UP English Center

Name: _____

Class: _____

1. Read and match.

A

I love roller skating. When I go skating, I always wear a helmet. My dad says I mustn't skate near cars.

B

We sometimes watch TV at the weekend. I never watch it in the morning before I go to school.

C

We do sports at school on Mondays, Wednesdays and Fridays. I like playing basketball and tennis, but I don't like football.

D

On Saturday mornings I have music lessons. I can play the piano and the guitar lite listening to music too. I listen to music when I do my homework.

E

My teacher says I must read every day. I sometimes read comics, but I don't like reading books.

F

My grandma and grandpa live in Australia. Every Sunday we talk to them on the computer. I sometimes write emails to them too.

8:30

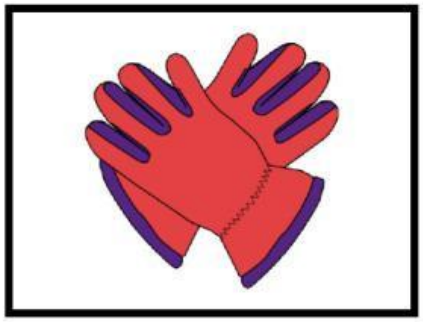
LIVEWORKSHEETS

2. Fill in the blanks.

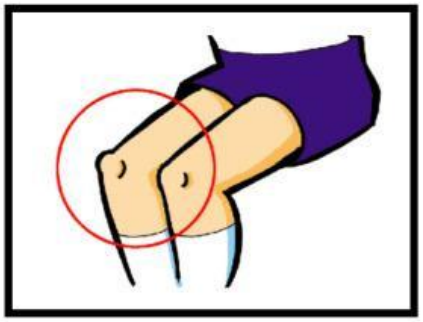
Sports Safety

Playing sports is a great way to stay healthy and have fun. It is important to wear the right _____ (1). A _____ (2) can protect your head, and knee pads can help protect your _____ (3). Some players wear _____ (4) to protect their hands. During sports activities, it is important to drink enough _____ (5), especially on hot days. Before playing sports, people should warm up. This helps prepare their bodies for exercise. They should also follow the rules and be careful while playing.

equipment



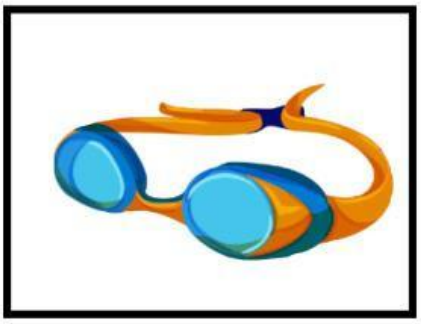
gloves



knees

water

helmet

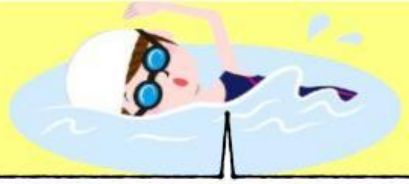


goggles

LIVEWORKSHEETS

3. Read and write about things they must and mustn't when they play sports.

I'm playing badminton. I **must** wear knee pads and elbow pads to protect my knees and elbows. I **must** wear sneakers to protect my feet.



I'm _____ .

I'm _____

LIVEWORKSHEETS