Life Vision Intermediate Unit 4 Vocabulary test

1. **Write the words for definitions**

1. A person who watches a sports event
2. A competition where participants try to be the fastest
3. A person who protects the goal
4. Clothing worn for sports training
5. To send the ball to another player
6. A team or person you compete against
7. A structure that catches the ball when a goal is scored
8. A sport played on ice with sticks and a puck
9. A person who makes sure the rules are followed
10. Exercises done before physical activity
11. A sport involving running, jumping, and throwing
12. To stop the ball from going into the goal
13. A field where football or rugby is played
14. To practice in order to improve
15. A device worn on the wrist to track sports activity
16. To hit the ball with your foot
17. A sport played using a hoop and a ball
18. To control the ball while moving
19. Walking long distances in nature
20. A physical exercise done by pushing the body up from the floor
21. A sport played with an oval ball
22. The number of points or goals in a game
23. A win in a competition
24. A sport done on snow using skis
25. A sport where people climb rocks
26. A surface made for running or racing
27. To throw or kick the ball toward the goal
28. A team sport played with a bouncing ball
29. Protective equipment worn on the head
30. A machine used for cardiovascular exercise that simulates walking, running, or skiing movements.

LIVEWORKSHEETS

2. Complete the sentences write the correct word.

1. The _____ made a great save to stop the ball from hitting the _____.
2. Before the match, players did a short _____ and put on their _____.
3. The _____ blew the whistle when the _____ broke the rules.
4. She prefers _____ and _____ because she enjoys outdoor sports.
5. The final _____ was 3–1, giving the team a clear _____.
6. During _____ training, athletes often run on a _____.
7. He decided to _____ the ball instead of trying to _____.
8. In _____, players must learn how to _____ the ball correctly.
9. The _____ followed the _____ closely during the _____.
10. After doing fifty _____, he rested and drank water.
11. To protect his head, he always wears a _____ during training.
12. In _____, the goalkeeper uses special equipment to block the puck.
13. She uses a _____ to track her steps and heart rate.
14. During gym class, we trained on the _____ to improve endurance.
15. _____ requires strength, balance, and concentration.

LIVEWORKSHEETS

3. **Write the words for definitions**

1 stop doing something usually because it was too difficult
2 prepare the body before you exercise
3 move at the same speed as someone else
4 start doing an activity that has already started
5 start to do something new
6 do physical training
7 continue doing something
8 reach someone in front of you in a race
9 stop without finishing
10 register for an event

1 If she wants to be healthy, she should stop smoking and start doing a sport instead. [ ] [ ]
2 My dad has registered for a charity swimming event – this will be the first time he's been involved in something like that. [ ] [ ]
3 Before you do any physical training, always prepare your body for about ten minutes. [ ] [ ]
4 Rob couldn't move at the same speed as the other runners, so he left without finishing the race. [ ] [ ]
5 I need to make a phone call – you continue without me and I'll try to reach you later. [ ] [ ]
6 For Sam, doing Parkrun with other people has caused a number of positive changes in his life. [ ] [ ]

LIVEWORKSHEETS

Read the sentence and choose the correct answer.

1 I've decided to get fitter, so I'm going to ___ running.
A ☐ warm up B ☐ sign up C ☐ take up

2 Are you going to ___ doing yoga next term?
A ☐ drop out B ☐ carry on C ☐ catch up

3 Ben has ___ football so he can play more hockey.
A ☐ given up B ☐ caught up C ☐ carried on

4 I prefer running outside to ___ in the gym.
A ☐ carrying on B ☐ keeping up C ☐ working out

5 After her injury, Alison worked hard to ___ with the rest of the team.
A ☐ take up B ☐ catch up C ☐ give up

6 We need one more player on our team. Would you like to ___?
A ☐ join in B ☐ drop out C ☐ work out

7 Hurry up! We've only got five minutes to ___ before the match.
A ☐ keep up B ☐ take up C ☐ warm up

8 If you want to ___ for the challenge, put your name here.
A ☐ join in B ☐ sign up C ☐ work out

9 You run much faster than me. I can't ___ with you!
A ☐ take up B ☐ keep up C ☐ give up

10 I had to ___ of the tennis competition because I was ill.
A ☐ drop out B ☐ sign up C ☐ join in

LIVEWORKSHEETS