

Worksheet: Sports and Physical Activities

Section 1: Multiple Choice (Vocabulary and General Knowledge)

Choose the correct answer.

1. Which sport is played on a court and involves dribbling a ball?
 - a) Basketball
 - b) Football
 - c) Tennis
 - d) Baseball
 2. What is the main objective in a soccer game?
 - a) To block the opponents
 - b) To score goals
 - c) To avoid fouls
 - d) To run the fastest
 3. Which of these sports requires a racket?
 - a) Baseball
 - b) Volleyball
 - c) Tennis
 - d) Basketball
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Section 2: Matching Words with Definitions

Match each term with its correct definition.

1. Marathon
 2. Goalkeeper
 3. Gymnastics
 4. Referee
 5. Swimming
- a) A person who protects the goal in sports like soccer or hockey.
 - b) A competitive activity involving physical exercises on bars and mats.
 - c) A long-distance running race.
 - d) The act of moving through water using arms and legs.
 - e) An official who ensures rules are followed in a game.
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Section 3: Fill in the Blanks

Complete the sentences using the correct word from the box below.

Words: tennis, soccer, baseball, basketball, swimming

1. _____ is a sport that uses a bat and a small ball.
2. Players shoot hoops to score points in _____.
3. In _____, teams try to score by kicking the ball into the goal.
4. _____ is a solo or team activity in water.
5. You need a racket to play _____.

Section 4: Drag and Drop (Order of Events in a Soccer Match)

Drag the steps into the correct order of a soccer match.

- A) The referee blows the whistle to start the match.
- B) Players pass the ball and try to score goals.
- C) The goalkeeper saves a shot on goal.
- D) The match ends, and the winning team is announced.

Section 5: Listening Comprehension

Listen to a short audio clip about "The Importance of Sports in Life" and answer the following questions:

1. What are two benefits of playing sports mentioned in the audio?
2. Name one team sport discussed in the audio.
3. What is one skill you can learn from playing sports?

https://www.youtube.com/watch?v=hmFQqjMF_f0

Section 6: Reading Comprehension

Read the passage below and answer the questions.

Sports and Health

Playing sports is not just fun, but it also helps to maintain physical and mental health. Regular exercise through sports improves heart health, strengthens muscles, and reduces stress. Team sports like soccer and basketball also teach teamwork and communication, while individual sports like tennis and swimming focus on self-discipline.

Questions:

1. What are two physical benefits of playing sports?
 2. How do team sports differ from individual sports?
 3. Why is playing sports good for mental health?
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Section 7: Speaking Activities

Record your answers for the following tasks.

1. Describe your favorite sport.
 - What is it?
 - Why do you enjoy it?
 - How often do you play or watch it?
2. Imagine you are a coach preparing your team for a championship.
 - How would you motivate your players?
 - What strategies would you use during the game?