Progress check

Adventure sports

1 Write the adventure sports.

-ed and -ing adjectives

2 Choose the correct word.

1 Jack's mum was very **worried** / **worrying** when he didn't come home.
2 I fell off my bike. It was so **embarrassed** / **embarrassing**!
3 I felt very **frightened** / **frightening** the first time I tried parachuting.
4 Spain is a very **interested** / **interesting** country. We often go there on holiday.
5 Cathy is **annoyed** / **annoying** because someone stole her bike.
6 I don't like tests. They're **bored** / **boring**.

Present perfect: affirmative and negative

3 Look at the information and write sentences. Use the present perfect affirmative or negative.

	Andy	Beth	Carl	Dan
climb / Everest	✓	✓	✗	✗
swim / 5 km	✗	✗	✓	✗
visit / China	✓	✓	✗	✓
do / extreme sports	✓	✓	✓	✗

Andy and Beth / climb Everest.
Andy and Beth have climbed Everest.

1 Carl / swim 5 km.
2 Carl and Dan / climb Everest.
3 Dan / visit China.
4 Andy and Beth / swim 5 km.
5 Beth / do extreme sports.
6 Carl / visit China.

Present perfect: questions and short answers

4 Write present perfect questions.

1 you / eat Japanese food?
2 your parents / climb a mountain?
3 you / try parachuting?
4 your team / win the League?
5 you / visit the USA?
6 you / swim in the Mediterranean?

5 Write true short answers for the questions in exercise 4.

Present perfect with *ever* and *never*

6 Rewrite the sentences. Use *ever* or *never*.

Our teacher hasn't climbed Everest.
Our teacher has never climbed Everest.

1 Have you tried rock climbing?
2 I haven't had a serious accident.
3 Has your mum visited Britain?
4 We haven't run a marathon.
5 Have you felt really frightened?

Cumulative grammar 1 2 3 4 5 6 7

7 Choose the correct answers.

Jimmy loves running. He's (1) ... a lot of races but he (2) ... a marathon before. It's (3) ... thing he (4) ... While he (5) ..., he (6) ... to feel very tired. He felt (7) ... that he wouldn't finish. But he did it. Jimmy thinks he was (8) ..., and he's going to try again next year. Next time he's going to run (9) ...!

1 a) run b) ran
2 a) never has run b) 's never run
3 a) the most difficult b) the more difficult
4 a) ever has done b) 's ever done
5 a) was running b) ran
6 a) began b) begun
7 a) worrying b) worried
8 a) slow enough b) too slow
9 a) faster b) more fast