

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.