

SPORTS & FITNESS VOCABULARY WORKSHEET

A) Match each phrasal verb with its correct definition.

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|-----------------|---|
| 1- carry on | a) Start doing exercise at the gym |
| 2- catch up | b) Stop doing something because it's too hard |
| 3- drop out | c) Continue doing something |
| 4- give up | d) Enroll/register for an activity |
| 5- join in | e) Do physical exercise |
| 6- keep up with | f) Begin a new hobby/sport |
| 7- sign up | g) Prepare your body before doing sport |
| 8- take up | h) Participate in an activity |
| 9- warm up | i) Reach the same level as someone else |
| 10- work out | j) Leave a course/sport before finishing |

B) Classify the words in the correct categories:

Spectators, sports watch, tracksuit, helmet, go jogging, personal trainer, pitch, fitness centre, referee, net, strength training equipment, skiing, competitors, court, basketball, push-ups, stretch, dive, rock climbing, athletics, opponents, track, shoot, lifting weights, hiking, hockey, rugby.

People:

Places:

Objects/Equipment:

Actions:

Sports:

C) Read the definitions and guess the word.

- It's the person who makes decisions in a football match →
- You do this before training to avoid injuries →
- It's a winter sport with snow →

D) Complete the sentences with the correct phrasal verb:

1. She didn't enjoy the swimming course, so she decided to _____.
2. If you want to stay healthy, you should _____ a sport.
3. I need to _____ for the yoga class online.
4. Come on, _____! Don't stop running now.
5. He runs very fast, I can't _____ him.

