


Before watching

- 1 Complete the sentences using the words in the box. There are two extra words.

body • outdoor • flexibility • team • indoor
improve • stamina • strength • individual • hard

- 1 Golf and fishing are sports. You do them outside.
- 2 If you have good you can touch your toes easily when you're standing up.
- 3 If you're fit, you can do exercise.
- 4 Ice skating and volleyball are normally sports. You do them inside a building.
- 5 If you have a lot of you can do exercise for a long time.
- 6 If you have a lot of you can lift weights, run fast and jump high.
- 7 If you like doing sport on your own, an sport is best for you.
- 8 In a sport, you play with a group of other people.

While watching

2a  **37** Watch the video. Match the four speakers with the type of sports they like. Use the words in the box. How often do they do sports?

indoor • individual • outdoor • team



Amelia



George



Kieran



Molly

2b  **37** Watch again. Write the name of the correct speaker.

- 1 doesn't like getting cold.
- 2 gets up early to exercise.
- 3 exercises with other people.
- 4 does sport when other people are relaxing.
- 5 exercises twice a day.