# 10 Fair Play

## Reading

**The people below are all looking for a new activity to do. There are six descriptions of different activities. Decide which activity (A-F) would be the most suitable for each person. There is one extra activity which you do not need to use.**



1 ____

Tony is a businessman and he wants to get some exercise. He doesn't want to do anything dangerous, but he would like some excitement. He would also like to meet new people.



2 ____

Erica is very fit and enjoys many sports. She likes competitions and has won prizes for sports before. She doesn't have much money to buy new sports equipment.



3 ____

Christopher likes spending time on his own and wants an activity that will get him into the open air. He does a lot of schoolwork, so he doesn't have much free time.



4 ____

Nancy wants some gentle exercise. She has just recovered from surgery and isn't very active. She would like to join a group and learn how to do an activity.



5 ____

Ashley enjoys dancing and meeting new people. She would love to take part in competitions and would like an activity that gave her the chance to travel.

# Activities For All

**If you want to get some exercise or take part in a sport, there are lots of choices. Read our guide to help you choose the activity that's right for you!**

### A Hang-gliding

If you're looking for a bit of risk, hang-gliding might be you! It can be expensive, but there's nothing like flying above the countryside. There are clubs all round the country which will give you training. You need to be in shape before you start and you need quite a bit of free time, but it's a great hobby.

### B Karate

It's not as violent as it looks, but you do need to be quite fit. Most clubs organise competitions against other local clubs, and it doesn't cost much to get started. Why not give it a go? You could be a black belt before you know it!

### C Yoga

Yoga is an easy form of exercise for people of any age. A teacher shows you and the rest of your group how to move your body slowly to help you relax. It can even help with problems with different parts of your body.

### D Cycling

Your local cycling club is a great place to make new friends and get yourself back in shape. All you need is a bike, a helmet, and lots of enthusiasm. Clubs organise exciting rides around the local area, from easy ones to more difficult ones. Everyone helps everyone else and it can be a great day out.

### E Gymnastics

In gymnastics, you perform to music. You need to have a good sense of balance, and the younger you are, the better. You usually join a class, so you get to know people, and clubs often have competitions with other clubs, sometimes even in other countries.

### F Fishing

Fishing is a fantastic way to get away from it all. If your idea of a great day out is just you and the fish, out in the country, away from people, then fishing will suit you. Whether you go for just an hour or spend the whole day catching fish, it's an activity that thousands of people love.

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