

7 A big improvement Extra Practice

7.1 Grammar *Will and be going to*

1 * Complete the table with the sentences A–F.

- A I'm going to go on a school rugby tour of Scotland next month.
- B I don't think we'll beat all the teams we play.
- C 'I need someone to write a blog while we're on tour.' 'I'll do it.'
- D I definitely won't miss my parents when I'm away.
- E 'What about photos?' 'I'll take some before every match.'
- F Our coach is going to help us improve our fitness and stamina.

Predictions about the future	Spontaneous decisions	Future plans and intentions
.....

2 ** Complete the dialogue with the correct *will* and *be going to* form of the verbs in brackets.

Mum I'm thirsty.
Zac I (1) (get) you a drink. Here you are. By the way, I
 (2) (be) home late tomorrow night. I've got robot club.
Mum Have you finished your robot yet? The robot race is on Saturday,
Zac Yes, it is. We (3) (make) some final improvements to the
 robot tomorrow. We've called him Robotron!

Mum What's your prediction then? Do you think Robotron (4)
 (do) well on Saturday?

Zac I'm sure he (5) (not win) the race, but I think they (6)
 (give) him the prize for the best-looking robot! I just hope
 we have lots of spectators on the day.

Mum I (7) (come) and watch! I've already got my ticket. I don't
 think Dad (8) (be) there though.

3 *** Imagine you're a talented hockey player. Answer the questions with your own ideas.

- 1 What are you going to do to improve your accuracy and strength?

- 2 When and where are you going to compete in your next tournament?

- 3 Do you think your team will do well in the tournament? Why?

- 4 How many trophies will your team win this year?

7 A big improvement Extra Practice

7.1 Vocabulary Health and fitness

1 * Match sentence halves 1–6 to A–F.

- | | | |
|------------------------|-------|--|
| 1 You need flexibility | | A to run fast. |
| 2 You need balance | | B to lift 50 kg. |
| 3 You need speed | | C to throw a basketball into the hoop. |
| 4 You need accuracy | | D to cycle all day without stopping. |
| 5 You need stamina | | E to stand on one leg. |
| 6 You need strength | | F to touch your toes. |

2 ** Complete the comments with the correct form of the words.

beat compete draw improve stamina take the lead

- 1 'I'm watching my brother, James. He's in a football tournament. Come on, Unicorns!'
- 2 'Unicorns are playing Vikings now. It's going to be hard. They've never them before!'
- 3 'Yeah! James has just scored a goal! They're 2–2 now.'
- 4 'Number 9 is rubbish! He keeps stopping to have a rest. He's got no !'
- 5 'We've just scored a goal and we've It's 3–2 now! What an amazing goal from our number 11!'
- 6 'Ten minutes to go and Vikings are playing terribly. If they don't , Unicorns will win the game!' 'That's it! We've won!'

3 *** Correct the underlined mistakes.

The gymnast lost her stamina and fell over. *balance*

- 1 It was 1–1, but then United competed in the 86th minute by one goal and won the match.
- 2 The Ukrainian tried to lift 120 kg in the final, but he didn't have the coordination.
- 3 Fitness training will help to beat your stamina.
- 4 Have you ever drawn in the Olympic Games?
- 5 People do yoga to maintain their accuracy as they get older.
- 6 He can't throw the ball up and then hit it with his racket. His speed is terrible.

7 A big improvement Extra Practice

7.2 Grammar *some-, any-, no-, every-*

1 * Choose the correct option.

- 1 What a mess in your room! There are clothes **somewhere** / **anywhere** / **everywhere**.
- 2 I don't know **anyone** / **someone** / **no one** who loves cleaning.
- 3 Jack's emptied the bin so there's **nothing** / **anything** / **something** in it.
- 4 We're bored. There's **someone** / **everywhere** / **nowhere** to go.
- 5 I'm hungry. I need to get **anything** / **something** / **everything** to eat.
- 6 We can start the lesson. **Everybody** / **Nobody** / **Somebody** is here.

2 ** Complete the dialogue with the words.

anybody anything everywhere nothing
someone something somewhere

- Cara** Where's my purse? I think (1) has stolen it.
- Will** No! It must be (2) in your bag. Have a look again.
- Cara** Honestly! I've looked (3) and I can't find it!
- Will** Well, I didn't see (4) suspicious near you. Was there (5) in your purse?
- Cara** Of course there was! There was money, but there was (6) more important than that. My grandma's gold ring.
- Will** Oh, no!
- Cara** It was so special to me – (7) will replace it.

3 *** Correct the underlined mistakes.

Hello! Is somewhere there? It's me, Carol. *anyone*

- 1 My mum does nowhere in the house. She washes the dishes, does the washing, vacuums the carpet and even mows the lawn!
- 2 We're really hungry, but there isn't somebody to eat. The fridge is empty.
- 3 I've just heard the bell. Nothing must be at the door.
- 4 I didn't pay when I got on the bus. Everything asked me for any money.
- 5 Those noticeboards will be the next big thing on the high street. Anybody will want one!
- 6 We didn't go something last weekend. We just stayed at home.

7 A big improvement Extra Practice

7.2 Vocabulary Jobs around the home

1 * Answer the questions with the correct phrases.

do the washing empty the bin set the table
vacuum the carpet wash the dishes

- 1 What do people usually do before dinner?
- 2 What do people usually do after dinner?
- 3 What do people usually do when their clothes are dirty?
- 4 What do people usually do when the floor is dirty?
- 5 What do people usually do when they've collected lots of rubbish?
.....

2 ** Complete the sentences with a verb from A and a noun from B.

A change close mop mow wipe
B the lawn the blinds the floor the worktop the sheets

- 1 **Paul** The sun is shining on the whiteboard so I can't see what's on it.
Teacher I'll then.
- 2 It's a good idea to vacuum before you in the kitchen.
- 3 I'm going to do the washing today so I think I'll on everyone's bed.
- 4 A gardener comes once a week so we never have to
- 5 **A** It's very dirty next to the cooker.

B Sorry! I'll now.

3 *** Answer the questions with your own ideas. Give reasons for your opinions.

Which jobs around the home can't you stand doing? Why?

I can't stand emptying the bin in the kitchen. I have to take it outside and it usually smells!

- 1 Which jobs don't you mind doing? Why?
- 2 Which jobs do you enjoy doing? Why?
- 3 Which jobs do you think you should do more often to help around the house? Why?