

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 **'make / 'take / 'keep** fit.
- 2 Sue fell while she was rollerblading yesterday and she got **'injury / 'hurt / 'pain** as a result.
- 3 Kate, are you going to **'take / 'make / 'get** part in the swimming competition?
- 4 Our coach always reminds us to warm **'off / 'out / 'up** before playing tennis.
- 5 I try to **'make / 'do / '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 **'hurt / 'injury / 'health**.
- 7 Roger is planning to **'get / 'make / 'take** part in an athletics competition next season.
- 8 You should sleep better if you **'make / 'practice / 'do** some exercise outdoors every day.
- 9 My mum goes to an aerobics class every week in order to **'make / 'keep / 'go** fit.
- 10 Don't forget to warm **'up / 'out / 'off** before the game!

___ / 10

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.

___ / 7