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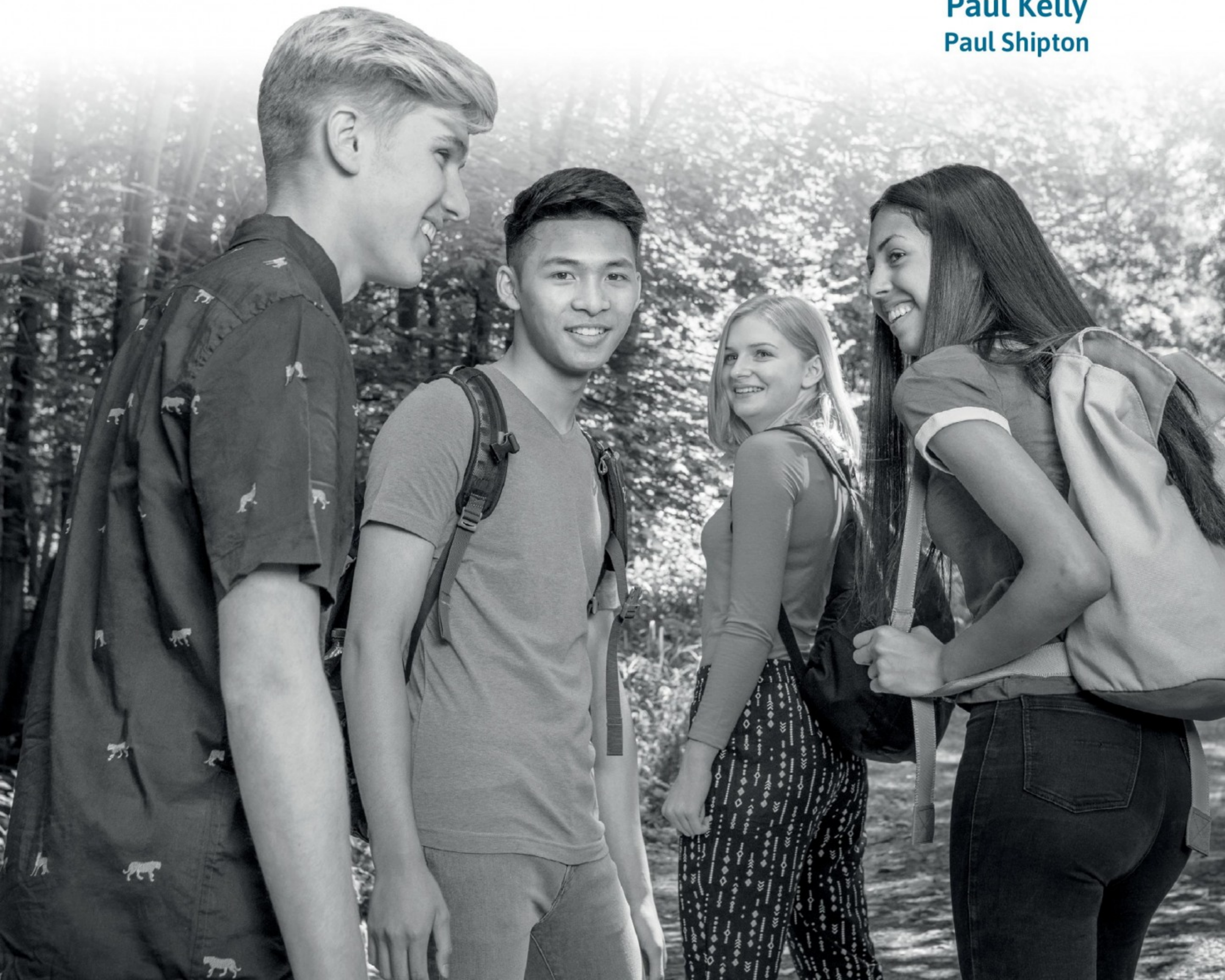
# Project 4

