UNIT 6A / SPORT FOR ALL

The right sport *for you!*

Maybe you're the kind of person who does sport every day, or maybe you like watching sport more than doing it. Or perhaps you think that sport isn't for you. Well, sport isn't just about winning and losing or getting hot and tired. It's also about being with people and feeling good about yourself. We think there's a sport for everyone, and we're going to help you find out what YOUR sport is.



Take the quiz

Choose a, b or c for each question. Write down your five letters.

1 **How fit are you? Can you run 400 metres without stopping?**
- a Yes, easily. That isn't very far for me.
- b Yes, but only slowly. I'm not much of a runner.
- c No chance! I've never wanted to go running.

2 **Which of these describes you the best?**
- a I'm happy to work hard to learn a new sport.
- b I'd like to learn a new sport if I can learn it easily.
- c I don't want to spend a lot of energy learning a new sport.

3 **When I'm going for a walk, I like walking**
- a quickly so I can go a long distance.
- b slowly and looking at everything around me carefully.
- c at a normal speed.

4 **Which of these describes you the best?**
- a I hate doing sport alone.
- b I do a sport better when I do it with other people.
- c I like doing most things on my own, including sport.

5 **How much money are you happy to spend doing a sport?**
- a I'm OK with spending a lot. My fitness is important to me.
- b I normally spend some money on fitness and sport, but not much.
- c I have trainers, but I don't like spending any money on other equipment.

My answers 1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Answer key

Count your letters for questions 1–3 only.
If you chose a, b and c, you can try sports from any group.

Group 1 Two or three a answers	Group 2 Two or three b answers	Group 3 Two or three c answers
You enjoy high-energy sports. You're happy to practise hard and you like winning.	You want to keep fit and enjoy sport at your own pace, gently or more actively.	You may enjoy sports that you can do at a relaxed pace.
athletics	badminton	bowling
hockey	cycling	cricket
judo	football	golf
karate	horse-riding	snooker
rugby	ice-skating	tai chi
sailing	running	yoga
scuba diving	swimming	
skiing	table tennis	
snowboarding	tennis	
windsurfing	volleyball	

Narrow your choice

Use questions 4 and 5 to choose a sport from your group.

Q4 Who with?
- a or b A sport you always do with other people.
- c A sport you can do alone.

Q5 How much?
- a A sport that costs a lot.
- b A small cost each time.
- c A sport you can do for free.

Talk to a partner

Do you like the suggestions? Which sport would you like to do?
Look at the sports in the other two groups. Are there any sports you like? Which ones?

LIVEWORKSHEETS