

GRAMMAR

Adverbs of frequency

1 Put the adverbs of frequency in the correct place on the line.

always never often sometimes usually

0%

100%

1 _____ 2 _____ 3 _____ 4 _____ 5 always

2 Rewrite the sentences with the adverbs of frequency in brackets in the correct place.

0 I watch sport on TV. (never)

I never watch sport on TV.

1 My sister goes cycling with my dad. (usually)

2 I play rugby with my friends. (never)

3 Snowboarding is dangerous. (sometimes)

4 My friends do gymnastics after school. (often)

5 My grandparents play table tennis on Sundays. (always)

3 Put the words in the correct order to make questions.

0 do / play / often / you / baseball / ?

Do you often play baseball?

1 you / in the city / usually / go / cycling / do / ?

2 badminton / parents / play / often / do / your / ?

3 you / go / often / do / snowboarding / how / ?

4 friends / your / rugby / school / do / play / sometimes / at / ?

5 do / go / always / sailing / you / in the summer / ?

4 Answer the questions in Exercise 3 for you.

0 No, I don't. I never play baseball.

1 _____

2 _____

3 _____

4 _____

5 _____

5 Correct the mistakes in the sentences.

0 At school, usually we play volleyball on Friday.

At school, we usually play volleyball on Friday.

1 I go swimming always on a Sunday.

2 I often am tired in the evening.

3 People go sometimes cycling with their friends.

4 At the weekend, usually I do sports.

5 In the holidays, we go sometimes sailing.

VOCABULARY

Sports equipment

1 Find nine more words for sports equipment and sports.

a	b	e	s	g	b	h	k	b	d	i
f	o	o	t	b	a	l	l	n	p	l
e	a	c	i	d	t	r	u	g	b	y
i	r	a	c	k	e	t	m	y	a	g
g	d	a	k	f	b	e	g	s	l	c
m	r	h	p	r	t	n	h	d	l	i
h	o	c	k	e	y	n	a	o	c	e
c	b	s	u	r	f	i	n	g	n	f
l	d	k	e	f	a	s	u	n	f	b

2 Choose the correct words to complete the sentences.

1 Hockey players hit the ball with a stick / bat.

2 You use a small white board / ball when you play table tennis.

3 Tennis balls / rackets are usually yellow.

4 Baseball players hit the ball with a long stick / bat.

5 In badminton, players use a racket / stick to hit the ball.

6 When you go surfing, you use a ball / board.

READING

- 1 Read the text about Lola. How often does she do her favourite sport?

Teenblog: Sport

It's hard work, but it's fun!

Posted by Lola O'Shea

At school, I do a lot of sports like rugby, badminton and hockey. I love football, but now I have a new favourite sport – underwater football! Do you know it? It's like football, but you play it in a swimming pool. There are two teams. Each team has got 13 players, with five players in the water. The ball isn't a normal football; it's big and heavy. In normal football, players don't use their hands to hit the ball, but in underwater football, they can use their head, hands or feet to do this. Players try to hit the ball into the other team's goal. The winning team is the team with the most goals at the end of the game.

I don't play underwater football at school, but I'm in a team at a club. We usually play every week, on Saturday. Underwater football is an exciting sport but it's hard work. I love it because I like football and I like swimming, too. It's really fun!



- 2 Read the text again and choose the correct answers.

- 1 What sports does Lola do at school?
 - A rugby, badminton and underwater football
 - B rugby, badminton and hockey
 - C rugby, badminton and swimming
- 2 How is underwater football different to normal football?
 - A There are three teams.
 - B The players use a racket to hit the ball.
 - C You play it in a swimming pool.
- 3 How do you win a game?
 - A You swim to the other team's goal.
 - B You score goals.
 - C You hit the ball.
- 4 Why does Lola like underwater football?
 - A because it's exciting and fun
 - B because she's in a team
 - C because it's hard work

- 3 Read the text again and complete the table.

Underwater football facts



Number of teams	1	_____
Number of players in each team	2	_____
Equipment	3	_____
What do you use to hit the ball?	4	_____