## Explore

### Upgraded

### Workbook

Paul Kelly  
Paul Shipton





# Project 4 Explore

**Upgraded**

**Workbook**

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**Guide for Classroom Presentation Tool**

**OXFORD**  
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Based on an original concept  
by Tom Hutchinson



# INTRODUCTION

## Vocabulary

### Phrasal verbs for relationships

- 1 ★ Match the phrasal verbs in the box to the definitions (1-7).

catch up with   get on with   ~~fall out with~~  
hang out with   hit it off   make up with   put up with

- 1 have an argument with someone  
fall out with
- 2 spend time with someone  
\_\_\_\_\_
- 3 like each other from the moment you meet  
\_\_\_\_\_
- 4 accept an annoying person or someone's annoying behaviour  
\_\_\_\_\_
- 5 become friends with someone again after an argument  
\_\_\_\_\_
- 6 have a friendly relationship with someone  
\_\_\_\_\_
- 7 talk to someone to discuss the latest news  
\_\_\_\_\_

- 2 ★★ Complete the sentences.

- 1 How can you put up with your brother's behaviour? He isn't nice to you!
- 2 I can't talk now, but I'll catch \_\_\_\_\_ with you later!
- 3 I've got two sisters and we get \_\_\_\_\_ really well with each other.
- 4 Please keep \_\_\_\_\_ touch when you move to France!
- 5 All my friends hang \_\_\_\_\_ in the shopping centre at weekends.
- 6 I met Jamie in April and we really hit it \_\_\_\_\_. He's such a nice person!

- 3 ★★★ 📝 Over to you! Write a short paragraph about your relationship with a friend or relative. Use phrasal verbs for relationships.

I get on very well with my cousin, Mina. She lives in another town, but we keep in touch on social media.

## Grammar

### Present tense review

- 4 ★ Circle the correct words.

- 1 My sister and I get on / are getting on quite well.
- 2 I **don't understand** / 'm not understanding this exercise.
- 3 **Do you study** / Are you studying now?
- 4 How often **does Mike call** / is Mike calling you?
- 5 I'm afraid Pierre **doesn't know** / isn't knowing what to say now.
- 6 We never **hang out** / are hanging out on Mondays.
- 7 What time **does the shopping centre open** / is the shopping centre opening?
- 8 Where **do you go** / are you going?

- 5 ★★ Complete the text with the present simple or present continuous forms of the verbs in brackets.



In this photo, I'm with my friend Naomi. We <sup>1</sup>re sitting (sit) in her living room and we <sup>2</sup>\_\_\_\_\_ (play) video games. I <sup>3</sup>\_\_\_\_\_ (think) Naomi <sup>4</sup>\_\_\_\_\_ (win) because she <sup>5</sup>\_\_\_\_\_ (smile) and I <sup>6</sup>\_\_\_\_\_ (not look) very happy. Naomi is into social media. She <sup>7</sup>\_\_\_\_\_ (make) a lot of videos and <sup>8</sup>\_\_\_\_\_ (post) them on social media every day. She isn't very famous yet, but she <sup>9</sup>\_\_\_\_\_ (know) a lot of people. Naomi and I <sup>10</sup>\_\_\_\_\_ (not hang out) very often, but we <sup>11</sup>\_\_\_\_\_ (keep) in touch.



- 6 ★★★ 📝 Over to you! Answer the questions.

- 1 What are you doing now?  
I'm doing English exercises.
- 2 What do you usually do after school?
- 3 What are your family doing now?
- 4 Imagine it's Sunday morning. What's happening at your house?
- 5 What does your typical weekend look like?
- 6 Look around you. What do you see and hear? What are the people doing?



