

PROGRESS TEST FILES 1–3
Listening 1

Presenter If you ate too much at Christmas, maybe it's time to get out and get fit this New Year. But don't worry, if you dread the gym and can't stand celebrity exercise programmes, then dancing your way to fitness may be just for you.

Carol In the studio today, dance school owner and teacher, Carol Moore, is here to answer all the questions you might have about taking up dance classes. Hi Carol. Hi.

Presenter So, how long have you been running dance classes?

Carol Oh, well, I started the dance school almost ten years ago when I was only twenty. So, I've been in this business a very long time now.

Presenter Are most of your students young?

Carol Well, a lot of people who come are young, and I don't get so many older people, but I like to think that it doesn't matter how old you are. We have lessons every day except Sunday and Monday, and everybody's welcome – you're never too old to dance.

Presenter So, why is dancing a good way to keep fit?

Carol Well, dancing is more fun than the gym. It's an enjoyable way to exercise and you're learning new moves and dances every week. I think that dancing is a popular form of exercise because of the social aspect that comes with it. You can attend with your friends or make new friends at the class. Dancing is cardiovascular exercise so it keeps your heart healthy.

Presenter I read recently that dance is becoming more popular than sport with young people. Do you think that's true?

Carol Absolutely. And the statistics prove it. The number of people playing football in Britain is going down, but the number of young people dancing is rising steadily. Did you know that an estimated 5 million people take their exercise at dance classes, which is a lot more than play football? In fact, dance exercise is one of the most phenomenal growth areas of twenty-first century sport and social culture in Britain. As to why, well, I think it's because people like to look good while they are exercising, and you look great when you're dancing. And people like to do individual sports. With dance, as with other individual sports, you set your own limits, improve at your own speed, and you're never embarrassed. In team sports, there's always someone who is better than you, it's very competitive, and you feel terrible when you make mistakes.

Presenter Which is your most popular class?

Carol We do ballet, tap, and street dancing, but not jazz or salsa dancing. Ballet is most popular with the children but I would say that adult classes are equally as popular as each other – street dancing is very popular with teenagers, too. I think that joining a dance class gives you a sense of discipline and confidence as well as keeping you fit. Like everything, it's what you make of it. I started dancing because my sister, who is really shy, wanted to learn, so I went along to keep her company – that was twenty years ago!

PROGRESS TEST FILES 1–3
Listening 2

1

Pete Hi Jane. Do you have a moment? We're considering Sophia for the new sales job. How would you describe her qualities?

Jane Sophia? Oh. That's a difficult one. Well, her strengths are that she works hard and gets on well with everybody. She tends to want everything to happen straightaway – that's a fault. She needs to think things through more sometimes. A lack of experience, I'd say. And I suppose she needs to be tougher at times – she needs to be better at telling people what she thinks. But she's just such a kind and thoughtful person that, well, she's too worried about upsetting someone, isn't she?

2

Kay Oh, Tim. You don't look well. How are you feeling?

Tim Oh, awful. I was sick this morning, my throat really hurts when I swallow or speak even, and I just can't keep anything down. I've got red spots all over my chest. And it feels like somebody's trying to break into my head with a hammer – my head really aches. But it's not as if I've got a high temperature or streaming cold. I reckon I've had some sort of allergic reaction to something.

3

Laura Have you ever been mugged, Joe?

Joe I have, yeah, once. It was at a cashpoint. Not at knifepoint or anything really scary, though. Not like my mate Paul – held up by a guy with a gun. Anyway, I was going on a trip and had just taken some money out when someone grabbed it from me and punched me so hard that I fell against the wall. I was so shocked I didn't do anything. I just stood there then sort of shouted 'hey' rather feebly. But he'd already got away.

4

Jack What will you do if it rains tomorrow, Helen?

Helen Come straight back home I suppose, but it's hardly likely, is it? Not after the spell of weather we've been having. Mind you, I heard that it isn't going to be quite such a scorcher as today.

5

Rachel What clothes did you wear when you were younger, Ben?

Ben Oh, I've never been very fashionable. I used to wear terrible jeans that didn't fit me and tight, patterned shirts. But I did once have a leather jacket that all my friends used to love. I looked quite stylish in it, apparently.