

1 Zakreśl wyrazy, które poprawnie uzupełniają poniższe zdania.

- 1 My brother regularly goes to the gym in order to **make / take / keep** fit.
- 2 Sue fell while she was rollerblading yesterday and she got **injury / hurt / pain** as a result.
- 3 Kate, are you going to **take / make / get** part in the swimming competition?
- 4 Our coach always reminds us to warm **off / out / up** before playing tennis.
- 5 I try to **make / do / practise** some exercise before breakfast every day, but sometimes I'm simply too sleepy.

2 Uzupełnij zdania odpowiednimi wyrazami. Niektóre litery wyrazów zostały podane.

- 1 It is very important to s _ _ et _ _ after going jogging so that your muscles and joints stay flexible.
- 2 You should always wear a cycling helmet when you're riding a bike to p _ _ v _ _ n _ _ head injury.
- 3 I attend swimming classes in order to _ _ _ ct _ _ e my swimming technique.
- 4 It's a good idea to eat healthy _ n _ c _ _ to have enough energy to do sports.
- 5 I want to be in the school football team, so I'm going to t _ _ i _ _ very hard this season.

3 Uzupełnij zdania wyrazami z ramki. Trzy z nich zostały podane dodatkowo i nie pasują do żadnego zdania.

tournament • trophy • beat • supporter • record • opponent • draw • referee

- 1 They didn't win the game, but they managed to _____ 1:1.
- 2 Our volleyball team won a wonderful gold _____ in the finals last week!
- 3 What a terrible foul! The _____ gave the player a red card and sent her off the pitch.
- 4 My friend is a keen _____ of Arsenal. He tries to watch every game.
- 5 I'm playing against Thomas in the next tennis match. He's a difficult _____ to beat.

4 Uzupełnij zdania brakującymi wyrazami.

- 1 It was a terrible game - we didn't _____ a single goal!
- 2 Mark, you mustn't cheat! You have to play _____ the rules!
- 3 Ann is training very hard. She hopes to _____ a new school record in the 100 metres sprint next week.
- 4 The goal keeper was hurt and couldn't _____ the ball. The opposing team gained one more point.

5 I'm not going out tonight. I'm planning to watch the Formula 1 _____ on TV.