

Quiz: Sports Habits and Equipment – Zero Conditional

 Part 1: Multiple Choice (Choose the correct answer)

If you **play** tennis, you **need** a...

- a) helmet
- b) racket
- c) bat
- d) skateboard

If you **go** swimming, you **wear**...

- a) goggles
- b) a cap
- c) gloves
- d) boots

If you **play** football, you **need**...

- a) a net
- b) a ball
- c) a bat
- d) skis

If you **go** skiing, you **wear**...

- a) sandals
- b) shorts
- c) a ski suit
- d) a swimsuit

If you **don't warm up** before sport, you...

- a) play better
- b) run faster
- c) can get hurt
- d) win more games

If you **play** table tennis (or ping pong), you **use**...

- a) a bat and a small ball
- b) a big ball
- c) a helmet
- d) a racket and shuttlecock

If you **drink** water during sport, you...

- a) feel more tired
- b) stay hydrated
- c) play worse
- d) get hungry

If you **play** basketball, you...

- a) ride a bike
- b) swim in the pool
- c) throw the ball into the hoop
- d) kick the ball into the net

If you **want** to run fast, you **wear**...

- a) slippers
- b) running shoes
- c) sandals
- d) boots

🏀🏐 Glossary with Pictures

Racket	A piece of sports equipment with a handle and a round frame with strings, used to hit a ball (Tennis, Badminton)	
Goggles	Special glasses you wear to protect your eyes when swimming	
Helmet	Hard protective hat (Cycling, Skateboarding, Skiing)	
Bat	Wooden or metal club used to hit a ball (Baseball, Table Tennis)	 
Ski suit	Warm clothing you wear for skiing 🏂	
Warm up	Exercises you do before playing sports to prepare your body 🏃🧘	
Hydrated	Having enough water in your body (Drink water during sport) 💧	
Hoop	The ring where you throw the basketball	
Running shoes	Special shoes for running	