

VOCABULARY**A Complete the sentences with the words from the box.**

ankle chest elbow foot head knee waist

- 1 You wear a shoe on your _____.
- 2 When you wear a T-shirt, it is on your _____.
- 3 Your _____ is the part on your arm that moves when you swim.
- 4 You wear a hat on your _____.
- 5 He hurt his _____ when he hit it under the table!
- 6 She has a new skirt but it's too small around her _____!
- 7 You pull a sock over your foot and then your _____.

Complete the sentences with a word from the box.

bounce catch hit hold kick pass throw touch

- 1 I love watching del Potro and Federer playing tennis together. They _____ the ball so fast!
- 2 LeBron James is one of the best basketball players ever. He knows exactly how to _____ the ball into the basket perfectly.
- 3 When you learn to play soccer, you learn to _____ the ball with your foot.
- 4 When people play tennis, they often _____ the ball on the ground before they serve it to the other player.
- 5 Messi and Suarez are great soccer players. They score goals and they also _____ the ball to other players for them to score.
- 6 In American football, the quarterback throws the ball, and then another player tries to _____ it and get a touchdown.
- 7 It is not possible to _____ the ball and run at the same time in basketball.
- 8 Soccer players are not allowed to _____ the ball with their hand.

B Complete the sentences with a word from the box.

bend lift push stand stretch twist

- 1 Always _____ your arms and your legs before exercising.
- 2 I want you to _____ for a minute without moving and breathe in and out slowly.
- 3 You have to _____ against the weights with your legs on this exercise machine.
- 4 _____ your arms to pull the weights towards you.
- 5 Just _____ your body at the waist—five times to the right and five times to the left!
- 6 Stefi can _____ very heavy weights—she won a medal at the Youth Olympic Games.

GRAMMAR**B Write *can* or *can't*.**

- 1 Juana exercises a lot and she _____ run 5 kilometers in 25 minutes.
- 2 I _____ go to the gym with you today, because I have a meeting after work.
- 3 _____ you speak Japanese?
- 4 Really? You _____ drive. *That's why you don't have a car!*
- 5 David is very busy, so he _____ speak to you now.
- 6 I can't swim very well, but my brother _____—he swims in competitions!

C Complete the text with adverbs of manner from the box.

easily fast hard quietly well

Hey guys, I'm Ana and I live in Puebla, Mexico. I love watching sports, especially soccer. Lionel Messi is a great soccer player. He plays really 1 _____. He's one of the best ever, and he can also run really 2 _____.! Because he is a very good player, it's not 3 _____ for him to play soccer at the top level. He's a gentle person, and he speaks 4 _____ in interviews. You can win 5 _____ with a player like Messi on your team!