

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. Block 10

