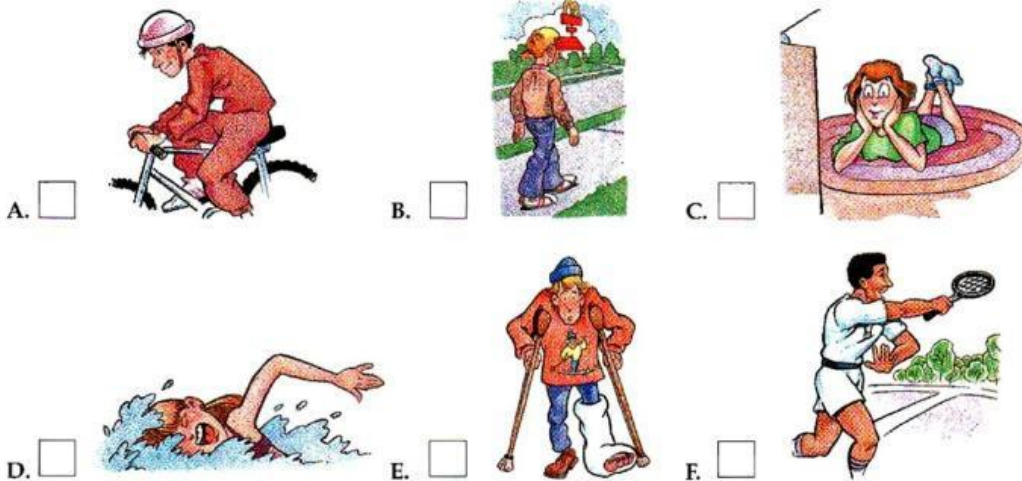


Listening Exercises A1 – Sports and Exercise

Exercise 1

People are talking about sports and exercise. Listen and number the pictures.



Exercise 2

Task 1

Which sports or activities is the person talking about? Listen and tick the correct answer.

- | | |
|--------------------------|---------------------|
| 1. a. swimming | 5. a. swimming |
| b. going to the gym | b. jogging |
| c. jogging | c. windsurfing |
| 2. a. playing volleyball | 6. a. diving |
| b. playing golf | b. riding a bicycle |
| c. playing soccer | c. walking |
| 3. a. playing baseball | |
| b. playing football | |
| c. playing tennis | |
| 4. a. playing tennis | |
| b. watching TV | |
| c. reading | |

Task 2

Listen again. What do you think each person says next? Circle the correct answer.

1. **a.** Yes, about three times a week.

b. Yeah, I'm getting lazy.

c. Yeah, I'm tired.

2. **a.** Yeah, I'm very busy.

b. Yeah, I'd love to.

c. Yeah, you're right.

3. **a.** Volleyball is tiring.

b. Volleyball. It's my favorite.

c. Tennis is expensive.

4. **a.** I know, but I'm lazy.

b. No, thanks. I'm tired.

c. Yeah, reading is fun.

5. **a.** It's too hot.

b. I enjoy skiing.

c. I don't like the cold.

6. **a.** In the car.

b. In the morning.

c. In the park.

Exercise 3

Task 1

Listen to people talking about how they spend their free time. Check the correct information about each person.

	Exercises a lot	Exercises a little	Never exercises
1. Bill	☐	☐	☐
2. Liz	☐	☐	☐
3. Victor	☐	☐	☐
4. Maria	☐	☐	☐
5. David	☐	☐	☐

Task 2

Listen again. Draw lines the people on the left with the activities on the right.

- | | |
|-----------------|----------------------|
| 1. Bill | a. golfs |
| 2. Liz | b. bicycles |
| 3. Victor | c. plays baseball |
| 4. Maria | d. takes walks |
| 5. David | e. plays video games |

Exercise 4

People are talking about sports. Are these statements true or false? Listen and check the correct answer.

	True	False
1. George's favorite sport is swimming.	☐	☐
2. Mari loves windsurfing and water-skiing.	☐	☐
3. Bill loves to play soccer these days.	☐	☐
4. Jody likes jogging, but she can't jog now.	☐	☐
5. Joe loves watching baseball.	☐	☐

Exercise 5

Listen to a student's report about how young people spend their free time. Check how often people do these activities.

	Every day	Once or twice a week	Once a month
1. taking walks	☐	☐	☐
2. playing soccer	☐	☐	☐
3. bicycling	☐	☐	☐
4. playing video games	☐	☐	☐
5. watching sports on television	☐	☐	☐