SPORT & EXERCISE

Move • Be Healthy • Be Happy





Small steps make big changes!

1 Vocabulary: Match the words with the pictures.

Write the correct word under each picture.

- running
- swimming
- cycling
- basketball
- football
- tennis
- weightlifting
- yoga
- boxing
- hiking



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____

2 Choose the correct word.

Circle the best option.

1. I go _____ every morning.
   a) running b) run c) runs
2. She goes _____ twice a week.
   a) cycling b) cycle c) cycles
3. He plays _____ on the weekend.
   a) football b) footbal c) footballs
4. They do _____ at the gym.
   a) weightlifting b) weightlifts c) lift
5. I like _____ because it's relaxing.
   a) yoga b) yogas c) yog
6. We sometimes _____ in the mountains.
   a) hiking b) hiked c) hike

3 Fill in the blanks.

Use the words in the box.

- exercise
- healthy
- stronger
- energy
- tired
- fun

1. Sport and _____ help you stay healthy.
2. I feel more _____ after I exercise.
3. Regular _____ makes your body _____.
4. I'm not _____. I want to go for a walk.
5. Playing sports is _____!

Healthy body Happy mind!



4 Look at the pictures.

Write the correct sentence using the words in the box.

- is
- are
- isn't
- aren't



1. He _____ swimming.



2. She _____ doing yoga.



3. They _____ playing basketball.



4. He _____ tired.

5 Put the words in order.

Make correct sentences.

1. every / I / day / run
   _____
2. cycling / go / on / Sundays / I
   _____
3. don't / I / like / boxing
   _____
4. they / at / the gym / exercise
   _____
5. hiking / we / in / the mountains / enjoy
   _____

KEEP GOING

6 Reading & Answering.

Read the short text and answer the questions.



My name is Daniel. I love sports. I go running three times a week. I also play football with my friends on the weekend. I sometimes go hiking in the mountains. I feel happy and healthy when I exercise.

1. What does Daniel do three times a week? _____
2. When does he play football? _____
3. Where does he sometimes go? _____
4. How does he feel when he exercises? _____

7 Write about you.

Answer the questions. Use full sentences.

1. What sport(s) do you like? _____
2. How often do you do exercise? _____
3. What is your favorite activity? _____
4. Why is sport important? _____



SPORT MAKES LIFE BETTER