

Grade 10 Gen. Unit 6 Lesson 8 Worksheet

Vocabulary

- 1 Complete the sentences with the words below. You will not use all of the words.

endurance cardio
reflexes stamina
trainer



- 1 Athletes have lots of _____.
- 2 Fencing requires quick movements, so you need good _____.
- 3 _____ is important for walking hundreds of kilometres.
- 4 Walking is also excellent _____ exercise. It really strengthens your heart. _____

Listening 35

- 2 Listen to the radio interview. Match the speaker to the unusual sport that they do in the photos.
- 3 Listen again. Which person thinks:
 - 1 'My sport will quickly make you feel happy.'
 - 2 'My sport requires lots of stamina.'
 - 3 'My sport helps you stay thin.'
 - 4 'My sport will give you stronger arms and shoulders.'
 - 5 'My sport is good for both your body and your mind.'
 - 6 'My sport is best done in a group.'
 - 7 'My sport can be done by people of all ages.'

Speaker A
Mansoor

Speaker B
Ali

Speaker C
Saif