## Vocabulary Genres

### 7 ★ Circle the correct words.

- All the songs in this **sci-fi** / **(musical)** are fantastic.
- There's a new **crime drama** / **comedy** at the cinema. My brother says it's very funny.
- The films about Indiana Jones are my favourite **detective story** / **action and adventure** films. So many exciting and dangerous things happen!
- When I read a **mystery** / **horror** story, I can't wait to read the ending and find out what happened.
- My younger sister loves **drama** / **animation** films like *Frozen*.
- The Lord of the Rings* by JRR Tolkien is my favourite **fantasy** / **sci-fi** novel. I think the elves and the wizard Gandalf are my favourite characters.

### 8 ★★ Write the film and book genres for the definitions.

- a film that makes you laugh: comedy
- a film or book in which you find out the answer to strange events or a crime: \_\_\_\_\_
- a film made with pictures and drawings: \_\_\_\_\_
- a book or a film about unreal creatures, wizards or magic: \_\_\_\_\_
- a film or a TV show about police officers or detectives looking for a criminal: \_\_\_\_\_
- a film or a book that often talks about people and relationships between them: \_\_\_\_\_
- a scary film: \_\_\_\_\_
- a film in which actors sing and dance: \_\_\_\_\_
- a film or book about events in the future that often includes space travels: \_\_\_\_\_

### 9 ★★★ Over to you! Complete the sentences.

- I often watch comedies and fantasy films.
- I don't like watching \_\_\_\_\_.
- My favourite book genre is \_\_\_\_\_.
- I'm not into \_\_\_\_\_ books.
- I prefer watching \_\_\_\_\_ to \_\_\_\_\_.
- The last film I saw in the cinema was a(n) \_\_\_\_\_.

## Grammar Pronouns and possessives

### 10 ★ Circle the correct words.

- This is my sister, Marissa. I often help **she** / **(her)** / **hers** with homework.
- Leo and I are riding **ours** / **my** / **our** bikes in the park.
- The city of Amsterdam is famous for **its** / **his** / **their** beautiful bridges.
- This isn't your book. It's **me** / **mine** / **my**!
- These are my friends, Aleks and Mateo. I often hang out with **their** / **theirs** / **them** after school.
- Ellie, is this pen **your** / **her** / **yours**?

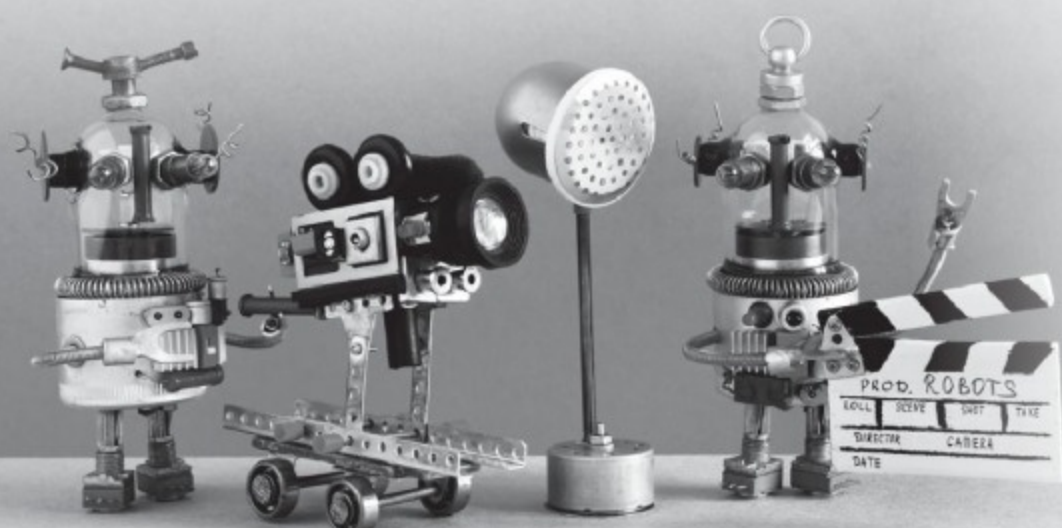
### 11 ★★ Complete the sentences with the words in the box.

