

1

Reading

reading for gist

- 1) Do podanych w tabelce kategorii dopasuj przykłady użycia komputerów. Dodaj jeszcze jeden przykład do każdej kategorii. Porównaj swoje pomysły z pomysłami kolegi / koleżanki.

using IMs reading articles watching funny videos using a free online encyclopedia

entertainment	education	communication	work

- 2) **EXAM TASK** Przeczytaj poniższy tekst i dopasuj nagłówki 1–6 do akapitów A–D. Dwa nagłówki nie pasują do żadnego akapitu.

- | | |
|---|---------------------------|
| 1 Pluses of virtual communication and entertainment | 4 A new type of education |
| 2 The dark side of the Internet | 5 Teenage loneliness |
| 3 Parents and blogging | 6 A new lifestyle |

GETTING VIRTUAL

A

Today's teenagers live in a world of communication technology. They can communicate with everyone via mobile phones and the Internet. They don't go out, meet friends or laugh together as often as before. But they can always LOL and ROTFL!* Is this new virtual reality good for them?

B

Parents and teachers think that the situation is really serious. There are many more teenagers online now than in the past. Most teenagers use their mobiles and the Internet every day. Some parents say that this is a problem because their children can't concentrate on their school work and home duties. Teenagers who surf the Net can also become victims of cyberbullying and stealing their personal data.

C

Teenagers can use the Internet for more and more things. Chatting and IM (Instant Messaging) with programs like Skype or applications like WhatsApp are not everything. Teenagers around the world play games online, shop and get the news about the world. The Internet also gives them a chance to express themselves – write blogs, create their own Internet profiles, upload photos or use emoticons to make the messages more emotional and interesting.

D

The Internet can also be an important element of learning. Teenagers use it to get ready for school – they can prepare interesting projects or presentations on the basis of information or visual material from the Internet. They can also use email to contact their teachers and talk about school matters. Some people say that e-learning is the future of all education.

* LOL – laugh out loud
ROTFL – roll on the floor laughing

- 3) Przeprowadź ankietę wśród uczniów w twojej klasie. Odpowiedzi trzech osób wpisz w tabelkę.

Ask if your classmate ...	STUDENT 1	STUDENT 2	STUDENT 3
can touch-type.			
has got a profile on more than two social networking sites.			
finds the Internet useful for doing school assignments.			
has got English-speaking Internet friends.			

2

Reading

reading for detail

1) Napisz, jakie sporty nazwałbyś ekstremalnymi. W parach porównajcie Wasze odpowiedzi. Którego ze sportów chcielibyście spróbować? Uzasadnijcie Wasz wybór.

2) Przeczytaj teksty 1–3. Uzupełnij wyrażeniami w języku polskim luki 1–6 w tabeli zgodnie z treścią tekstów.

	Extreme ironing	Wingsuit flying	Freediving
Rodzaj sportu i miejsce jego wykonywania	<ul style="list-style-type: none"> Prasowanie w ekstremalnych ¹ _____ np. na szczytach gór lub podczas jazdy na nartach. 	<ul style="list-style-type: none"> Rodzaj skoków ze spadochronem z samolotu lub z wysokiej góry w specjalnym ³ _____. 	<ul style="list-style-type: none"> Nurkowanie swobodne (nurkowanie na wstrzymanym oddechu).
Ważne informacje dodatkowe	<ul style="list-style-type: none"> Ten sport może być uzależniający. Czasem potrzebny jest dodatkowy sprzęt. Najlepiej nie wykonywać tego sportu ² _____. 	<ul style="list-style-type: none"> Można kontrolować ⁴ _____ używając specjalnego komputera. Należy ukończyć odpowiednie szkolenie, by uprawiać ten sport. 	<ul style="list-style-type: none"> Nurkowie mogą zostać pod wodą dłużej i mogą płynąć głębiej, jeśli mają na sobie ⁵ _____. Należy ukończyć odpowiedni trening, by uprawiać ten sport. Ludzkie serce ⁶ _____ pod wodą wolniej niż na powierzchni.

Tekst 1. EXTREME IRONING

Extreme ironing is quite a new extreme sport. The name sounds strange to many people, but the sport is really about ironing, though it takes place in extreme conditions, for example on mountain tops, or while skiing or canoeing. All you need is an iron, a board, some clothes that need ironing and an extreme location.

