

IGCSE Daily Lexical Sheet - Day 4

Theme: Sports & Fitness

 Suggested time: 20–25 minutes

Work independently. Check spelling.

◆ Section A – Meaning Match

Match the word to the correct definition.

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|----------------|---|
| 1. endurance | A. A person who controls the rules in a game |
| 2. stamina | B. Physical damage to the body |
| 3. tournament | C. A competition with several matches |
| 4. opponent | D. The ability to continue for a long time |
| 5. referee | E. The quality of working hard and training regularly |
| 6. injury | F. How well someone does in sport |
| 7. performance | G. The person you compete against |
| 8. discipline | H. Strength to continue physical effort |

◆ Section B – Gap Fill

Use the words from the box. Each word is used once.

- | | |
|-------------|---|
| endurance | 1. Long-distance runners need great _____. |
| stamina | 2. The football _____ made the final decision. |
| tournament | 3. The team improved their _____ after weeks of training. |
| opponent | 4. She was unable to play because of a serious _____. |
| referee | 5. The tennis _____ lasted for three days. |
| injury | 6. He congratulated his _____ after the match. |
| performance | 7. Athletes must show strong _____ in their training. |
| discipline | 8. Cycling requires both strength and _____. |

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◆ Section C – Collocation Control

Choose the correct word.

1. take / play / do exercise
2. competitive / strong / hard sport
3. improve / increase / grow fitness
4. suffer / receive / have an injury
5. physical / body / muscle activity

◆ Section D – Synonym Upgrade

Replace the underlined phrase with a stronger academic alternative.

1. Regular exercise is **very good for** your health.
2. The athlete was **very tired** after the race.
3. Team sports help students **work together better**.
4. He trained **a lot** before the competition.
5. Physical activity can **make people feel happier**.

◆ Section E – Word Form Awareness

Change the word in brackets.

1. Daily exercise improves overall _____ (fit).
2. The coach praised her excellent _____ (perform).
3. Athletes must train with great _____ (determine).
4. Regular training increases physical _____ (strong).
5. Sport encourages social _____ (interact).