UP English Center

Name: _____

Class: _____

1. Look and write.

You wear these protective items on your knees. They help protect you when you fall. _____ .



Goggles

You wear these over your eyes when swimming. They help you see clearly underwater and keep water out of your eyes._____ .



Tennis

In this sport, players throw a ball into a hoop. Two teams play against each other._____ .



Knee pads

This sport is played on ice. Players wear skates and use sticks to hit a puck. _____ .



Ice hockey

In this sport, two players or teams hit a ball over a net using rackets.

_____



Basketball

LIVEWORKSHEETS

2. Read and choose the correct answer.

Kevin: Dad, I'm going skating with my friends.

Dad: _____

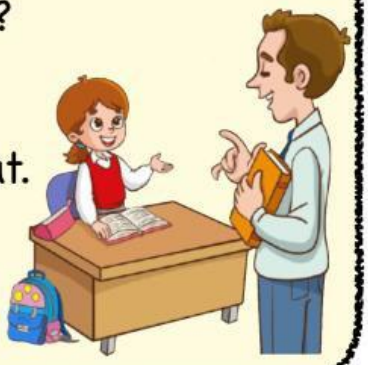
A. Remember to wear knee and elbow pads.
B. You should drink water before bed.
C. Don't forget your swimming goggles.



May: Why should we drink water when we exercise?

Teacher: _____

A. Because our body loses water when we sweat.
B. Because water protects our knees.
C. Because water protects us from the sun.



Leo: Can we start swimming now?

Amy: Wait! _____

A. We should wear knee pads.
B. We should warm up first.
C. We should put on goggles first.



Sue: It's really sunny today. I want to play outside.

Mom: _____

A. You should wear knee pads.
B. Remember to use sun cream.
C. You must wear swimming goggles.



LIVEWORKSHEETS

3. Read and answer.

Safe Sports Day

Every Saturday, Ben plays football with his friends, Before the game, he always warms up his muscles.

It is usually hot, so he drinks lots of water. His sister, Mia, rides her bike in the park. She always wears a helmet and gloves.

When the weather is sunny, they use sun cream.

Sport is fun, but being safe is very important!



What does Ben do before the game?

_____

What does he drink?

_____

What does Mia do in the park?

_____

What do they use when it is sunny?

_____

LIVEWORKSHEETS

4. Write about how you stay safe when you do sports.

What sport do you play?
Where do you play it?
What do you wear?
What should you do before playing?
What should you do after playing?

LIVEWORKSHEETS