

"STAYING SAFE IN SPORTS"

1. Match the words with the pictures.

warm up

stretching

injury

rules

coach



2. What should we do before we start a sport? Listen about Amina's safety rules twice. Do the tasks.

A. True or False?

- | | | |
|--|------|-------|
| 1. Amina plays football and rides a bicycle. | True | False |
| 2. She warms up before playing football. | True | False |
| 3. Amina wears a helmet when she skates. | True | False |
| 4. She skates near many cars. | True | False |
| 5. She always listens to her coach. | True | False |

B. Choose the Correct Answer

- | | | | |
|--|-------------------|--------------------------------|---------------------------|
| 1. Why does Amina warm up before sport? | a) to get tired | b) to get ready | c) to be late |
| 2. What does Amina wear when roller-skating? | a) only shoes | b) a cap | c) a helmet and knee pads |
| 3. Where does Amina skate? | a) on the street | b) in the park | c) in school |
| 4. What is important for Amina? | a) being the best | b) having fun and staying safe | c) skating very fast |

STAY SAFE & STAY HEALTHY