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.

LIVEWORKSHEETS

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.

LIVEWORKSHEETS