Exercise 1:

1. tennis

2. basketball

3. football

4. rock climbing

5. swimming

6. jogging

7. yoga

Exercise 2:

1. True

2. True

3. False

4. True

5. False

Exercise 3:

1. It is an amusing – I am amused in rowing.

2. It is an exciting – I am excited in football.

3. It is an overjoying – I am overjoyed in basketball.

4. It is a nonplussing – I am nonplussed in tennis.

5. It is a relaxing – I am relaxed in jogging.

Exercise 4:

1. I like running. Running helps me reduce stress.

2. I like practicing yoga. It is relaxing.

3. Rock climbing is dangerous. You must put on a helmet.

4. I swim wonderful. Swimming is interesting.

5. Football is a popular sport in my country. Every body like watching live football matches.