READING

1 Read the article and tick (✓) the sports that are mentioned.

1 baseball	_____	4 running	_____	7 snowboarding	_____
2 cycling	_____	5 skateboarding	_____	8 surfing	_____
3 football	_____	6 skating	_____	9 swimming	_____

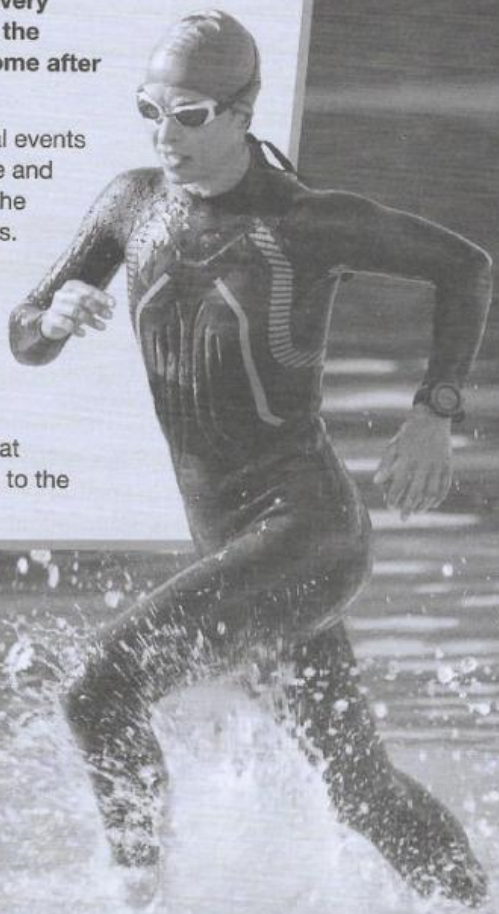
THE FITTEST member of my family

My cousin Alex is 18 years old. She runs three kilometres every morning before school, she cycles to school, she swims in the school swimming pool at lunchtime and then she cycles home after school. Can you believe it?

That's not all! On Saturdays she enters races. These are special events called 'triathlons'. In triathlons, the athletes have to swim, cycle and run a very long way. Alex is very good at triathlons. Last year, she won six events, finished second three times and third four times. Alex wants to be in the Olympics when she's older.

Do you want to keep fit? Alex has lots of good advice. 'Don't think about it, don't talk about it, just do it. Oh, and don't do any exercise on Sundays. Have a rest that day. I always do. It's very important to have a rest.'

I'd like to be as fit as Alex but I can't run fast and I'm not good at swimming. However, I am good at skateboarding. Maybe I'll go to the Olympics … but only to watch my cousin!



2 Read the article again and answer the questions. Write complete sentences.

1 How does Alex get to school? _____
2 What does she do at lunchtime? _____
3 What does she do on Saturdays? _____
4 How many triathlons did she win last year? _____
5 What does she want to do when she is older? _____
6 When does she have a rest? _____

LIVEWORKSHEETS