be going to

1	Complete the text with the positive or negative form of <i>be going to</i> and the verbs in brackets.				
	Next summer I'm going to	<i>get</i> (get) fit. I (1)		(spend) my time in front of the	
	TV, and I (2)	(eat) junk fo	ood, like I did this	summer! After getting up,	
	I (3)	_ (swim) 20 lengths o	f the pool every m	orning. Then my friend and I	
	I (4)	_ (play) tennis every a	afternoon. He (5) _	(help) me	
	improve my game. We (6)		(have) argumer	nts about who is the best player,	
	because that won't help me	e! We (7)	(have) a lot of fun, and my fitness (8)	
	(inc	crease) a lot, too. In th	ne winter, the coad	ch of the school football team (9	
	(ask) me to be captain, because I'm so fit.				
2	Write four sentences about your plans for the weekend or for next summer. Write two things that you are going to do and two things that you aren't going to do.				
	1				
	2				
	3				
	4				



will and be going to

provided. Coach OK, Tim. The big race is next Sunday. I've got your training plan ready. Tim Yes, coach. Coach For lunch you're going to choose (choose) healthy food like steak and lots of vegetables every day. But tomorrow I (1) _____ (have) lunch with my best friend! Tim We (2) _____ (order) pizza! Coach No, you (3) ______! You (4) ______(stay) with me for lunch! We need to talk about your afternoon's training. Tim OK, coach, but my friend (5) _____ (be) at all happy. **Coach** And don't stay out late in the evening. But coach! My best friend (6) _____ (have) a party on Saturday. Tim

3 Complete the conversation with the correct form of will or be going to and verbs, where

Tim	No, I can't. It's his birthday, and if I don't go to the party, he (7)				
	(never / speak) to me again! I know it!				
Coach	Tim, you (8) (not become) world champion if you go to parties.				
Tim	OK, coach.				
Coach	So, what time (9) (you / get up) tomorrow?				
Tim	I (10) (get up) early.				
Coach	And then what (11) (you / do)?				
Tim	I (12) (run) 10 kilometres.				

Coach What?! You must get to bed by 10 o'clock on the day before a race!



be going to: questions

4 Look at Tim's schedule. Write questions with be going to. Then write the answers.

Daily schedule			
Get up: 6 o'clock			
(1) Run ten kilometres			
(2) Lunch: steak and vegetables			
(3) Meet coach at the gym			
(4) Train for two hours			
(5) Evening: see family			
(6) Bed: 10 o'clock			

	What time is he going to get up?	
	He's going to get up at six o'clock.	
1	How far	?
2	What	_ ?
3	Who	_?
4	How long for?	
5	When	?
6	What time	?



Present continuous for future arrangements

5 Write six present continuous sentences about you and your family's arrangements for the next week or two. Use the activities in the box or your own ideas, and include at least two negative sentences.

see	doctor / dentist / friends for coffee / cousins
go	shopping / swimming / running / out to a party / the cinema / school / on holiday
have	a haircut / friends to stay / lunch /dinner with a guitar lesson

	I'm not seeing my cousins next week. T	hey're going away on holiday.	
1			
2			
3			
4			
5			
6			

