

Sports Vocabulary Challenge

Exercise 1: Definition Matching

Write the correct term to its definition.

	Definition	Word
1.	An official who controls a game or competition to ensure rules are followed.	
2.	The ability to move quickly and easily.	
3.	A person or team that competes against another.	
4.	A group of teams that compete against each other over a season.	
5.	The ability to sustain physical or mental effort for long periods.	
6.	A person who watches an event or competition.	
7.	A metal award given for winning or achieving something.	
8.	The act of winning in a competition or contest.	
9.	The ability to continue doing something difficult for a long time.	
10.	A series of competitions to determine the best in a sport (often used interchangeably with championship).	

Exercise 2: Sports Equipment & Actions



Fill in the gaps with the correct sport or equipment.

1.	_____ is a combat sport where two people fight using their fists and wear heavy gloves.
2.	Before playing, it is important to check your _____ to ensure you have the correct clothing and equipment.
3.	In _____ matches, players use rackets to hit a ball over a net.
4.	The referee awarded a _____ because the defender broke a rule inside the box.
5.	_____ involves moving over a surface, typically ice, on special boots with blades.
6.	The captain lifted the _____ high in the air after winning the final match.
7.	_____ is a sport where players often carry the ball and run to score points in the opposing team's area.
8.	Riding a bicycle for exercise or sport is known as _____.
9.	The striker kicked the ball perfectly into the _____.
10.	_____ requires moving through water using the arms and legs.

Exercise 3: Training & Performance

Complete the text about athlete preparation using the words below. There are some extra words

Word Bank: Training, Goal, Warm-up, Flexibility, Personal best, Victory lap, Injury prevention, Cross-training, Strength, Fitness, Leadership, Cool-down, Coach

Becoming a professional athlete requires serious dedication. It starts with a good _____, a person who trains and advises the athlete. The foundation of success is physical _____, which is the state of being healthy and strong.

Every session must begin with a _____ to prepare the muscles for exercise. To avoid getting hurt, athletes focus on _____, which includes ensuring they have good _____, or the ability to move joints freely.

Athletes often engage in _____ to build the physical power to lift weights or perform hard tasks. Sometimes, they do _____ in different sports to improve overall conditioning. After a hard session, a _____ is essential to relax the body. All of this _____, the process of preparing for sport, is done with one goal in mind: achieving a _____ in their next competition.

Exercise 4: Multiple Choice (10 points)

Choose the best word to complete the sentence or answer the question.

1. What do we call a celebratory circuit around the field after winning?	a) Warm-up b) Marathon c) Victory lap d) Jogging
2. Which word describes fair and respectful behavior in sport?	a) Sportsmanship b) Championship c) Leadership d) Skill
3. What is the name for the points achieved in a game?	a) Record b) Score c) Match d) Goal

4. Who is a person that competes in sports or physical activities?	<ul style="list-style-type: none"> a) Spectator b) Coach c) Referee d) Athlete
5. What is the opposite of victory?	<ul style="list-style-type: none"> a) Draw b) Defeat c) Match d) Competition
6. What event happens every four years and involves many countries?	<ul style="list-style-type: none"> a) The League b) The Marathon c) The Olympics d) The Training
7. Which activity involves running at a slow pace for exercise?	<ul style="list-style-type: none"> a) Sprinting b) Jogging c) Agility d) Flexibility
8. What is the best performance in a particular event called?	<ul style="list-style-type: none"> a) A Record b) A Match c) A Penalty d) A Skill
9. In Volleyball, players hit a ball over a _____ to score points.	<ul style="list-style-type: none"> a) Goal b) Hoop c) Net d) Wall
1. A long-distance race, usually 42 0. kilometers, is called a:	<ul style="list-style-type: none"> a) Sprint b) Marathon c) Relay d) Cool-down

Exercise 5: Use of English Practice

For questions **1–10**, read the text below and decide which answer (**A**, **B**, **C**, or **D**) best fits each gap.

The Spirit of the Games

The Olympic Games are perhaps the greatest (1) _____ in the world, bringing together thousands of people from every corner of the globe. Every four years, these individuals push their (2) _____ to the limit in hopes of winning a gold (3) _____ for their country. However, success at this level isn't just about individual (4) _____; in many events, (5) _____ is the ultimate key to reaching the podium.

For those who do not finish first, there is no shame in (6) _____, provided they have shown good (7) _____ throughout the event. Every participant must follow the rules enforced by the (8) _____ to ensure a fair game for everyone. Whether it is a grueling 42-kilometre (9) _____ or a fast-paced football (10) _____, the primary goal of the Olympics is to celebrate human potential and international friendship.

	A	B	C	D
1)	match	competition	league	penalty
2)	stamina	agility	sports gear	flexibility
3)	trophy	record	medal	score
4)	training	skill	coach	goal
5)	sportsmanship	fitness	teamwork	warm-up
6)	defeat	victory	injury	personal best
7)	strength training	sportsmanship	endurance	strength
8)	coach	athlete	spectator	referee
9)	jogging	marathon	cycling	training
10)	match	score	record	championship