

Sports & Exercise □□ - ANSWER KEY

English in Context 5 | SOLUTIONS

A) Sports Verbs - Choose the correct verb

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

□ Rule:

- **PLAY** + ball sports / competitive games (football, tennis, basketball)
- **GO** + -ing activities (swimming, skiing, jogging, cycling)
- **DO** + non-competitive activities (yoga, gymnastics, aerobics, martial arts)

B) Sports Vocabulary - Fill the gaps

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

C) Benefits of Exercise - Match the sentences

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

D) Sports Collocations - Complete

1. win a **medal**
2. break a **record**
3. score a **goal**
4. join a **team**
5. beat the **opponent**
6. set a **record**

E) Your Sports Habits - Answer the questions

- ☐ **Teacher Note:** These are personal answers. Check for:
- Use of correct sports vocabulary
 - Proper verb forms (play/go/do)
 - Frequency expressions (every day, twice a week, etc.)
 - Clear reasons/explanations