Those who go extreme ironing regularly say that to do this sport you can't be afraid of anything. They also say that it's very addictive – once you try it, you can't stop!

To do this sport, you sometimes need special equipment: helmets, ropes or even a scuba diving set. It's also a good idea not to go ironing alone. You need another person to help you if you have a problem.

There are about 1000 people who regularly iron in extreme places. They take part in championships and show their photos on a dedicated website.

Tekst 2. WINGSUIT FLYING

People's dream of flying is now reality. In wingsuit flying, a type of skydiving, people jump off planes or high mountains and fall down freely. The jumpers wear special suits called wingsuits or birdsuits. The suits have special material below the arms and between the legs. This helps the 'birdmen' fly really long distances and open their parachutes much later than in skydiving. The wingsuits have different shapes and designs. Some suits help flyers fall for a very long time and others to fly horizontally very quickly. Wingsuit flyers control their flight on a special computer that they have with them. They know when to open a parachute and what to do to fly faster or longer. You need special training to become a wingsuit flyer. Experts say that you can try the sport if you are a licensed skydiver with 500 jumps!

Tekst 3. FREEDIVING

We all know what freediving is. When you go underwater even for a few seconds and you hold your breath, you practise freediving. Professional freediving is, of course, more difficult. Divers stay under water even for 10 minutes and go down up to about 200 metres, if they have fins on.

Many freediving experts say that the most important thing is to dive safely. You need a special course with an instructor before you start freediving. You can't dive alone. Every time you do it, you need someone experienced with you.

How is freediving possible? Well, not everyone knows that our organism is in some ways similar to the organisms of sea mammals, e.g. dolphins. When your face is in the water, your heart beats more slowly and you can stay there longer.

3) Pracujcie w parach. Wymyślcie nowy sport ekstremalny i opiszcie go według poniższych wskazówek.

Think of a name for the sport, rules for doing it (e.g. you jump off a plane, you dance), equipment you need to do this sport and a slogan which can encourage everyone to try it.

1) Pracujcie w parach. Odpowiedzcie na pytania.

- 1 What are your most and least favourite colours? Why?
- 2 Which colours would you never use to paint your bedroom walls? Why?
- 3 Which colours would you choose to paint your bedroom and classroom walls? Why?

2) EXAM TASK Przeczytaj artykuł. W zadaniach 1-6 z podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstu. Zakreśl literę A, B, C albo D.

COLOUR MATTERS

Do you ever wonder why many restaurants are decorated in red and why most offices have grey walls and furniture? There is more to it than the designer's imagination. According to researchers, the red colour stimulates our appetite and makes us eat faster while grey increases our creativity and productivity at work. On the other hand, hospitals are painted in peaceful green and blue because these colours create a calm, relaxing atmosphere.

Colours have been researched for centuries. In ancient times they were used to make people feel better. Traditional Chinese and Indian medicine used different colours to treat different parts of the body. Ancient Egyptians, who enjoyed relaxation in the sunshine, used to spend hours in special solarium-type rooms where the Sun entered through glass windows of different colours.

Ever since then, scientists have tried to prove that our brains react to colours and that there is a link between colours, human health and emotions. Scientifically, colour is how our brain interprets the light we see with our eyes. In fact, what we first notice about things around us is their colour and we learn to link specific colours with different emotions. Therefore the colour of your bedroom, classroom or office changes the way you feel and deal with everyday tasks.

The latest research explains how human brain reacts to blue and red. It shows that blue furniture and decorations in your room make you more creative and imaginative. When you see blue, you remember the most relaxing holiday moments – the sky, the ocean and clear water. This atmosphere boosts creativity. If you have blue objects around you, you are also ready to take more risks. Red, on the other hand, stimulates our concentration and it is helpful when we are revising for exams. When we see red, we think of stop signs, emergency vehicles and teachers' red pens. They remind us of danger, mistakes and careful decisions. That is why red makes us pay more attention to detail and deal with problems more carefully.

"Why waste time and money on such research?" you might ask. In fact, product designers and advertising agencies need this information to change the way we feel about their products and sell them faster. Besides, now you know how to paint or wallpaper your bedroom before the exams.

