

Ficha de trabalho nº 6

SPORTS / HOLIDAYS and PAST SIMPLE

1 - Complete the sentences with the words from the box. **There are 3 extra options.**

running	swimming	tennis	rock climbing
health club	stadium	court	track

- 1 - Usain Bolt trained for many years on the athletics _____.
- 2 - My sister loves water sports and goes _____ every weekend.
- 3 - Rafael Nadal plays matches on a tennis _____.
- 4 - Many people go to the _____ to keep fit and exercise regularly.
- 5 - My brother enjoys _____ because he likes climbing walls and mountains.

2 - Match the **activities** (1-8) with the **definitions** (a-h)

- | | | |
|-----------------|----------------------|--|
| 1 - tourists | <input type="text"/> | a) a document that people need to travel to other countries. |
| 2 - baggage | <input type="text"/> | b) a place where planes take off and land. |
| 3 - tickets | <input type="text"/> | c) cream that protects your skin from the sun. |
| 4 - passport | <input type="text"/> | d) people who travel to different places for pleasure. |
| 5 - guided tour | <input type="text"/> | e) bags that people take with them when they are travelling. |
| 6 - airport | <input type="text"/> | f) a place where you can stay when you are on holiday. |
| 7 - sunscreen | <input type="text"/> | g) something you need to enter a plane, train or event. |
| 8 - hotel | <input type="text"/> | h) a visit around a place with someone explaining information. |

3 - Complete the text with the words from the box. **There are TWO extra words.**

important	healthy	time	outdoors	exercise	swimming	passports
airport	relax	sunscreen	tourists	energy	luggage	friends

Hi! My name is Ben, I'm 13 years old and I'd like to tell you my opinion about sport and healthy habits.

I think sport is very **(1)** _____ in our lives. Many teenagers spend a lot of **(2)** _____ sitting in classrooms or using their phones and computers, so it is important to stay active. Regular **(3)** _____ helps us keep fit and can also help us **(4)** _____ after a stressful day at school.

My favourite sport is **(5)** _____. I usually go to the local pool twice a week. It is fun, and it helps me stay **(6)** _____. I also enjoy spending time **(7)** _____ with my friends. We often run, cycle or play different types of games in the park.

Sport gives us more **(8)** _____ and helps us feel better. It is also a great way to make new **(9)** _____ and work as part of a team.

During school holidays, my family often travels to other countries. Before leaving home, we always check our **(10)** _____ and our **(11)** _____ to make sure everything is ready for the trip. At the destination, we spend lots of time outside and always use **(12)** _____ to protect our skin from the sun.

In my opinion, sport and holidays are both great ways to enjoy life and stay active. That's why they are so important to me!

1 – Complete the sentences with the **PAST SIMPLE** of the verbs in brackets.

- 1 – Tom _____ (**play**) tennis last Saturday.
- 2 – My friends _____ (**go**) swimming at the local pool yesterday.
- 3 – Sarah _____ (**watch**) a football match on TV last night.
- 4 – We _____ (**train**) at the gym last week.
- 5 – My brother _____ (**run**) on the athletics track yesterday afternoon.
- 6 – The tourists _____ (**visit**) several famous monuments during their holiday.
- 7 – My parents _____ (**travel**) to Spain last summer.
- 8 – Emma _____ (**pack**) her luggage before the trip.
- 9 – The tour guide _____ (**show**) us around the city centre.
- 10 – I _____ (**take**) my passport to the airport.

2 – Make the sentences **NEGATIVE**. Follow the example:

Example:

Peter **played** tennis last weekend. → Peter **didn't play** tennis last weekend.

1. I **went** swimming yesterday. → I _____.
2. Jack **watched** football last night. → Jack _____.
3. We **travelled** abroad last August. → We _____.
4. I **packed** my luggage before you. → I _____.

3 – Write **QUESTIONS**. Follow the example:

Example:

you / play / tennis / yesterday → **Did you play** tennis yesterday?

1. your brother / go / swimming → _____?
2. Emma / take / a guided tour / on holiday → _____?
3. your friends / help / you → _____?

4 – Complete the sentences with the correct form of the verbs in brackets. Use the **PAST SIMPLE**.

- 1 – Last Saturday, Tom _____ (**play**) tennis with his friends.
- 2 – We _____ (**not/travel**) by plane during our holiday. We went by train.
- 3 – _____ (**Sarah / watch**) the football match last night? No, she _____.
- 4 – My brother _____ (**go**) swimming at the local pool yesterday.
- 5 – Emma _____ (**not/pack**) her luggage the day before the trip.
- 6 – _____ (**they / visit**) the castle during the guided tour? Yes, they _____.
- 7 – My parents _____ (**take**) lots of photos on holiday.
- 8 – I _____ (**not/enjoy**) the rock-climbing activity because it was difficult.
- 9 – My friends _____ (**buy**) tickets for the match yesterday.
- 10 – Jack _____ (**run**) five kilometres in the park yesterday morning.
- 11 – We _____ (**not/see**) many tourists at the airport.
- 12 – _____ (**you / have**) a good holiday last summer? Yes, I _____.
- 13 – The guide _____ (**show**) us all the important monuments in the city.
- 14 – My sister _____ (**not/play**) tennis last weekend because she was ill.
- 15 – They _____ (**swim**) in the hotel pool last night.