WORKSHEET

Unit 1 – Let's Get Moving – 1

I. Choose the correct words and write them on the lines. There is one example.

harness rappelling ~~beginner~~ pads helmet rope

0. This is a person starting to do something or learn something for the 1st time.	*beginner*
1. This is a piece of strong thick string made of long twisted threads.	.....
2. This is a kind of sports that you can jump up and down on a strong round equipment.	.....
3. You wear this to protect you head when you ride a bike or go rollerblading.	.....
4. In this kind of sport or activity, you move over snow using a board.	.....
5. It is a piece of equipment with straps and belts, used to control or hold in place a person or an animal.	.....
6. When you do this kind of activity, you go down a very steep slope by holding on to a rope.	.....
7. This is a type of off-road bicycle racing.	.....
8. You use a pair of long, flat narrow pieces of woods or plastic that curve up at the front, to move on snow.	.....
9. This activity is to move on a surface, wear boots with a single row of small wheels on the bottom of each.	.....
10. You should put these on your knees and elbow to protect them when you go skateboarding or rollerblading.	.....

snowboarding rollerblading trampolining skiing BMX racing

LIVEWORKSHEETS

II. Complete with the correct form of verbs. There is one example.

I (0) __*have played*__ lots of sports! I snowboard very well, but right now I (1) _____ (ski). Last year, I had an accident. I (2) _____ (snowboard) when I (3) _____ (hit) a tree. But I (4) _____ (not have) a lot of accidents! In fact, next month I (5) _____ (take part) in a snowboarding competition. I'm sure I will win.



0.	*A. have play*	*B. played*	*C. have played*
1.	A. skiing	B. am skiing	C. ski
2.	A. snowboarding	B. snowboarded	C. was snowboarding
3.	A. hit	B. hited	C. hitted
4.	A. not have	B. don't have	C. haven't
5.	A. will take part	B. am take part	C. take part

III. Complete with the correct form of verbs.

1. We …… (invite) them to the party but they didn't come.
2. It …… (rain) when we …… (go) out.
3. It's a nice day today. The sun …… (shine).
4. I got up early and …….. (have) a shower.
5. The phone …….. (ring) while Mary …….. (cook) dinner.
6. The floor is clean now. I …… (just/wash) it.
7. Janet and Daniel …….. (be) married for nine years.
8. The children are in the living room. They …… (watch) TV.

LIVEWORKSHEETS