1 Restaurants are often painted red because

- A interior designers are imaginative.
- B interior designers like this colour.
- C this colour makes customers eat more and faster.
- D this colour makes customers feel relaxed and healthy.

2 The link between colours and human reactions

- A was first used by ancient nations.
- B has never been used by Chinese and Indian doctors.
- C was only used for relaxation in the Sun.
- D has never been researched by scientists.

3 According to scientists, people

- A rarely notice the colour of a new object.
- B don't need light to see colours.
- C associate colours with feelings.
- D don't react to colours.

4 In a blue room you think of

- A stressful situations and you cannot deal with problems creatively.
- B stressful situations and you want to be more careful.
- C relaxing situations and you don't want to take risky decisions.
- D relaxing situations and you can do tasks more creatively.

5 In a room painted red you

- A solve problems creatively.
- B solve problems carefully and in detail.
- C make mistakes while revising for exams.
- D can't concentrate properly.

6 The author believes that the research on brain reaction to colours is

- A unnecessary for students.
- B important for business people only.
- C important for both business people and students.
- D useful for scientists only.

3) Pracujcie w grupach. Przedyskutujcie, w jaki sposób zmienilibyście wystrój swojej klasy tak, aby stworzyć idealne warunki do nauki. W swoim projekcie uwzględnijcie wszystkie poniższe elementy. Następnie zaprezentujcie swoje propozycje na forum i wybierzcie w głosowaniu najciekawszy projekt.

- Colours
- Functional areas (learning zone, relaxation corner, etc.)
- Furniture
- Special equipment
- Decorations
- Extra facilities and other ideas

4

Reading

reading for gits and detail

1> Pracujcie w grupach. Przedyskutujcie zalety nauki w szkołach prywatnych i państwowych.

3> **EXAM TASK** Przeczytaj wypowiedzi trzech osób dotyczące nauki w elitarnej brytyjskiej szkole Eton. Następnie dopasuj do każdego pytania (1–8) odpowiednią osobę (A–C).

Which person ...

- | | |
|--|--|
| <input type="checkbox"/> 1 is proud of his job at Eton? | <input type="checkbox"/> 5 describes how students were punished in the past? |
| <input type="checkbox"/> 2 talks about a relative who used to be an Eton student? | <input type="checkbox"/> 6 talks about famous Eton graduates? |
| <input type="checkbox"/> 3 is unhappy with the fact that Eton is not a mixed school? | <input type="checkbox"/> 7 describes an Eton student's life nowadays? |
| <input type="checkbox"/> 4 describes the origins of Eton College? | <input type="checkbox"/> 8 talks about food which was served to Eton students? |

Person A

I'm one of over 160 Eton teachers, called masters, and I'm glad to be working in the most famous and the largest public school in the UK. Eton has educated 19 British Prime Ministers, great writers, scientists and both sons of Prince Charles and Princess Diana. The school was founded in 1440 by King Henry VI, who decided that 70 good boys from poor families should get free education as Eton Scholars. At the time boys were woken up at 5 a.m. for morning prayers, started their Latin lessons before 6 a.m. and finished at 8 p.m. After that they went straight to bed. Students had two meals each day but there was no food at all on Fridays. They used to eat cheap meat and drink beer on a daily basis. Twice a year they were given chicken and vegetables and once a year something sweet – raspberry cake.

Person B

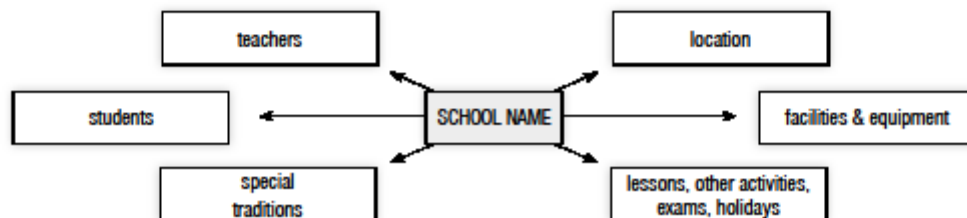
I really enjoy life at Eton, where I am studying and living. I have my own study-room in a house with around 50 other boys. A house master is in charge of us and a dame, responsible for our health and the housework, helps him. The school is amazing. The buildings look old but we have a recording studio, a heated swimming pool, a theatre, a concert hall and enough classrooms for over 1300 students. We have 35 lessons, called 'schools', per week, each 'school' takes 40 minutes and we start at 9 a.m. Tuesdays and Thursdays are called Half Holidays because there is no teaching in the afternoon. Instead, we have sports activities and club meetings. We all wear elegant clothes every day but I don't mind. The only problem for me is girls. Unfortunately, Eton has always been a school for boys only.