he him I me mine my our ours she  
their theirs them us we you your

- There are two new comedies at the cinema. I want to see them.
- We've got an aunt who lives in Prague, but \_\_\_\_\_ keeps in touch with \_\_\_\_\_ and visits us a lot.
- 'Is this Tom's parents' new car?' 'No, it isn't \_\_\_\_\_. \_\_\_\_\_ car is blue.'
- I'm Mark and this is \_\_\_\_\_ best friend, Leo. At school, \_\_\_\_\_ sits next to \_\_\_\_\_ in English classes, and I do all the exercises with \_\_\_\_\_.
- Carla and I are into music. \_\_\_\_\_ have piano lessons together every week. \_\_\_\_\_ teacher's name is Mrs Shaw.
- 'Ollie and Milo, do you live here?' 'No, this house isn't \_\_\_\_\_. We live at the end of the street.'
- Lena, are \_\_\_\_\_ using \_\_\_\_\_ laptop now? I have a problem with \_\_\_\_\_. It doesn't work and \_\_\_\_\_ really need to finish my homework today.

### 12 ★★★ Find and correct the mistake in each sentence.

- I've got two cousins in Wales, but I don't see her very often.  
I've got two cousins in Wales, but I don't see them very often.
- 'Is this Maya's bag?' 'Yes, I think it's she's.'
- What a beautiful building! Let's take a photo of its.
- Emily is going shopping. Why don't we go with hers?
- This isn't Jim's bike. That one over there is him.
- Do you and your brother sometimes play football with yours dad?





# 1

# SOCIAL CIRCLES

## 1<sup>A</sup> CLASSMATES

### Vocabulary

#### Personality adjectives

#### 1 ★ Read the sentences and complete the words.

- Ann is really s e n s i b l e and always acts the right way in every situation.
- Why is Dan so    gre        v     and always looking for a fight?
- One minute Sam is happy, the next minute he's sad; he's so    oo    !
- Zoe is s        i     and only thinks about herself and not others.
- Liam is really c            g with his grandmother and always helps her.
- Dara gets j            ou     and often feels angry about what other people have.

#### 2 ★★ 001 Listen to eight descriptions of people. Choose an adjective in the box to describe each person. There is one adjective that you do not need.

competitive cruel honest jealous loyal  
moody self-confident sensible sensitive

- Andy: self-confident
- Hannah:
- Mia:
- Oscar:
- Harry:
- Olivia:
- Jenny:
- Tom:

#### 3 ★★★ Over to you! Think of a personality adjective to describe five people that you know. Explain why you have chosen this adjective.

My sister is competitive. She always  
wants to win when we play board  
games together.

### Grammar

#### Present perfect



#### 4 ★ Circle the correct words.

- A How long / ever have you had a mountain bike?  
B I've had one **for** / since last Christmas.
- A Has Jake **ever** / never tried mountain climbing?  
B No, he's **ever** / never been to the mountains!
- A How long **has** / have your friends known each other?  
B They've **know** / known each other for five years.
- A How long has Zara had that smartphone?  
B **Since** / For the weekend. She's **ever** / just bought it.
- A **Have** / Has you ever lived in another town?  
B No. I've lived here **since** / for I was born.
- A How long has Sam **play** / played for the school rugby team?  
B He's played for the team **since** / for six months.

#### 5 ★★ Complete Jamal's answers with the words in the box.

ever for just long never since

How <sup>1</sup>long has my sister been in New York? That's a good question! I think she's been there <sup>2</sup>                     three months...let's see, she's been there <sup>3</sup>                     January so, yes, nearly three months. Has she <sup>4</sup>                     worked there? Well, she's <sup>5</sup>                     found a job, actually! She started this week. No, she's <sup>6</sup>                     been to San Francisco, but now she's got a job, she hopes she'll have the money to travel more. Yes, yes, she's having...





