



1. Read the definitions, fill in the blank and find the words in the crossword.

S	A	N	C	I	G	N	G	I	C	L	I
N	L	S	K	I	I	N	G	I	L	C	C
O	J	U	J	I	G	N	H	D	I	I	E
W	K	R	I	J	K	H	F	G	M	D	S
B	U	F	F	D	A	W	R	F	B	H	K
O	D	I	S	E	S	H	A	T	I	F	A
A	G	N	V	S	A	W	R	Q	N	R	T
R	D	S	U	R	F	I	N	G	G	W	I
D	I	M	B	M	X	I	N	G	L	S	N
I	C	E	R	E	B	E	L	L	U	M	G
N	G	F	T	G	N	S	W	K	S	T	D
G	Y	M	N	A	S	T	I	C	S	Y	M

Ex: Sliding down snowy hills on long sticks attached to your feet.

Skiing

1. Riding on big waves in the ocean while standing on a flat board.

2. Riding small bike on ramps, jumps, and obstacles.

3. Gliding down snowy hills on a single flat board attached to your feet.

4. Gliding smoothly on ice while wearing special shoes with sharp blades.

5. Doing flips, jumps, and balancing acts on mats, bars, and beams.

6. The part of your brain that helps you balance and move smoothly.

7. Using your legs, or your legs and hands, to go up or onto the top of something.

2. Choose the correct word and fill in the blank with the **simple past tense**.

play
watch

watch
play

laugh
jump

shout
shout

rain
jump



I enjoyed Saturday! I **played** tennis in the morning and _____ a DVD in the afternoon. In the evening, our cat _____ in some water. Dad _____ 'Don't do that!' But it was funny. I _____ a lot!

Sunday was OK. I _____ hockey in the morning and I _____ a football game on TV in the afternoon. But my rabbit _____ out of its box in the evening and Mum _____. 'Help' It _____ a lot!



3. Write about a sport that needs good sense of balance that you know.

- What is the name of this sport? Do you like this sport? Why or why not?
- Where can you play this sport?
- What equipment do you need in this sport?
- What do you do when you play this sport?
- How can you keep yourself safe when you play this sport?
- Did you ever play this sport? If not, do you want to try it? Why or why

