

1 Choose the correct options to complete the sentences.

- 1 *That / (What)* Suzi needs to do right now is focus.
- 2 *All / The only* I care about at the moment is getting fit.
- 3 *He / It* was Michael who inspired me to take up abseiling.
- 4 One person *that she has / that has* always been there for me is my mother.
- 5 *Everything / All* he did was swing the bat and hope for the best.
- 6 *What / It* is unfortunate that we have to work tomorrow.
- 7 *The only thing / The only* that matters is that you tried your best.
- 8 *Something / Some things* you could try is breathing exercises.

2 Decide if sentences A and B in each pair have a similar (S) or different (D) meaning.

- 1 A don't want to do anything else apart from rest.
B The only thing I want to do is rest. S
- 2 A It was a total surprise that I was selected for the team.
B The last thing I was expecting was to be selected for the team.
- 3 A Gwen listens to her coach more than anyone.
B The only person Gwen listens to is her coach.
- 4 A I'm not saying anything other than that it's a dangerous way to burn off calories.
B All I'm saying is that it's a dangerous way to burn off calories.
- 5 A I wouldn't recommend training exclusively on a flat surface.
B Something you shouldn't do is train exclusively on a flat surface.
- 6 A The first time I went surfing I couldn't even stand up.
B The one time I tried surfing I couldn't even stand up.

3 Correct the mistakes in the sentences. Three sentences are correct.

- 1 The only thing that it is difficult for me is breathing steadily. X that is difficult
- 2 One thing we always look forward to is visiting our cousins in Vancouver.
- 3 What he did was changing his schedule a little bit.
- 4 All I say is that it might be too expensive.

- 5 Something I can't put up with is laziness.
- 6 Now I remember. It was your brother that he broke his arm, not you.
- 7 All you needed to do was ask.
- 8 What does she need is a good fitness tracker.

4 Complete the sentences with a phrase in the box.

combat fatigue might did
have done is time I would consider
might help the muscles recover with some sadness

- 1 It is with some sadness that I announce my retirement from professional competition.
- 2 Something that is taking an ice bath.
- 3 What she ought to build up her lower-back strength first.
- 4 The only giving up is if I was injured.
- 5 All Nora was stick rigidly to her training plan.
- 6 One way to be to imagine the finishing line.

5 Rewrite the sentences with a cleft sentence. Begin each sentence with the words in brackets.

- 1 I don't know of anywhere that runs boxing classes apart from the gym. (The only)
The only place I know of that runs boxing classes is the gym.
- 2 You don't need more than a pair of trainers. (All)
.....
- 3 Krystina didn't win; Karolina did. (It)
.....
- 4 I admire Lily's honesty most. (What)
.....
- 5 I've always been amazed by how quickly kids learn to skate. (Something)
.....
- 6 It's a mystery why Milo hasn't been more successful. (Why)
.....

1

- 2 All
- 3 It
- 4 that has
- 5 All
- 6 It
- 7 The only thing
- 8 Something

2

- 2 S
- 3 D
- 4 S
- 5 S
- 6 D

3

- 2 ✓
- 3 X ...was **change** his schedule...
- 4 X All **I'm saying** is...
- 5 ✓
- 6 X ...brother **that / who broke** his...
- 7 ✓
- 8 X What **she needs** is...

4

- 2 might help the muscles recover
- 3 have done is
- 4 I would consider
- 5 did
- 6 combat fatigue might

5

- 2 All you need is a pair of trainers.
- 3 It was Karolina, not Krystina, who won. / It was Karolina who won, not Krystina.
- 4 What I admire most / most admire (about Lily) is her honesty.
- 5 Something that's always amazed me / Something I've always been amazed by... is how quickly kids learn to skate.
- 6 Why Milo hasn't been more successful is a mystery.