

Match the words to their definitions. One item is extra.

- A. a form of exercise when one runs at a slow speed –
- B. to win or get a point in a game, sport or competition –
- C. to not win a game, argument or competition –
- D. the fastest / longest / highest / lowest result ever done, especially in sport –
- E. to be the best in a game or competition –
- F. a sport or exercise of lifting heavy objects –
- G. a sport that develops strength, balance, flexibility (гибкость) and body –

to win

a record

to score

to lose

weightlifting

gymnastics

extra

Complete the sentences.

1. Football, basketball and hockey are team (s) .
- 2.(A) is the sport in which people compete in running, jumping and throwing.
3. A (ch) is a competition to see which player or team is the best in a particular (определенный) sport.
4. Some sports games are played with (e) , for example, a bat, ball and glove for baseball.

5. Field (h) is a team sport that is played indoors and outdoors.

6. Eating healthy food, exercising and having enough sleep will help you (k) fit.

Read about some sports activities. Fill in the gaps with the following words: professional, medals, take up, take place, record, jogging, compete. One item is extra.

A lot of people think that running and (1) are two different words for one activity. In fact, they are two different activities.

When one jogs, they go slower than 10 kph (kilometers per hour). Jogging can be done by people of all ages and abilities. You are never too young or too old to (2) jogging. In jogging, you don't (3) with other people and you don't get (4) for good results, but regular jogging helps you burn calories and make your body and heart stronger and healthier.

When one runs, they go faster than 10 kph. Running is often done by (5) athletes, but there are many examples when people start running late in their lives. One of such examples is Gladys Burrill from the USA. She took up running when she was 86, and at the age of 92 she set a world (6) as the oldest marathon runner.

Complete the text. Choose the correct item.

I've got three best friends: Debby, Kim and Nikki. They have different personalities, but they all love sports. Debby loves (1) individual sports. She is such a good athlete! Last year she won (2) School Olympics in our town. Kim also likes (3) individual sports. She's been doing (4) gymnastics since she was 5. Nikki likes team sports. She plays (5) field hockey and she's really good at it. Debby, Kim, Nikki and I (6) jogging every evening. We meet in the park and jog 5 km.

Correct the mistakes in the replies (во второй реплике).

1. — I've never been good at playing ball games. — Neither do I. ---
2. — I hate competitive sports. — Neither do I. ---
3. — I'm not a fan of our local football team. — Neither do I.
4. — I want to be a professional swimmer. — So I do.
5. — I can remember the names of all ice hockey players of Dinamo Minsk. — I do. ---
6. — I don't know which sport I should take up. — I don't.