

# Worksheet: Open Gap Fill

Topic: Open Gap Fill: Sports & Exercise | Year: Year 5 | Date: 16.02.2026



## Fill in the gaps with ONE suitable word

1. Team sports help (1) \_\_\_\_\_ build social skills.
2. They also teach you (2) \_\_\_\_\_ to cooperate with others.
3. Individual sports, (3) \_\_\_\_\_ as running, build discipline.
4. It doesn't matter (4) \_\_\_\_\_ sport you choose.
5. The most important thing is (5) \_\_\_\_\_ you enjoy it.
6. Regular training (6) \_\_\_\_\_ your stamina and strength.
7. Always remember (7) \_\_\_\_\_ warm up before you start.
8. This helps (8) \_\_\_\_\_ prevent injuries during the game.
9. Sports can (9) \_\_\_\_\_ be a great way to meet new people.
10. What is your (10) \_\_\_\_\_ favorite sport to play?

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## Solutions

1. Team sports help [TO] build social skills.
2. They also teach you [HOW] to cooperate with others.
3. Individual sports, [SUCH] as running, build discipline.
4. It doesn't matter [WHICH/WHAT] sport you choose.
5. The most important thing is [THAT] you enjoy it.
6. Regular training [IMPROVES/BUILDS] your stamina and strength.
7. Always remember [TO] warm up before you start.
8. This helps [TO] prevent injuries during the game.
9. Sports can [ALSO] be a great way to meet new people.
10. What is your [OWN] favorite sport to play?