

Sports & Exercise □□

English in Context 5 | Name: _____ | Date: _____

A) Sports Verbs - Choose the correct verb

1. I (play / go / do) football every Saturday.
2. She loves to (play / go / do) swimming in the summer.
3. We (play / go / do) yoga twice a week.
4. They (play / go / do) tennis at the club.
5. He wants to (play / go / do) skiing in the Alps.
6. I (play / go / do) gymnastics at school.
7. My brother (play / go / do) basketball with his friends.
8. She decided to (play / go / do) jogging this morning.

B) Sports Vocabulary - Fill the gaps

1. A _____ is someone who takes part in sports competitions.
2. Before exercising, you should always _____ up your muscles.
3. A _____ is a person who trains athletes.
4. Lionel Messi is a famous football _____.
5. You need a _____ to play tennis.
6. Regular exercise improves your physical _____.
7. If you don't drink enough water during exercise, you can get _____.
8. The Olympic Games are held every four _____.

Word Bank: athlete • warm • coach • player • racket • fitness • dehydrated • years

C) Benefits of Exercise - Match the sentences

1. Exercise makes your heart... ____	a) helps you sleep better at night
2. Regular sport... ____	b) stronger and healthier
3. Physical activity... ____	c) improves your concentration
4. Exercise... ____	d) reduces stress and anxiety
5. Being active... ____	e) builds strong muscles and bones
6. Sport... ____	f) teaches teamwork and discipline

D) Sports Collocations - Complete

1. win a _____ (gold, silver, bronze)
2. break a _____ (fastest time, highest score)
3. score a _____ (in football, hockey)
4. join a _____ (play with others)
5. beat the _____ (win against opponent)
6. set a _____ (new fastest time)

Word Bank: medal • record • goal • team • opponent • record

E) Your Sports Habits - Answer the questions

1. What's your favourite sport? Why?

2. How often do you exercise or play sports?

3. What sport would you like to try? Why?

