TEST UNIT 3 P6/1

1. Choose the correct option

1) The piece of wood used for hitting the ball in baseball or cricket:



a. racket

b. bat

c. log

2) The pair of glasses that fit closely to the face to protect your eyes from water in swimming:



a. googles

b. goggles

c. goblins

3) The object that players hit backwards and forwards in the game of badminton:



a. shuttle-cock

b. shutter-cock

c. shuffle-cock

4) The sticks used to push yourself forward while skiing:



a. ski bats

b. ski posts

c. ski poles

LIVEWORKSHEETS

5) A type of hard hat that protects the head of the players in some sports is:



a. an armour

b. a helmet

c. a bowler hat

2. Watch the video and write the direct speech to the reported speech

For example: *The frog says: "I like soccer". – The frog says that it likes soccer.*

https://www.youtube.com/watch?v=NyoSX1rag00

1.The girl says: "I like table tennis better than tennis".

_____

2. Sally says: "I don't like soccer very much".

_____

3. Freddie says: "Sally is very good at playing volleyball".

_____

4. Freddie says: "He's truly amazing!"

_____

LIVEWORKSHEETS

3. Read the instructions to the body exercise and fill in the blanks

Squat jumps



feet arms should need

1. You _____ stand with your _____ slightly wider than shoulder-width.
2. You _____ to slowly lower down into a squat position.
3. Engage your core and lower body as you jump explosively, extending your _____ overhead.
4. Lower back down to the squat position as soon as you land.
5. Do 2 to 4 sets of 10 to 15 repetitions.

Mountain climbers

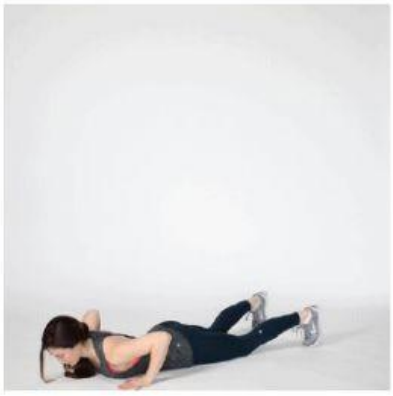


LIVEWORKSHEETS

mustn't leg should back

1. Begin in a high plank.
2. You _____ curve your _____, you _____ keep it straight as you engage your core and draw in your right knee toward your chest.
3. Extend your right _____ back to the starting position.
4. Repeat on the left side.
5. Continue for 1 minute.
6. Repeat 2 to 4 times.

Burpees



hands need should feet

1. You _____ stand with your feet shoulder-width apart.
2. Slowly lower down into a squat position.
3. Place your _____ on the floor directly under your shoulders.
4. Walk or jump your _____ back to come into a high plank.
5. Walk or jump your feet to the outside of your hands as you come back into a squat position.

LIVEWORKSHEETS

6. You _____ to engage your core as you jump up as high as you can, and extend your arms overhead.
7. Do 2 to 3 sets of 8 to 15 repetitions.

4. Write about yourself:

My favourite sport is _____. I think it´s _____.

I also like _____ and _____. I´m good at _____.

At school I_____. I don´t like _____ and _____.

I think they´re _____. I´m not good at _____.

LIVEWORKSHEETS