## 6 a ★★ Write the correct question forms.

- How long / you / have / a dog?  
How long have you had a dog?
- you / ever / study / at a different school?
- How long / your mum / study / English?
- How long / you / know / your best friend?
- How long / your family / live / in your house?
- you / ever / work out / at the gym?

## b ★★★ Over to you! Answer the questions from exercise 6a so they are true for you.

- I've never had a dog.
- 
- 
- 
- 
- 

## Reading

### 7 a ★★ Read the blog. Complete the interview with the questions.

- What have you climbed since then?
- Can you tell us a good thing and a bad thing about your hobby?
- Would you like to take part in competitions?
- How long have you been a climber?
- Have you ever climbed a mountain on your own?
- How did you start?

### b ★★★ Read again. Which three things does Leah not talk about?

- positive and negative things about climbing
- best experience of climbing
- what she climbs
- climbing alone
- her best friend from climbing
- first experiences
- time she has spent climbing
- who her favourite climber is

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# STOKE PARK

## School blog

### My hobby... rock climbing

Every week on the SPS blog, we interview a student about their hobby. This week, it's the turn of Year 11 student Leah Samra to talk about hers: rock climbing!

SPS: Leah, <sup>1</sup> D

**Leah:** I started when I was nine. I wasn't interested in sports like basketball or judo, and then my mum saw there was a junior climbing club at the gym that she went to.

SPS: <sup>2</sup>

**Leah:** I started on an indoor climbing wall at the gym. Everybody starts on one of those. I went on Saturday mornings for two hours and I loved it.

SPS: <sup>3</sup>

**Leah:** I've climbed different walls. There are a lot of different types of walls and you can make them easier or more difficult. I've also gone with the club to the mountains in north Wales once a month for the last three years.

SPS: <sup>4</sup>

**Leah:** No, I've never done that. Nobody at my club ever climbs on their own; they always go with someone who can help if there's a problem.

SPS: <sup>5</sup>

**Leah:** I'd like to, and more and more girls are winning them. However, it's very competitive and you have to train a lot. I also like climbing with others. When you climb with a team, you work together and there's a good atmosphere. People feel loyal to the team and quite caring towards the other members.

SPS: And here's the last question for you, Leah.

<sup>6</sup>

**Leah:** Well, there are a lot of good things, but the one I would mention is that it has made me self-confident. On the negative side, I would say that climbing leaves you feeling very, very tired! You have to concentrate very hard all the time and at the end of a climb your body and your brain are exhausted!



## Vocabulary

### Relationship expressions

#### 1 ★ Circle the correct words.

- We aren't very keen at / on our new swimming trainer. She's very aggressive.
- Vanessa let me **down** / **on** and didn't help me with my maths homework.
- I got **of** / **to** know my cousins on holiday in Ireland.
- We've got a lot **on** / **in** common and really enjoy doing outdoor activities.
- I'm fond **of** / **on** Max, but that doesn't mean I want to spend all my time with him.
- Get in touch **to** / **with** me when you get back from New York.

#### 2 ★★ Replace the underlined words with the correct form of the words in the box.

dislike get in touch with  
hate let me down socialize

- Nick didn't support me let me down when I had a problem with that boy from class D.
- Sara really can't stand \_\_\_\_\_ people that are cruel to animals.
- My neighbour doesn't like \_\_\_\_\_ young people having a good time!
- We go out \_\_\_\_\_ a lot at the weekends, but during the week we have to study.
- My mum asked me to tell you to contact \_\_\_\_\_ her.

#### 3 ★★★ Over to you! Answer the questions so they are true for you.

- Who have you got a lot in common with in your family?  
I've got a lot in common with my cousin Sean.
- Which celebrity would you like to socialize with?  
\_\_\_\_\_
- Who do you first get in touch with when you've got good news to tell?  
\_\_\_\_\_
- Who are you not fond of and why?  
\_\_\_\_\_
- Have you got to know any new people recently? Who?  
\_\_\_\_\_
- Has someone ever let you down? What happened?  
\_\_\_\_\_

## Grammar

### Past simple and past continuous



#### 4 ★ Complete the sentences with *when* or *while*. Then decide if the underlined words are past simple (PS) or past continuous (PC).

