for some place of rest and concealment: and now we dared to speak in whispers. Amante told me that she had locked the door of communication between his bedroom and mine, and, as in a dream, I was aware that she had also locked and brought away the key of the door between the latter and the salon.

"He will have been too busy this night to think much about you—he will suppose you are asleep—I shall be the first to be missed; but they will only just now be discovering our loss."

I remember those last words of hers made me pray to go on; I felt as if we were losing precious time in thinking either of rest or concealment; but she hardly replied to me, so busy was she in seeking out some hiding-place. At length, giving it up in despair, we proceeded onwards a little way; the mountain-side sloped downwards rapidly, and in the full morning light we saw ourselves in a narrow valley, made by a stream which forced its way along it. About a mile lower down there rose the pale blue smoke of a village, a mill-wheel was lashing up the water close at hand, though out of sight. Keeping under the cover of every sheltering tree or bush, we worked our way down past the mill, down to a one-arched bridge, which doubtless formed part of the road between the village and the mill.

"This will do," said she; and we crept under the space, and climbing a little way up the rough stone-work, we seated ourselves on a projecting ledge, and crouched in the deep damp shadow. Amante sat a little above me, and made me lay my head on her lap. Then she fed me, and took some food herself; and opening out her great dark cloak, she covered up every light-coloured speck about us; and thus we sat, shivering and shuddering, yet feeling a kind of rest through it all, simply from the fact that motion was no longer imperative, and that during the daylight our only

chance of safety was to be still. But the damp shadow in which we were sitting was blighting, from the circumstance of the sunlight never penetrating there; and I dreaded lest, before night and the time for exertion again came on, I should feel illness creeping all over me. To add to our discomfort, it had rained the whole day long, and the stream, fed by a thousand little mountain brooklets, began to swell into a torrent, rushing over the stones with a perpetual and dizzying noise. Every now and then I was wakened from the painful doze into which I continually fell, by a sound of horses' feet over our head: sometimes lumbering heavily as if dragging a burden, sometimes rattling and galloping, and with the sharper cry of men's voices coming cutting through the roar of the waters. At length, day fell. We had to drop into the stream, which came above our knees as we waded to the bank. There we stood, stiff and shivering. Even Amante's courage seemed to fail.

Questions:

1. Describe the atmosphere in the passage and decide which words/phrases are most important for creating it.
2. How would you describe the relationship between the two women?
3. How important are the references to the senses in this passage?
4. Give synonyms or definitions of these words used in the extract:

Stumbled

The latter

Sloped

Crouched

Dreaded

Dizzying



## Answers

### 1. Mini-Topics

a – in b – take c – play

a – piece b – flew c – wide

### 2. Listening

1. chanting

2. life-beat

3. embraced

4. showing solidarity

5. cornerstone/mountainside

6. plunges

7. full-fledged

### 3. Use of English

Answers

1. ...does he use his gold pen in case...

2. ... being delayed in traffic/a traffic delay - they didn't miss...

3. ... show noticeable optimism in...

4. ... best/better have/get your passport stamped otherwise you...

5. ... proposal was turned down on the grounds that.....

6. ...missing a term but on the other hand...