01 / WARM UP

Sports and Me

Small steps. Stronger skills.



Name: _____ Date: _____

1 Read An Active Week

Read first. Match the words in Section 2, then complete the eight blanks. Use each word once.

Hi! My name is Emma. Sports are an important part of my week. My favorite sport is (1) _____. I love throwing the ball into the basket! I belong to a school (2) _____ with nine other students. We practice on Mondays and Wednesdays after school. Our (3) _____, Ms. Torres, teaches us new skills and helps us play better.

Our practice sessions last one hour. We wear comfortable clothes and sports (4) _____ on our feet. I can run fast and pass the ball, but I can't jump very high. My friend Lucy can jump high, and she can score lots of points.

On Saturdays, I ride my (5) _____ in the park with my brother, Leo. It has two wheels, and I always wear a helmet. Leo also likes (6) _____. He loves moving through the water, but I can't swim very well. On Sundays, he goes to the indoor (7) _____ at the sports center. I sometimes go with him to practice.

After exercise, we drink (8) _____ to stay hydrated. I enjoy being active with my friends and family. I don't win every game, but I always have fun!

2 Vocabulary Match and Complete

Match each word with its definition. Write its letter in the middle column.

1. bicycle	____	A. A group of people who play a sport together.
2. coach	____	B. Moving your body through water.
3. water	____	C. A clear liquid you drink to stay hydrated.
4. basketball	____	D. A person who trains and helps players improve.
5. shoes	____	E. A sport in which players throw a ball into a basket.
6. swimming	____	F. Things you wear on your feet to protect them.
7. team	____	G. A two-wheeled vehicle you move by pedaling.
8. pool	____	H. A place filled with water where people swim.

LIVEWORKSHEETS

02 / TRAIN YOUR MIND

Read and Respond

Read carefully. Answer confidently.



3 Reading Comprehension

Use information from the text. Answer in complete sentences. For yes/no questions, include Yes or No and a full statement.

1. Does Emma practice basketball every day?

2. Can Lucy jump high?

3. Who does Emma ride her bicycle with?

4. Where does Leo go swimming on Sundays?

5. How often does Emma practice basketball?

4 Your Turn Sports Habits

Answer each question with two complete sentences about yourself.

1. What sports or physical activities do you do, and how often do you do them?

2. Where do you usually exercise, and who do you exercise with?

If you do not exercise regularly, explain this and describe an activity you sometimes do, such as walking or dancing.

LIVEWORKSHEETS

03 / YOUR PERSONAL BEST

Write and Speak

Your story. Your voice. Your progress.



5 Writing My Active Life

Write a paragraph of 8-10 sentences by hand in your notebook. Describe your sports habits and abilities using your own information.

- Sports or activities you like and do not like.
- When, where and how often you do them, and who you do them with.
- At least two things you **can** do and one thing you **cannot** do.
- **And** to add information and **but** to show a contrast.
- At least four sports or activity words from this worksheet or previous lessons.

Grammar reminder: Use the present simple for habits.
Can / can't + base verb: I can swim. She can't play tennis.

6 Get Ready to Speak

Prepare to present your paragraph orally next session. Speak for approximately one minute.

1. Check your paragraph and correct any mistakes.
2. Underline key words to help you remember your ideas.
3. Practice speaking clearly. Use notes, but try to look up as you speak.
4. Prepare two questions to ask a classmate after their presentation.

Question with can

Question with a WH word + do

✓ Before You Finish

- ☐ I matched the words and completed the text.
- ☐ I answered the reading questions fully and described my habits.
- ☐ My handwritten paragraph uses the grammar and vocabulary.
- ☐ I prepared two questions and practiced my oral presentation.

LIVEWORKSHEETS