

Task A

Instruction: Look at the pictures. Complete the sentences with the present simple or present continuous tense.

normally	today	normally	today
 1 stay in bed late	 get up early	 4 go swimming	 vacuum the floor
 2 watch TV	 do the shopping	 5 play a computer game	 cook the dinner
 3 play football	 wash the car	 6 stay up late	 go to bed early

1. (ex) They normally stay in bed late, but they're getting up early today.
2. They usually _____ in the morning, but they _____ today.
3. Jack normally _____ in the afternoon, but he _____ today.
4. Suzie normally _____ in the afternoon, but she _____ today.
5. They usually _____ in the evening, but they _____ today.
6. They normally _____ on Saturday night, but they _____ today, because they're very tired.

Task B

Instruction: Fill in the following blanks with appropriate verbs.

My name's Petra. My friends and I am helping with the fundraising day. We usually
 2. _____ (go) swimming on Saturday mornings, but we 3. _____ (not go) swimming
 today. We 4. _____ (cook) hamburgers and sausages, and we 5. _____ (sell) them to
 people. It's quite hard work, but Mrs Dean 6. _____ (help) us. She 7. _____ (teach)
 Cookery here at the school. I 8. _____ (think) the fundraising day is a great idea, because we
 all 9. _____ (want) to help our friends in Kenya.

Task C

Instruction: Choose the correct words to complete the phrases. Then, complete the email with some of the phrases.

- 1 enter / join a competition or tournament
- 2 win / score a prize, medal, game or match
- 3 score / win a goal or point
- 4 give / lose a game or match
- 5 win / beat the other team
- 6 have / join a go at something
- 7 join / enter a club
- 8 give / join (someone) the chance
- 9 miss / enter an opportunity to do something

Task D

Meet Ntando Mahlangu, Paralympian

In 2016, aged 14, Ntando Mahlangu, an amputee runner, did what many people his age would love to do: he became a silver medallist at the Paralympics in Rio. Ntando is from South Africa, where, in 2012, he received his first blades -- the equipment he wears which helps him run - from Jumping Kids. This organisation gives young people like Ntando the chance to do something they were unable to do before.

In an interview Ntando says his disability has never been a problem for him: 'I was always active.' But before he got his running blades, Ntando couldn't walk for long distances. He played football with his friends, but he was shorter than them and sometimes there were disadvantages,' he says. Just four years after getting his blades, however, Ntando was one of the youngest competitors at the Rio Paralympics and he now often takes part in competitions for para-athletes.

Ntando has been very successful. He's won several medals and has broken a world record in his sport. Although he's making excellent progress at the moment, Ntando doesn't like to say much about his talent. 'If I achieve my goals, I always say that I am honoured to do that,' he says. Ntando knows that some sportspeople would love to reach their goals but aren't able to. Ntando could do even better in future Paralympics in Tokyo and Paris. He would love to get there and win more medals but is realistic. He understands that there is always the possibility of injuring himself beforehand, like there is for any athlete. Some athletes say they're definitely running at the next Paralympics, but this is something Ntando doesn't say: he knows he can't be sure of that.

For Ntando, it's people who are more important than medals. He wants to show people that he respects others. If he can respect the person he's running next to, he says, then everyone watching him on TV at home can respect each other, too. Ntando believes anyone can make a change in society and that it isn't necessary to be the president of a country. At the time of writing, Ntando is planning to compete at another important para-athletics competition.

