

Unit 6

Unit 6 Extra practice: Key

- 1**
- 1 in
 - 2 on
 - 3 watch
 - 4 out
 - 5 for
 - 6 take
- 2**
- 1 come across some interesting people
 - 2 get over his chest infection
 - 3 turn it down
 - 4 take up exercise
 - 5 run through them
 - 6 get along with my colleagues
 - 7 looking forward to his holiday
 - 8 put up with them
- 3**
- 1 stubbed
 - 2 chipped
 - 3 pull
 - 4 strain
 - 5 lost
 - 6 sprained
- 4**
- 1 up
 - 2 out
 - 3 down
 - 4 colour
 - 5 mend
 - 6 weather
- 5**
- 1 f
 - 2 a
 - 3 g
 - 4 b
 - 5 h
 - 6 d
 - 7 e
 - 8 c
- 6**
- 1 lose
 - 2 long
 - 3 it
 - 4 straight
 - 5 music
 - 6 brave
- Hidden word: ENIGMA

Unit 6 Revision: Key

- 1**
- 1 keep *or* stay
 - 2 taking
 - 3 go
 - 4 stretch
 - 5 working
 - 6 go
 - 7 keep *or* stay
 - 8 keep *or* stay
- 2**
- 1 I've been looking for it all day.
 - 2 There were insufficient nominations, so they put it off for another week.
 - 3 It turned out that he'd made it up. In fact, he'd just overslept!
 - 4 He had notes from a previous talk, so he had to fall back on them as he didn't have time to prepare new ones.
 - 5 She gave them up after only a month.
 - 6 It took six months for her to get over it.
 - 7 I'm afraid you're just going to have to put up with it.
 - 8 Jake always comes up with them at our team meetings.
- 3**
- 1 bruised
 - 2 lost
 - 3 graze
 - 4 pulled
 - 5 strained
 - 6 broken
 - 7 sprain
 - 8 bumped
- 4**
- 1 mend, e
 - 2 weather, b
 - 3 up, d
 - 4 out, f
 - 5 down, a
 - 6 colour, c
- 5**
- 1 recommend training
 - 2 decided to pull out
 - 3 prevented the team from scoring
 - 4 saw her win
 - 5 complaining about feeling
 - 6 encouraged him to compete
 - 7 worries about wearing
 - 8 advise you to sit
- 6**
- 1 On the face of it
 - 2 put a brave face on it
 - 3 long face
 - 4 lose face
 - 5 keeping a straight face
 - 6 face the music

Unit 6

Unit 6 Extension: Key

1 Sample responses (answers may vary):

Student A: OK, tell me about the new health club you've found. What facilities does it offer?

Student B: No problem. They've got a gym and fitness suite, a pool, a sauna and a steam room. Oh, and tennis courts. You know, the usual things.

Student A: Yes! And what fitness and health programmes do they offer?

Student B: There's a good range of different exercise classes, like Zumba, Boxercise, Spin and Aquarobics.

Student A: Anything else?

Student B: Yes, there's also a swimming pool and tennis coaching – if you take out the tennis membership, that is.

Student A: That sounds like there's plenty to choose from. And what types of membership are available, and how much are they?

Student B: It says here that there are four types of membership – fitness off peak, full fitness, tennis off-peak and full tennis. Prices range from £180 a month to £300 a month. And there's a £100 joining fee.

Student A: Ah, that seems rather expensive. Are there any offers or discounts available?

Student B: Well if you join this weekend, you get 50 per cent off the joining fee. You also get a free gym induction, free dinner for two in the restaurant and six free tennis lessons.

Student A: OK, that's pretty good, I suppose. I'd be interested in doing the fitness classes and also swimming. What time are the classes?

Student B: Let me see ... It doesn't give exact times, but the gym is open every day from 6 a.m. till 11 p.m. if you get the full membership. You can't go after 5 p.m. or at weekends if you get the off-peak membership.

Student A: Right – I think I'd have to have the full membership because of work. And where is it?

Student B: Well, it's four miles from the city centre, off the A340 Goodstock roundabout.

Student A: Oh, yes, I know where that is. That's quite a long way out, isn't it?

Student B: Oh, it's not too far. So, what do you think?

Student A: It sounds like it's got everything we would need to get fit and healthy, though admittedly, it's not a particularly cheap option.

2 Sample responses (answers may vary):

Student B: Great, you've found another health club. What can you tell me about it?

Student A: It's called the Body Balance Health Spa. It's an 'alternative' health club – they don't do traditional types of exercise. They have alternative therapies like yoga and pilates.

Student B: OK, that sounds different. So what health and fitness programmes do they offer?

Student A: Well, they have gentler exercise programmes like yoga and pilates, and they also offer therapies such as massage and acupuncture.

Student B: OK, but what are the benefits? It doesn't sound like we'd get much fitter just having massage and acupuncture.

Student A: Well, they believe that traditional forms of exercise, like running and working out in the gym are more stressful and can cause more injuries. They say that their range of therapies offer the chance to get fitter and healthier more naturally.

Student B: Hmm, well I'm not entirely convinced that's the case. But they might have a point. So what types of membership are available, and how much are they?

Student A: They do an off-peak membership for £65 a month and a full membership for £85 a month. That includes free daily yoga and pilates classes.

Student B: Well that's cheaper than a conventional gym, but much more limited. Are there any offers or discounts available?

Student A: Well, as a member, you then get 30 per cent discount on all therapies. If you take out a full membership, it includes five free massage or aromatherapy sessions. And if you join before 31st March, you can get a month's trial full membership for only £70.

Student B: Well, if you're into massage and aromatherapy, that's quite good, I suppose. I think I'd definitely want to do the yoga or pilates. What time are the classes?

Student A: Let me see ... The spa is open every day from 7 a.m. till 10 p.m. if you get the full membership. Or 9 a.m. till 6 p.m. for the off-peak membership, though that's weekdays only. The free yoga and pilates classes are three times a day – at 11.00, 2.00 and 7.00.

Student B: Right – well, I'd probably be able to go most days after work. And where is it?

Student A: Well, it's very convenient – it's in the town centre, in the Gateway Shopping Precinct. You know where that is?

Student B: Yes, that's pretty central – we could go there after work.

Student A: So, what do you think? I realise there's not a pool, but it would be a very relaxing way to keep fit.

Student B: Well, it's good value, but I'm just not sure if it's going to have the variety we want. And I think I would prefer a more energetic way to get fit. We could do the trial membership, though.