Keep Fit Grammar & Vocabulary Worksheet

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This worksheet helps you practice the **present simple** with **third person singular** (**he / she / it**) using fitness and health examples. You will also build your **fitness vocabulary** with a short guessing activity. Work carefully and check your spelling and verb endings.

Exercise 1: Present Simple (He/She/It) 📝

Complete each sentence using the correct form of the verb in **parentheses**. Focus on **third person singular** forms and remember to add **-s** or **-es** when needed.

Number	Sentence
1	Sarah _____ **(go)** to the gym every morning.
2	He _____ **(stretch)** before running.
3	My sister _____ **(do)** yoga three times a week.
4	She _____ **(drink)** a glass of water after every workout.
5	My dad _____ **(lift)** weights on Mondays and Thursdays.
6	It _____ **(take)** her about 20 minutes to walk to the park.
7	Ben _____ **(watch)** fitness videos to learn new exercises.
8	She _____ **(carry)** a protein snack in her gym bag.
9	He _____ **(finish)** his workout with a short cool-down.
10	My coach _____ **(teach)** us how to breathe properly during cardio.

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Exercise 2: Fitness Vocabulary - Guess the Word 🔍

Read each **description** and write the correct fitness or health **vocabulary word**. Use one word (or a short phrase) for each answer, and check your spelling.

Choose from these words:

- **dance**
- **play soccer**
- **run**
- **do calisthenics**
- **jog**

Number	Description	Answer
1	Moving quickly on foot, faster than walking.	
2	Running at a slow, steady pace for exercise.	
3	Moving your body to music with rhythm.	
4	Exercises using your own body weight, like push-ups, sit-ups, and jumping jacks.	
5	A team sport where you kick a ball and try to score goals.	

You're doing great—keep practicing your **verb endings** and learning new **fitness vocabulary**. **Good luck**, and keep moving toward your goals!

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