

Choose the correct verb to complete the sentences.

1. I *play* / *practise* / *go* jogging every morning before work.
2. I *go* / *take* / *make* plenty of exercise every week because I walk to work!
3. Most experts say that *keeping* / *going* / *making* fit is very important if you sit at a desk all day.
4. Tony *plays* / *practises* / *makes* tennis at a local club when he has some free time.
5. Clara *hit* / *beat* / *shot* the ball really hard and it went into the net.
6. The class *make* / *do* / *play* gymnastics once a week in the new gym.
7. The school football team *beat* / *won* / *succeeded* every team they played this term.
8. I did a course to *develop* / *expand* / *progress* my tennis skills.

Complete the sentences with the correct form of the verb in brackets, *-ing* or *to + infinitive*.

1. Elena can't stand (play) football; she prefers athletics.
2. I regretted (do) the extra training session because I felt so tired afterwards.
3. Lucas is planning (take up) skiing next year.
4. Nicole really enjoys (go) for long runs in the hills near her home.
5. The squash player managed (win) the final game despite being exhausted.
6. Leo refused (join) his local gym even though his friends were all members.
7. My mother is considering (enter) a golf tournament next month.
8. We knew we were unlikely (lose) against a very weak and inexperienced team.