Person C

My great-great-grandfather, Rupert, used to be an Eton Scholar. I read some old letters he sent home from Eton. His mum gave him her own curtains, paintings and wallpaper to make his room look nice because it was so plain. He decorated it with all kinds of sports trophies and hung canes on the walls. He used the canes to 'discipline' younger boys but Eton masters didn't mind at

all. Actually, all the Eton students used to be beaten with canes by masters if they did something wrong. Granddad Rupert remembered a story of a 17th-century student Tom Rogers, who was beaten by his master for ... not smoking, because at that time people believed that tobacco was good for your health.

3> Pracujcie w grupach trzyosobowych. Stwórzcie projekt elitarnej szkoły, którą chcielibyście założyć w przyszłości. Aby uporządkować pomysły, wykorzystajcie mapę myśli.



A. Zaznacz poprawne formy czasowników.

- 1 Six men carryed/carried the piano into the concert hall.
- 2 Christina lay/lie to her parents again.
- 3 We stoped/stopped the car engine when it started making a strange noise.
- 4 She played/plaied the violin in primary school.
- 5 I opened/openned the lion cage very carefully.
- 6 I likeed/liked the exhibition very much.
- 7 We studyed/studied at this university a few years ago.
- 8 The people run/ran out of the burning factory.
- 9 Jack cleaned/cleant the flat when I was at work.
- 10 The ball hit/hitted her right in her face in the 1st minute of the match.
- 11 My parents fighted/fought really hard to keep this huge house in our family.
- 12 Mary sat/sit at her desk and stared at the computer screen. The message she'd just received was truly shocking.

B. Uzupełnij zdania, używając konstrukcji used to z czasownikami podanymi w nawiasach.

- 1 I (be) in the school swimming team a few years ago.
- 2 (you/learn) French at university?
- 3 What games (you/play) in your first years at primary school?
- 4 We (have) a big, brown Dobermann some 10 years ago. It was a wonderful dog.
- 5 I (not spend) so much time surfing the Net when I was a child.
- 6 (they/be) so annoying in primary school? Or have they changed only recently?
- 7 I (not like) beetroot so much. It's my favourite vegetable these days, but I used to hate it only a couple of years ago.
- 8 My mother (be) very stressed out, but all of this has changed since she started her new job.

C. Zakreśl w zdaniach poprawne formy czasowników.

- 1 I met/was meeting her at the park. She had/was having a sandwich for lunch.
- 2 We went/were going on a safari last year. We visited/ were visiting a huge national park in Kenya.
- 3 The teacher told/was telling Mark to go to the principal's office because he refused/was refusing to come to the blackboard.
- 4 I was having/used to have horse-riding lessons when I went/was going to primary school.
- 5 She walked/was walking nervously outside the doctor's office when they called/used to call her in.
- 6 It was very quiet in the library. Some people were taking/ took notes while the librarian used to sit/was sitting at her desk.
- 7 Tom and Anna were already waiting/already waited for me when I finally arrived/was arriving at the station.

