Name:_____ Date:_____

STAY FIT AND HEALTHY

Relative clauses

Rules

Defining relative clauses
We use defining relative clauses to give essential information about someone or something we are talking about.

We use:

- That and who for people.
- That and which for things.
- When for times.
- Where for places.
- Whose for possessions.

Exercise 1

Instructions: Read this text about sports injuries and choose the correct relative pronoun in italics.

Example: Most people **(0)** which / **that** do regular sport are healthier and often feel happier than...

Most people **(0)** *which / that* do regular sport are healthier and often feel happier than those **(1)** *who / whose* do little or no exercise. Care must be taken, though, to avoid the injuries **(2)** *when / which* sport can sometimes cause. People who run or do the long jump, for instance, often injure themselves **(3)** *when / which* they don't warm up properly. Training **(4)** *where / that* involves doing the same exercise again and again can cause serious damage, particularly to athletes in their teens, **(5)** *whose / which* bodies are still developing.
It is important not to do too much too soon. Everyone should 'warm up' before they begin — if possible in the place **(6)** *who / where* they are going to exercise. It is important, too, for people to follow any safety advice **(7)** *when / that* they receive. Gyms are places **(8)** *where / whose* you can find professional trainers to help you avoid common mistakes. Athletes **(9)** *who / which* ignore pain during workouts usually end up with much worse injuries later on. Finally, recovery is a crucial phase **(10)** *whose / that* shouldn't be skipped if you want to stay in top shape.

LIVEWORKSHEETS

Exercise 2

Instructions: Complete the sentences with *where, which, when, who, whose or that.* Sometimes there may be more than one possible answer.

Example: (0) The TV series **which / starts** tonight about doctors.

1. People _____ swim a lot are usually quite fit.
2. This is the park _____ I fell over and injured myself when I was younger.
3. I had a horrible cough _____ took about two weeks to go away.
4. Elena has a brother _____ name is Ryan.
5. Winter is the time _____ many People get the flu.
6. The hospital _____ my uncle works has a brand new emergency room.
7. Dr. Smith is the cardiologist _____ saved my grandfather's life last year.
8. I will never forget the day _____ I broke my arm playing football.
9. Medicine is a career _____ requires many years of hard work and study.
10. That is the girl _____ ankle got sprained during the basketball game.

Exercise 3

Instructions: Match the columns to make complete sentences about sports.

Example: (0) Cricket is a popular sport... **K.** which is played with a bat and a ball.

Column A

0. Cricket is a popular sport...
1. A referee is a person...
2. I'll never forget the moment...
3. That is the stadium...
4. Athletes...
5. Basketball is a sport...
6. Summer is the season...
7. She is the tennis player...
8. Marathon runners need shoes...
9. A stadium is a place...
10. This is the team...

Column B

A. where thousands of fans go to watch their favorite teams.
B. whose training advice helped me run my first 5K race.
C. that provides excellent support for their feet and ankles.
D. who makes sure players follow the rules during a match.
E. when our team scored the winning goal in the final second.
F. which requires a lot of jumping and quick coordination.
G. where our school basketball team won the championship last year.
H. who train every single day usually see the best results.
I. when most outdoor sports tournaments take place.
J. which won the national tournament last night.
K. which is played with a bat and a ball.

LIVEWORKSHEETS