

1 Match the definitions with the words and phrases in the box. There are two extra definitions.

a long shot be more than you bargained for
gruelling hanging in the balance nothing to lose
on track paid off pitfall rise to the occasion

- 1 to be more than you expected or were prepared for
be more than you bargained for
- 2 when something you have done is successful
.....
- 3 something you try although it is unlikely to be successful
.....
- 4 making progress and likely to succeed
.....
- 5 to show that you can deal with a difficult situation successfully
.....
- 6 ridiculously easy and hardly worth the effort
.....
- 7 to be less than you expected or were prepared for
.....
- 8 to be in a situation that could improve by doing something and that will not be any worse if you fail at it
.....
- 9 to not be decided yet
.....
- 10 extremely tiring and difficult
.....
- 11 a likely mistake or problem in a situation
.....

2 Complete the sentences with the words in the box and any other necessary words.

a long shot balance bargained for
lose occasion off track

- 1 Completing the race in under four hours
was a long shot but I had to try.
- 2 Abseiling down the mountain was
when I agreed to join Alice for a hike.
- 3 Cycling up this hill is going to be hard but I'm sure you
- 4 Right now his victory, everything depends on this last serve.
- 5 Congratulations on your win, all those evening swims after work definitely
- 6 Enter the competition and see what it's like, you
- 7 As long as he continues at this pace then he to beat the record.

3 Rewrite the sentences with the word in brackets and up to THREE other words.

- 1 Only by hurrying up will we get the last bus. (move)
Only by getting a move on will we get the last bus.
- 2 How did you learn windsurfing so easily? (hang)
How did you windsurfing so easily.
- 3 Do you think the hotel will mind if we keep the bikes in our room? (issue)
Do you think the hotel will us keeping the bikes in our room?
- 4 Ben always tells someone where he is going before he sets off on a hike. (point)
Ben always telling someone where he is going before he sets off on a hike.
- 5 As soon as Joe saw the injection was not working, he called an ambulance. (effect)
As soon as Joe saw the injection was, he called an ambulance.
- 6 Best of all was the fact that they bought some of that delicious ice cream. (hands)
Best of all was the fact that they some of that delicious ice cream.
- 7 Let's examine the situation, where are we? (stock)
Let's the situation, where are we?
- 8 Quiet! This argument is becoming too serious, can you all stop talking, now! (hand)
Quiet. This argument is, can you all stop talking please, now!

5 Complete the conversation with the correct options.

Guide: OK, let's take a break here and ¹(take) / make / have stock of the situation. How is everyone?

Jim: Good!

Tina: Great! The views are ²stunning / tranquil / hazardous. Do you think we'll get to the ³scenic / summit / vegetation today?

Guide: Sure. At the moment, we're ⁴on track / a long shot / gruelling to get there in another hour.

Dave: Another hour! My legs are already really tired. This is ⁵more than I bargained for / hanging in the balance / rising to the occasion! I'm not sure I can ⁶get / make / have it.

Guide: Come on, we should ⁷have / get / make a move on. Then we can have lunch at the top.

Jim: Come on Dave, you can do it. You know you ⁸have / take / get no option but to continue, you can't go back down on your own.

Dave: OK. I guess I ⁹have / get / take nothing to lose.

Sally: Right! And you'll ¹⁰pull a muscle / burn off / wrinkle some calories while you're walking.

Guide: OK, let's go!

1

- 2 paid off
- 3 a long shot
- 4 on track
- 5 rise to the occasion
- 8 nothing to lose
- 9 hanging in the balance
- 10 gruelling
- 11 pitfall

2

- 2 more than I bargained for
- 3 can / will rise to the occasion
- 4 is hanging in the balance
- 5 paid off
- 6 have nothing to lose
- 7 is on track

3

- 2 get the hang of
- 3 take issue with
- 4 makes a point of
- 5 having no effect
- 6 got their hands on
- 7 take stock of
- 8 getting out of hand

4

- 2 stunning
- 3 summit
- 4 on track
- 5 more than I bargained for
- 6 make
- 7 get
- 8 have
- 9 have
- 10 burn off