

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# STAY FIT AND HEALTHY

## Relative clauses

### Rules

Defining relative clauses

We use defining relative clauses to give essential information about someone or something we are talking about.

We use:

- **That** and **who** for people.
- **That** and **which** for things.
- **When** for times.
- **Where** for places.
- **Whose** for possessions.



### Exercise 1

**Instructions:** Read this text about sports injuries and choose the correct relative pronoun in italics.

**Example:** Most people **(0)** *which / that* do regular sport are healthier and often feel happier than...

Most people **(0)** *which / that* do regular sport are healthier and often feel happier than those **(1)** *who / whose* do little or no exercise. Care must be taken, though, to avoid the injuries **(2)** *when / which* sport can sometimes cause. People who run or do the long jump, for instance, often injure themselves **(3)** *when / which* they don't warm up properly. Training **(4)** *where / that* involves doing the same exercise again and again can cause serious damage, particularly to athletes in their teens, **(5)** *whose / which* bodies are still developing.

It is important not to do too much too soon. Everyone should 'warm up' before they begin — if possible in the place **(6)** *who / where* they are going to exercise. It is important, too, for people to follow any safety advice **(7)** *when / that* they receive. Gyms are places **(8)** *where / whose* you can find professional trainers to help you avoid common mistakes. Athletes **(9)** *who / which* ignore pain during workouts usually end up with much worse injuries later on. Finally, recovery is a crucial phase **(10)** *whose / that* shouldn't be skipped if you want to stay in top shape.

## Exercise 2

**Instructions:** Complete the sentences with *where, which, when, who, whose* or *that*. Sometimes there may be more than one possible answer.

**Example: (0)** The TV series **which / starts** tonight about doctors.

1. People \_\_\_\_\_ swim a lot are usually quite fit.
2. This is the park \_\_\_\_\_ I fell over and injured myself when I was younger.
3. I had a horrible cough \_\_\_\_\_ took about two weeks to go away.
4. Elena has a brother \_\_\_\_\_ name is Ryan.
5. Winter is the time \_\_\_\_\_ many People get the flu.
6. The hospital \_\_\_\_\_ my uncle works has a brand new emergency room.
7. Dr. Smith is the cardiologist \_\_\_\_\_ saved my grandfather's life last year.
8. I will never forget the day \_\_\_\_\_ I broke my arm playing football.
9. Medicine is a career \_\_\_\_\_ requires many years of hard work and study.
10. That is the girl \_\_\_\_\_ ankle got sprained during the basketball game.



## Exercise 3

**Instructions:** Match the columns to make complete sentences about sports.

**Example: (0)** Cricket is a popular sport... **K.** which is played with a bat and a ball.

### Column A

**0. Cricket is a popular sport...**

1. A referee is a person...
2. I'll never forget the moment...
3. That is the stadium...
4. Athletes...
5. Basketball is a sport...
6. Summer is the season...
7. She is the tennis player...
8. Marathon runners need shoes...
9. A stadium is a place...
10. This is the team...

### Column B

- A.** where thousands of fans go to watch their favorite teams.
- B.** whose training advice helped me run my first 5K race.
- C.** that provides excellent support for their feet and ankles.
- D.** who makes sure players follow the rules during a match.
- E.** when our team scored the winning goal in the final second.
- F.** which requires a lot of jumping and quick coordination.
- G.** where our school basketball team won the championship last year.
- H.** who train every single day usually see the best results.
- I.** when most outdoor sports tournaments take place.
- J.** which won the national tournament last night.
- K.** which is played with a bat and a ball.