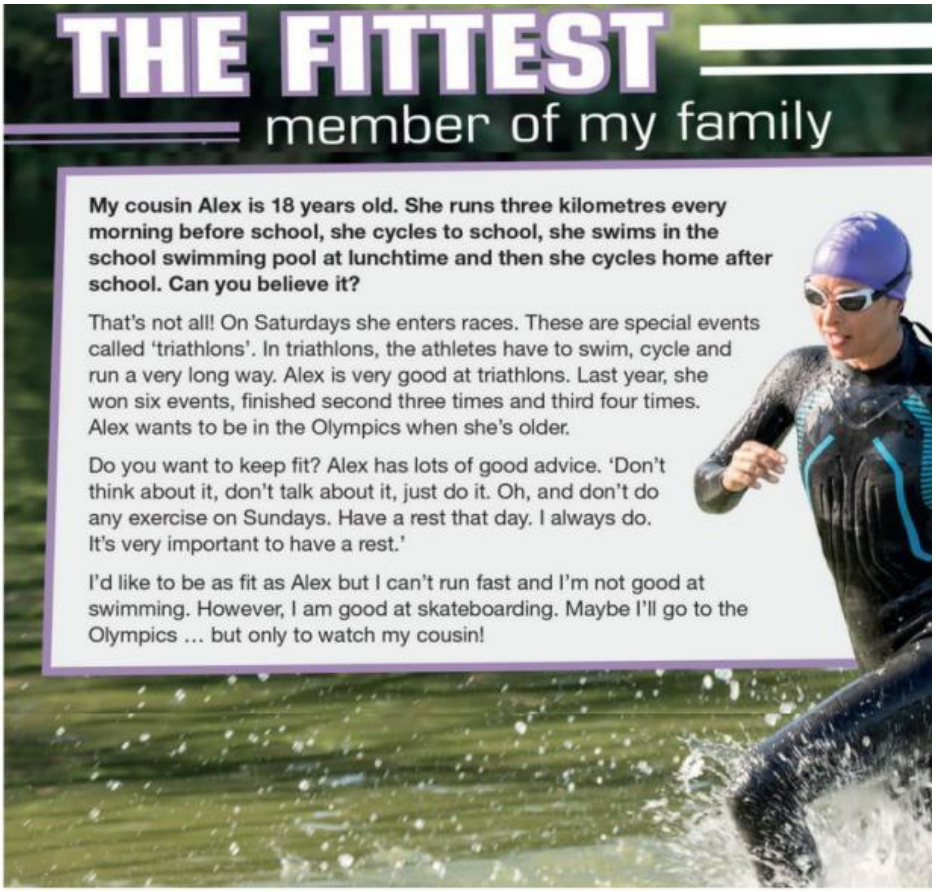
READING

1 **Read the article and select the sports that are mentioned.**

- [ ] 1 baseball
- [ ] 2 cycling
- [ ] 3 football
- [ ] 4 running
- [ ] 5 skateboarding
- [ ] 6 skating
- [ ] 7 snowboarding
- [ ] 8 surfing
- [ ] 9 swimming



2 **Read the article again and answer the questions. Write complete sentences.**

1 How does Alex get to school?

_____

2 What does she do at lunchtime?

_____

3 What does she do on Saturdays?

_____

4 How many triathlons did she win last year?

_____

5 What does she want to do when she is older?

_____

6 When does she have a rest?

LIVEWORKSHEETS

1 Complete the words in the sentences.

1 Don't go to the doctors with a c _ _ _.
2 You've got a p _ _ _ in your foot. Don't walk on it.
3 I've got a h _ _ _ _ _ _ _ _. I need to go to bed.
4 I really need to see the dentist. I've got t _ _ _ _ _ _ _ _ _.
5 I think I've got a b _ _ _ _ _ arm. I'm going to hospital.
6 I don't know what's wrong but I don't feel w _ _ _.
7 I need to do more exercise to get f _ _.
8 You feel very hot. You've got a t _ _ _ _ _ _ _ _ _ _ _.

2 Complete the health phrases with the words in the box.

~~a race~~	a rest	fit	healthy	some exercise
some exercises in a gym		well		

1 enter / do *a race*
2 get / do _____
3 feel / stay _____
4 have / take _____
5 do / try _____
6 eat / sleep _____
7 get / keep _____

LIVEWORKSHEETS

2 Choose the right word to complete the sentences.

1 Oh no! I've got a stomach *pain* / *ache*.
2 Jack wants to *enter* / *get* a race. It's five kilometres.
3 I don't feel very well and I've got a *temperature* / *hurt*.
4 I don't know what's wrong but my eye *hurts* / *sick*.
5 Can I stop and have a *fit* / *rest* please?
6 It's a good idea to *enter* / *eat* well and join a gym.
7 I think I ran too fast. I feel *sick* / *hurt*.
8 Drink lots of water for a *cold* / *pain*.

5 Complete the sentences with the words in the box. There is one extra word.

cold	enter	~~exercise~~	exercises
fit	get	have	pain
race	sick	temperature	

1 It's important to get some ___*exercise*___ every day.
2 I did a 10-km _____ yesterday and I won!
3 I've got a _____ in my foot.
4 My forehead feels very hot. I think I've got a _____.
5 He ate too many sweets and now he feels
6 I've got a _____. Should I see the doctor?
7 I go running every day to keep _____.
8 I need to get fit if I want to _____ the race.
9 I tried some _____ in the gym, but they were too difficult.
10 Can we _____ a rest when we get to the top of the mountain?

LIVEWORKSHEETS

ə PRONUNCIATION

14 **5** Listen and circle the silent consonant in each word.

1 should
2 half
3 listen
4 knife
5 would
6 talk
7 walk
8 wrong

LIVEWORKSHEETS