1 Complete the chart. _____/6

glove hoop net bat goal racket

Tennis	Basketball	Baseball	Soccer
1. _____	3. _____	4. _____	6. _____
2. _____		5. _____	

2 Look and write. _____/4

1. You play basketball on this place.

___ ___ ___ ___ ___

3. You play soccer here.

___ ___ ___ ___ ___

2. You wear this to protect your head.

___ ___ ___ ___ ___ ___

4. You wear these to protect your shins. ___ ___ ___ ___

LIVEWORKSHEETS

3 Complete using the correct form of each verb. _____/6

catch the ball run score points jump block throw the ball

1. Ana is good at _____

_____.

4. Daniel is good at _____

_____.

2. Shawn and Molly are good at

5. Michael is good at _____

3. Andrea is good at _____

_____.

6. They are good at _____

_____.

LIVEWORKSHEETS

4 Complete using the correct form of the words. _____/4

hard quick good easy

Hello everybody. It's a nice and sunny afternoon here at the Tigers baseball stadium! The Tigers are winning (1) _____ today. They are winning the game 6 to 1. All the players are doing a good job. Luis is at the bat. He's hitting the balls very (2) _____. They all go out of the field. Joe is catching the balls (3) _____, and Martin is running (4) _____.

5 Look and match.

1. He is looking at new rackets	to protect her head.
2. She uses a helmet	to support my team.
3. They go to the field	to play baseball.
4. I go to the stadium	to improve his serve.
5. I want a new bat	to play soccer.

LIVEWORKSHEETS

Read and write. _____/5

Stay active Listen to others Have an objective
Be patient Sleep well

How to improve your game

Do you want to be good at sports and don't know what to do? Here are some ideas to help you be physically and mentally strong.
Eat healthily - You need vitamins and nutrients to be physically strong. Have a balanced diet. Eat lots of fruits and vegetables and avoid foods with a lot of sugar.

1. _____ - Don't spend many hours watching television or sitting in front of the computer during the day. Find new activities that get your heart rate up: running, climbing or dancing!
2. _____- Sleeping is super important for your health. Have at least 8 hours of sleep every night. Get up early in the morning and don't go to bed late.
3. _____ - When you know what you want, it is easy to know what you need to do to obtain it. Keep your list short and your goals realistic.
4. _____- You can't be a super star in a week. Sometimes it takes time to see the results you want. Practice makes perfect!
5. _____ - Pay attention to what your coaches or parents tell you. Remember, they want to help you improve!

LIVEWORKSHEETS