

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.

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).