

## Bright Ideas 2

Name: .....

Class: ..... Date: .....

# WORKSHEET

### I. Read, choose and write

play baseball   play rugby   go rowing   play badminton   go swimming

1. Two teams play this game together. One team kicks or carries an oval ball to the other team's goal to get a score. ....
2. Two teams play this game together. Each player tries to hit the ball and then runs around four bases before the other team brings the ball back. ....
3. This is a water sport. You use your body parts like arms, legs ... to move in water. ....
4. This is a water sport. You travel in a boat. ....
5. Two or four people play this game together. Players need rackets and a small ball with feathers around it. They use the rackets to hit the ball across a high net. ....

### II. Look, read and answer the question in full sentence.



1. What sports do you play?  
.....



2. Do you do gymnastics?  
.....



3. Do you eat fruits?  
.....



4. What sports do you play?  
.....



5. Do you drink lemonade?  
.....

II. Look at the picture. Read the sentences. Write "Yes" or "No". There is one example.



- 0. They are playing soccer. ....
- 1. The sister is happy. ....
- 2. There are two dogs. ....
- 3. The brother is playing tennis. ....
- 4. They are in the park. ....
- 5. The brother is wearing a hat. ....

**IV. Read and write T for True and F for False**

Why do you like doing exercise? Because exercise builds strong muscles and bones. It helps to make the body lean. Exercise also prevents health problems. It also makes your heart work harder. You sleep better when you exercise, but you shouldn't exercise too much before bedtime. You will find it hard to fall asleep.



There are many types of exercise for you to choose from, so make sure you do exercise that you enjoy. You can do athletics or go mountain biking. You also can go climbing with your friends and family. It's a good way to spend time together.

You can do exercise in many places. You can go to a gym to do gymnastic. You can also do exercise outdoors. You can do it in your backyard or in a playground. You can go to a park and a football field, too.

- 1. Exercise makes your bones strong. ....
- 2. Doing much exercise before bedtime is good. ....
- 3. There are only some types of exercise. ....
- 4. Doing exercise is a good way to be with others. ....
- 5. You can only do exercise indoors. ....