

1 Listen and fill in the table.

Track 6

How often do you...?	work with the weights and run	go swimming	get up early	eat healthy food	go running	have junk food and energy drinks

2 Listen and write the missing words.

Track 7

Hello. I'm Doris. I'm an athlete. I get up _____ (1) every day. I _____ (2) eat a big breakfast, and then I go to the gym. I _____ (3) exercise in the gym, but I train in the field _____ (4). I _____ (5) do heavy exercises not to hurt my legs.



3 Listen and fill in the charts.

Track 8



Indoor sports	Outdoor sports
♦ _____	♦ _____
♦ _____	♦ _____
♦ _____	♦ _____

1 Listen and number. Track 10

a.



b.



c.



e.



d.



f.



g.



h.

