

Open Gap Fill - Sports & Exercise

Year 5 | B1 Level

Instructions: Read the text below and fill in the gaps with ONE suitable word in each space.

The Benefits of Playing Sports

Playing sports is one of the best ways to stay healthy and active. Whether you prefer team sports (1) football and basketball, or individual activities like swimming and running, regular exercise has many benefits (2) both your body and mind. First of all, sports help to keep your body fit and strong. When you play sports, your heart beats faster and your muscles work harder. This helps to improve your cardiovascular fitness and build (3) muscle strength. Regular physical activity also helps to maintain a healthy weight and reduces the risk (4) developing health problems later in life. (5) In addition to the physical benefits, sports are great for your mental health too. Exercise releases chemicals in your brain (6) make you feel happier and more relaxed. Many people find that playing sports helps them to forget (7) their worries and reduces stress. Team sports are particularly valuable because they teach important life skills. Learning to work together with (8) people towards a common goal is an essential skill that will help you throughout your life. Sports also teach you about winning and losing gracefully, which is an important lesson in (9) to handle success and disappointment. Another advantage of playing sports is (10) it's a great way to make new friends. When you join a sports team or club, you meet people who share (11) interests. These friendships often last a long time and can be very meaningful. Of course, it's important to play sports safely. Always warm (12) before exercising and cool down afterwards. Make sure you wear the right equipment and follow the rules of the game. If you feel pain or discomfort, stop and rest – it's not worth risking an injury. You don't have to be naturally athletic to enjoy sports. The most important thing is to find (13) activity you enjoy and to participate regularly. Even if you're not very good at (14), the important thing is to have fun and keep trying. So why not give it a try? Whether you join a school team, go to a local sports club, or simply play (15) your

friends in the park, getting active through sports is one of the best decisions you can make for your health and happiness.

Answer Key

1. **like** (such as / like football)
2. **for** (benefits for body and mind)
3. **up** (build up muscle strength)
4. **of** (risk of developing)
5. **In** (In addition to)
6. **that / which** (relative pronoun)
7. **about** (forget about their worries)
8. **other** (with other people)
9. **how** (lesson in how to handle)
10. **that** (the advantage is that...)
11. **your / similar / the same** (share your interests)
12. **up** (warm up before exercising)
13. **an** (find an activity)
14. **first / it** (not very good at first/it)
15. **with** (play with your friends)

Common Words in Gap Fills:

- **Prepositions:** in, on, at, for, with, about, of, to
- **Articles:** a, an, the
- **Pronouns:** it, that, which, other, your
- **Conjunctions:** and, but, or, because
- **Phrasal verbs:** up, down, out, in