



Sports week at my school

Hi! My name is Mia and I'm ten years old.

This week is Sports week at my school. Every day we do different activities!

On **Monday**, we play football on the school pitch. I love running and kicking the ball with my friends.

On **Tuesday**, we do judo in the sports centre. We wear white uniforms and learn how to throw and fall safely.

On **Wednesday**, we have gymnastics in the gym. We touch our toes, bend down and stand on one leg to practice balance.

On **Thursday**, we play basketball and badminton. We need a ball for basketball and a racket for badminton. It's a lot of fun!

On **Friday**, we go swimming in the big swimming pool, and later we play hockey on the field.

After all the sports, our teacher shows us some yoga poses. We look right, look left and sit on the floor to relax.

Sports week is my favourite week of the year!



Answer the questions:

- | | |
|---|--|
| 1. What sport do they play on Monday? | 1. What sports do they play on Thursday? |
| 2. What colour is the judo uniform? | 2. Where do they go swimming? |
| 3. What day do they do gymnastics? | 3. What do they do after all the sports? |
| 4. What do they do to practise balance? | 4. What is Mia's favourite week of the year? |