8 Was Patrick at the parents' meeting yesterday? Yes, he was. He was wearing/wore a green jacket.

9 The thieves stole/were stealing my wallet while I was looking/looked through the dresses at the department store.

D. Przetłumacz podane zdania na język angielski.

1 Kiedyś dużo graliśmy w siatkówkę, ale teraz nie mamy niestety na to czasu.

2 Spotkałam Davida gdy wyprowadzałam mojego psa na spacer.

3 Gdy zobaczyliśmy Annę, natychmiast zatrzymaliśmy samochód.

4 Kiedy czytałam książkę, Frank zaczął sprzątać mieszkanie.

5 O pierwszej w nocy, Tina nadal próbowała skończyć prezentację na biologię.

E. Uzupełnij luki w tekście odpowiednią formą past simple lub past continuous czasowników podanych w nawiasach.

I'm writing to tell you about the final exam I 1 (take) yesterday. The exam 2 (start) at 9 am. I 3 (get) up a bit late, because I had spent most the previous night revising. So when I 4 (arrive), most of our group 5 (already/wait) outside the exam room. Some people 6 (read) their notes while others 7 (chat) quietly. My name 8 (be) fourth on the list, so I 9 (go) in at about 11. I 10 (draw a set of questions) and 11 (sit) down at a desk at the back of the room to prepare while the person before me 12 (still/answer) her questions. When I 13 (open) the envelope with the exam questions, I 14 (have) a horrible feeling. But after a moment, I 15 (feel) better, because, in fact, three out of four questions 16 (be) easy for me. I 17 (revise) this material thoroughly before the exam. So I must say my exam 18 (go) very smoothly, and I 19 (leave) the exam room feeling quite satisfied with myself. After everybody in my group had taken the exam, the exam board 20 (announce) the results. I couldn't believe my ears when I 21 (hear) that I 22 (manage) to get the best score in my group! No wonder I'm going to celebrate, and that's, in fact, why I'm writing

2

Review

- 1) Write down three things that can go wrong when you're doing some sport.

- 2) Write down three sports that you don't need any equipment for.

- 3) Write down three sports for which you need to have strong legs.

- 4) Write down three sports which do not end in -ing.

- 5) Write down three items of clothing which you wear or equipment that you use for some sports.

- 6) Write down three individual and three team sports that Polish people are good at.

- 7) Write down two national sports in Poland, Great Britain, and the USA.

- 8) Write down the top five most famous sportspeople and their sports.

- 9) Write down three sports competitions that are interesting for you.

- 10) Complete 'people' (e.g. sportspeople) nouns. Then tell your partner which of these nouns you would use to describe yourself and which to describe somebody you know.

1 com _____ i tor

4 champ _____

2 support _____

5 spe _____ tor

3 t _____ ner

6 refe _____

- 11) Complete the questions with the missing words. Then ask and answer the questions in pairs.

1 Would you ever _____ to a sports camp?

2 Why do people like to _____ half-marathons?

3 Why is it so difficult to _____ regular exercise?

4 What's the best way to _____ young people to take up sport?

5 Which sports do you like _____ on TV?

6 Do you _____ any sports apps on your phone?

- 12) Fill in the missing words. Then ask and answer the questions with a partner.

Do you know?

1 Which Polish sportsperson broke a world _____ ?

2 Which known sportsperson had some _____ off in their sporting career?

3 Which football players have scored the most _____ this season?

4 Which sportsperson got an _____ ? What happened?

5 Has your favourite sportsperson taken part in a sporting _____ recently? Did they win?

1

Review

- 1> Write down the opposites of the following adjectives:

honest _____ mean _____ confident _____ quiet _____

- 2> Find the odd one out in every horizontal line.

ambitious	lazy	hard-working	reliable
friendly	silly	helpful	kind
bossy	nasty	polite	rude
modest	quiet	shy	sociable
reliable	sensitive	trustworthy	honest

- 3> Complete the questions with the missing words. Then ask and answer them in pairs.

- 1 In what jobs do people have to _____ secrets?
- 2 Give three events/activities you are looking _____ to.
- 3 Which Polish comedian(s) can always _____ people laugh? / What jokes or memes have _____ you laugh recently?
- 4 Which Polish politician(s) find(s) it easy to _____ in public? Which politicians don't?
- 5 Which artist, sportsperson, or celebrity has got into _____ recently?
- 6 What hobby would you advise the Polish president to _____ up to relax?

- 4> Write down three adjectives which do not describe your personality at all.

- 5> Write down three adjectives of personality that describe your best friend.

- 6> Write down three adjectives to describe how people usually feel at school.

- 7> Write down three adjectives to describe your favourite book / film / TV series character. Then read the adjectives to your partner, asking him/her to guess if the character you are describing is from a film, book, or TV series. Give your partner more clues if necessary.

- 8> Write down three hobbies or interests that you can do indoors and three that you usually do outdoors.

- 9> Write down three hobbies or interests which you cannot do on your own.

- 10> Write down three hobbies or interests which you can do online.
