Think and learn

1 Look and match.

weightlifter | boxer | gymnast | rower | fencer | long jumper








2 Who uses it? Look and write words from Activity 1.

1 w	e	i	2 g	h	t	l	i	3 f	t	e	r








3 Complete the sentences.

balance | speed | ~~stamina~~ | strength | lower body | upper body

1 If you want to run 20 km, you need to build up your stamina.
2 I'm doing these arm exercises to make my _____ stronger.
3 You need a lot of _____ to lift heavy weights.
4 Gymnasts need good _____ to stay on the narrow equipment.
5 If she wants to win races, she'll need to improve her _____.
6 Long jumpers and high jumpers need to have a very strong _____.

LIVEWORKSHEETS