

Imię i nazwisko: \_\_\_\_\_

Klasa: \_\_\_\_\_

**1 Wpisz obok nr wyrazu - 1,2 lub 3, który poprawnie uzupełnia poniższe zdania.**

- 1 My brother regularly goes to the gym in order to <sup>1</sup>make / <sup>2</sup>take / <sup>3</sup>keep fit.
- 2 Sue fell while she was rollerblading yesterday and she got <sup>1</sup>injury / <sup>2</sup>hurt / <sup>3</sup>pain as a result.
- 3 Kate, are you going to <sup>1</sup>take / <sup>2</sup>make / <sup>3</sup>get part in the swimming competition?
- 4 Our coach always reminds us to warm <sup>1</sup>off / <sup>2</sup>out / <sup>3</sup>up before playing tennis.
- 5 I try to <sup>1</sup>make / <sup>2</sup>do / <sup>3</sup>practise some exercise before breakfast every day, but sometimes I'm simply too sleepy.
- 6 Whenever I'm playing volleyball, I wear knee pads to prevent <sup>1</sup>hurt / <sup>2</sup>injury / <sup>3</sup>health.
- 7 Roger is planning to <sup>1</sup>get / <sup>2</sup>make / <sup>3</sup>take part in an athletics competition next season.
- 8 You should sleep better if you <sup>1</sup>make / <sup>2</sup>practice / <sup>3</sup>do some exercise outdoors every day.
- 9 My mum goes to an aerobics class every week in order to <sup>1</sup>make / <sup>2</sup>keep / <sup>3</sup>go fit.
- 10 Don't forget to warm <sup>1</sup>up / <sup>2</sup>out / <sup>3</sup>off before the game!

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**2 Uzupełnij zdania odpowiednimi wyrazami. Niektóre litery wyrazów zostały podane.**

- 1 It is very important to s \_\_\_ et \_\_\_ after going jogging so that your muscles and joints stay flexible.
- 2 You should always wear a cycling helmet when you're riding a bike to p \_\_\_ v \_\_\_ n \_\_\_ head injury.
- 3 I attend swimming classes in order to \_\_\_ ct \_\_\_ e my swimming technique.
- 4 It's a good idea to eat healthy n \_\_\_ c \_\_\_ to have enough energy to do sports.
- 5 I want to be in the school football team, so I'm going to t \_\_\_ i \_\_\_ very hard this season.
- 6 My skiing instructor is helping me to practise my skiing t \_\_\_ n \_\_\_ q \_\_\_.
- 7 I got \_\_\_ r \_\_\_ in a cycling accident last week - I broke my right arm.

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