- We saw our favourite film star while we were visiting Hollywood! PC
- Ali let me down \_\_\_\_\_ we were working on the project. \_\_\_\_\_
- Tim and Nina were dancing \_\_\_\_\_ Alex took a photo on his phone. \_\_\_\_\_
- Maddy was playing hockey \_\_\_\_\_ she broke her leg. \_\_\_\_\_
- \_\_\_\_\_ Ben was waiting for a bus, he saw a friend from his old school. \_\_\_\_\_
- My mum was working \_\_\_\_\_ I phoned her. \_\_\_\_\_

#### 5 ★★★ Complete the text with the correct past simple or past continuous form of the verbs in brackets.

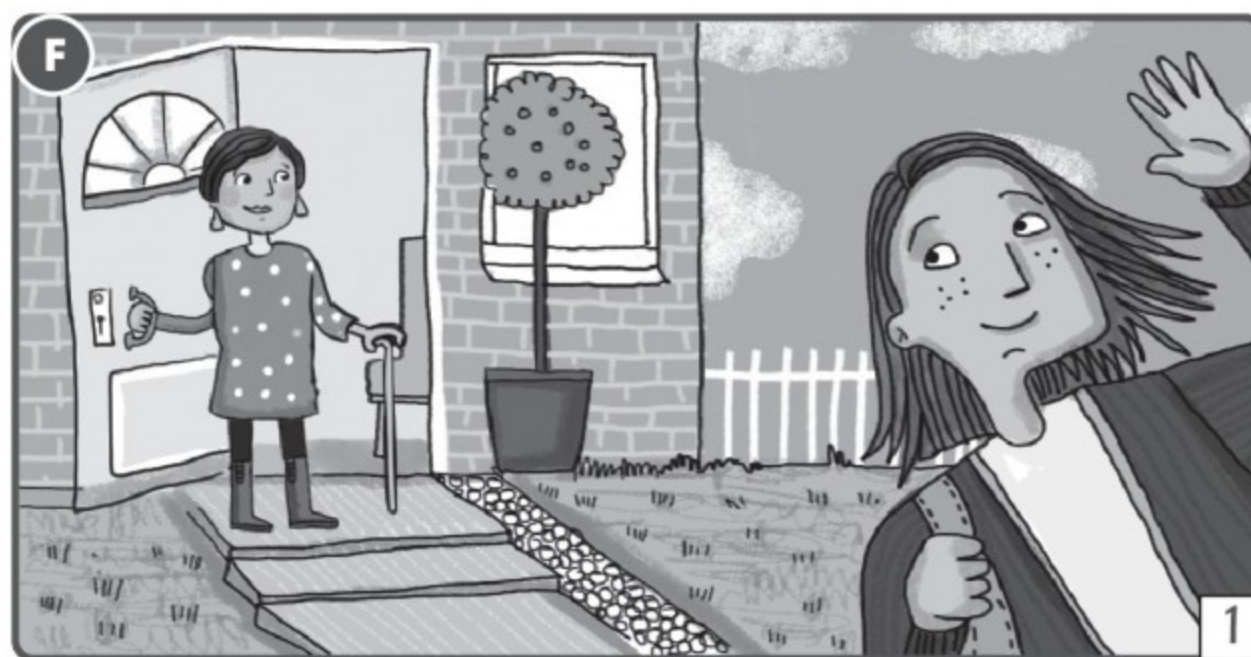
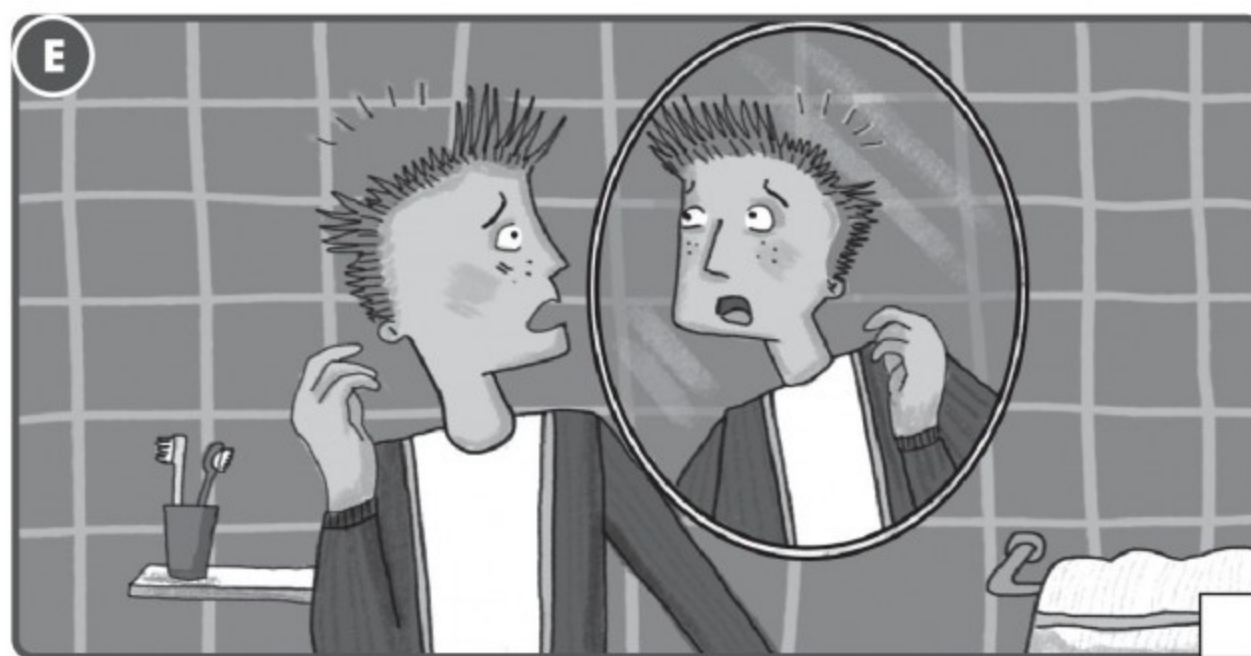
I like Leila. I <sup>1</sup>met (meet) her at Noah's party last weekend. She <sup>2</sup>\_\_\_\_\_ (wear) a red T-shirt when she arrived, but some food <sup>3</sup>\_\_\_\_\_ (fall) on it! When I <sup>4</sup>\_\_\_\_\_ (see) her again later, she was wearing a blue one! While we <sup>5</sup>\_\_\_\_\_ (talk), I invited her to come to the cinema with me and she said 'yes'. I <sup>6</sup>\_\_\_\_\_ (be) really happy because I'd like us to become friends.





## 6 ★★★ Underline and correct the mistakes in the sentences.

- 1 Were you getting in touch with your French friend while you were visiting Paris?  
Did you get in touch with your French friend while you were visiting Paris?
- 2 Amy was shopping when she was seeing the boy she dislikes.  
\_\_\_\_\_
- 3 I arrived home while my dad cooked dinner.  
\_\_\_\_\_
- 4 We were living in London while we met Beth.  
\_\_\_\_\_
- 5 Ben read a blog post when Lisa phoned him.  
\_\_\_\_\_
- 6 Why weren't you visiting Brazil while you were travelling in South America?  
\_\_\_\_\_



