

**Olympiáda v anglickom jazyku, 28. ročník, celoštátne kolo 2017/2018, kategória 2A –  
riešenia a úlohy**

**A N S W E R   K E Y**

**GRAMMAR – 15pts (0.5 pt / correct answer)**

1. was	7. for	13. anything	19. could	25. was
2. because/as/since	8. an	14. what	20. for	26. for
3. not	9. at	15. but	21. was	27. else
4. had	10. of	16. last	22. that	28. herself
5. about	11. at	17. had	23. him	29. had
6. out	12. if/whether	18. at	24. the	30. and

**VOCABULARY – 10pts (0.5 pt / correct answer)**

**A:**

1. admiration	6. beneficial
2. Multiply	7. residents
3. belief	8. Announcements
4. persuasion	9. carelessly
5. responsibility	10. shapeless

**B:**

11. D	16. B
12. C	17. A
13. B	18. C
14. B	19. D
15. A	20. D

**READING COMPREHENSION – 10pts (1 pt / correct answer)**

**A:**

1. B
2. C
3. A
4. E
5. D

**B:**

6. F
7. T
8. NS
9. F
10. T

**LISTENING COMPREHENSION – 5pts (0.5 pt / correct answer)**

**A:**

1. T
2. T
3. F
4. F
5. NS

**B:**

6. nine / 9.00 / 9
7. yoghurt
8. family
9. sixty / 60
10. zinc

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**L I S T E N I N G   T A P E S C R I P T**

**(Please read twice.)**

**A day in the life of an athlete**

My normal day goes pretty much like this: wake up at 7:30, have breakfast – usually whole grain porridge, jam, bread with ham, cheese and tomatoes. After morning routines, the first training session starts at 9:00. Depending on the day, I do a high-intensity workout, long aerobic workout or strength training for 2 hours, having sports drinks at regular intervals. By putting on a dry shirt after the workout I minimize the risk of catching a cold. The training session is followed by a recovery drink, shower, maintenance of sports equipment and lunch. Then I have about an hour to take care of general duties before taking a nap. At 3:00 p.m., I eat a small snack – usually yoghurt, muesli and bread before starting my next workout. After hundreds of drops of sweat during the workout, I repeat the same routines as after my first workout. After dinner my leisure time starts, which I normally spend with my family. In the evening I do a little stretching and have a light meal before going to bed at 11:00 p.m.

On a mental side, the above-described day normally goes like this: After awakening I do a short analysis of my health status – any sore throat or runny nose... Nope, not today – I have managed to stay healthy and am a bit closer to my peak performance. After getting up and walking around, I stretch my muscles – the body seems to be well recovered and there's no muscle soreness after yesterday's strength training! I open my laptop, connect the Firstbeat Bodyguard to the computer and load my overnight recovery data to Firstbeat Sports software to see what level my recovery is at. The analysis shows 84% of my maximum recovery. It tells me that I can follow my training plan normally, without a need to take it easier. If the recovery is less than 60% of my maximum recovery, I will take a day off or at least skip the high-intensity workout.

Sometimes my body feels more tired than it should and the worries are sneaking to my mind – Have I trained too much and what if this fatigue has accumulated from the hard training in the long term, without sufficient recovery? Just in case, I take an extra portion of Vitamin C, Vitamin E and Zinc to boost my immunity. During so-called rest days, I try to do all the 'unfinished duties' that I was not able to do while training. I try not to stress too much, as I'm supposed to enhance my recovery physically and mentally during the days off.

An athlete's life is continuous observation and analysis of feelings, state of recovery, muscles and other performance-related factors. It might be hard to understand but I love it! It is enjoyable self-realization while being on the edge – something that everyone should experience in their life!

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**S P E A K I N G – R O L E P L A Y**

STUDENT:

You would like to spend your summer holidays with your best friend. Having the same summer job could be a good solution to be together. You and your friend are both looking for it. This summer you would like to try some voluntary work – it is possible to join ‘Green Living’ - an organization that helps make your town clean and ecological. However, your friend desperately wants to earn some money.

Try to persuade her/him that your idea is better.

You start.

✂-----

TEACHER:

You would like to spend your summer holidays with your best friend. On the other hand you want to buy a new mobile phone so you need to earn some money during summer. Having a summer job could be a good solution. You and your friend are both looking for it. You are willing to do any kind of paid work. However, your friend has changed her/his mind and would like to do some voluntary work.

Try to persuade her/him that your idea is better.

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**S P E A K I N G – P I C T U R E S**

**Look at the pictures. Use them both to make up a story.**



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Olympiáda v anglickom jazyku – celoštátne kolo

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