

Sports Blog: A Healthy Sport



Complete the Sports Blog. Use the words from the box to help you.

.....(1) is a healthy sport. In football, you need to(2) around a lot and you need to kick the(3) . Running around and kicking the ball helps you to exercise your body's(4) including the heart.

Football is a team sport. This means you can play with your friends. Playing football with your friends can help you to(5). Playing football is more fun than(6) it on TV. Football is one of the(7) sports to play because it is good for both(8) and(9).

(a) watching (b) football (c) healthiest (d) run (e) ball

(f) body (g) mind (h) relax (i) muscles