## Listening

### 7 a ★ Put the pictures in the correct order (1-6).



**b ★ 002** Listen to the story and check your answers to exercise 7a.

**c ★★★ 002** Listen again and complete the sentences.

- 1 This story is about a terrible haircut that I had a few years ago.
- 2 \_\_\_\_\_ we were playing a game in the living room, I \_\_\_\_\_ realized that his older brother, Alex, was looking at me.
- 3 \_\_\_\_\_, I went to the kitchen with Alex. Meanwhile, Tom continued \_\_\_\_\_.
- 4 \_\_\_\_\_ Tom saw me, he started laughing.
- 5 \_\_\_\_\_ I looked in the mirror, I didn't laugh...I cried!
- 6 \_\_\_\_\_, I left Tom's house and went home.
- 7 \_\_\_\_\_, everybody at school laughed at me!
- 8 \_\_\_\_\_, I decided to always go to the hairdresser's.



# 1<sup>c</sup> STARTING POINTS

## Vocabulary

### Origins

#### 1 ★ Complete the words.

- 1 Not many plants and animals can survive in a desert habitat.
- 2 The p\_\_\_\_\_ of London is over eight million.
- 3 We need to look after natural r\_\_\_\_\_ like water.
- 4 You can use websites to find out where your a\_\_\_\_\_ came from.
- 5 A shortage of jobs in the country led to the m\_\_\_\_\_ of many young people to cities.
- 6 Because of our g\_\_\_\_\_, we've all got blue eyes in my family.

#### 2 ★★★ Complete the sentences with the correct words.

- 1 The population of the world is over eight billion, and it's still growing.
- 2 We inherit our \_\_\_\_\_ from our parents: half from our father and half from our mother.
- 3 The Amazon rainforest is the perfect \_\_\_\_\_ for thousands of animal species.
- 4 The drought resulted in a huge \_\_\_\_\_ of people to the south of the country, hoping to find food and water.
- 5 A lot of Americans like to visit other countries to find out about the history of their \_\_\_\_\_.
- 6 Water and soil are two of our most valuable \_\_\_\_\_.

## Grammar

### Conjunctions

#### 3 ★ Complete the sentences with the conjunctions in the box.

although because but so until when while

- 1 Although it's a difficult book, I'm going to read *On the Origin of Species*.
- 2 Alice didn't come to class today \_\_\_\_\_ she is ill.
- 3 I enjoyed the documentary, \_\_\_\_\_ I didn't think it was as interesting as people say.
- 4 Liam texted a friend \_\_\_\_\_ the coach was explaining what we had to do.
- 5 Sam has to study this weekend, \_\_\_\_\_ he won't come to the party.
- 6 \_\_\_\_\_ we've answered all the questions, we can't leave class.
- 7 \_\_\_\_\_ scientists discovered the Denisovans, people were really surprised.

#### 4 ★★ Complete the text with the correct conjunctions.

I enjoyed the documentary about our ancestors on TV last night <sup>1</sup>because I'm interested in history. <sup>2</sup>\_\_\_\_\_ the programme was long, I didn't get bored. I'm doing a project on Neanderthals, <sup>3</sup>\_\_\_\_\_ it also helped me with that. In fact, <sup>4</sup>\_\_\_\_\_ I was watching it, I made some notes! Actually, I didn't use to like history <sup>5</sup>\_\_\_\_\_ we started studying the first humans. I used to think history was just about dates and facts, <sup>6</sup>\_\_\_\_\_ now I've learned that it is much more than that.

#### 5 ★★★ Over to you! Complete the sentences so they are true for you.

- 1 Although I like geography, I prefer studying history.
- 2 Until I was \_\_\_\_\_, I couldn't \_\_\_\_\_.
- 3 I \_\_\_\_\_ last weekend because \_\_\_\_\_.
- 4 I want to \_\_\_\_\_, so \_\_\_\_\_.
- 5 While I \_\_\_\_\_, my classmates \_\_\_\_\_.
- 6 I \_\_\_\_\_ last year, but \_\_\_\_\_.
- 7 I was really surprised when \_\_\_\_\_.