

NAME

GENERAL RULES FOR SPORTS

1. READ AND WRITE THE RULE

We use the **-ing** form as a noun.

Cycling is my favourite sport.

2. CHOOSE THE CORRECT ANSWER

- 1 Swim/**Swimming** is a great way to get fit.
- 2 Lucy can **dance/dancing** very well.
- 3 **Dive/Diving** in the sea is really exciting.
- 4 **Climb/Climbing** can be dangerous.
- 5 Evan can't **sail/sailing**, but he's very good at skiing.
- 6 Can you **play/playing** volleyball?

2. MATCH THE GAMES

	You play in a team of five. The objective is to get the ball into the opponent's basket. Players can bounce or pass the ball only with the hands. Players can't touch the ball with their feet.
	You play in a team of eleven. The objective is to kick the ball into the opponent's goal. Players pass the ball using feet only. Only goalkeepers can use their hands.
	You play in a team of seven. The objective is to get the ball into the opponent's goal. Players can catch, throw, bounce or strike the ball with the hands. Only the goalkeeper can stay in the goal area.
	You play in a team of seven. The objective is to get the ball into the opponent's goal. Only the goalkeeper can touch the ball with both hands at the same time. Players can push the ball, lift it out of the water, pass it or shoot it.
	You play in a team of eleven. The objective is to use the sticks to get the ball into the opponent's goal. Players must hit the ball with the flat side of the stick. Only goalkeepers can kick the ball and stop it with any part of the body.
	You play in a team of six. The objective is to get the ball across the net so that the opponents can't return it. Players can't touch the net. Players can't hold the ball in their hands.

3. COMPLETE THE SENTENCES ABOUT SPORTS USING THE GIVEN WORDS

Cap • course • Court • goggles • helmet • jump • pitch • throw • volleyball

- There are eighteen holes in a golf _____.
- There are two goals in a football _____.
- In basketball, you _____ the ball into a basket.
- You hit a ball over a net with a racket on a tennis _____.
- Some people wear a swimming _____ on their head when they do water sports.
- People sometimes wear _____ on their eyes when they go swimming.
- You must wear a _____ to ride a bicycle in the streets.
- In football, you sometimes _____ high and hit the ball with your head.
- In _____ you hit a ball over a net with your hands.

4. COMPLETE THE TEXT ABOUT HANDBALL

ball • Catch • exciting • goals • hands • into •
must • mustn't • players • points • teams • throw

Handball

Handball is an ²¹ _____ sport. There are two ²² _____ in handball and there are seven ²³ _____ in each team. To play handball, you ²⁴ _____ have a ²⁵ _____ and two ²⁶ _____. You can ²⁷ _____ and ²⁸ _____ the ball with your ²⁹ _____, but you ³⁰ _____ run far with the ball. To receive ³¹ _____, players must throw the ball ³² _____ the goal.

