

TEST UNIT 3 P6/1

1. Choose the correct option

1) The piece of wood used for hitting the ball in baseball or cricket:

- a. racket
- b. bat
- c. log



2) The pair of glasses that fit closely to the face to protect your eyes from water in swimming:

- a. googles
- b. goggles
- c. goblins



3) The object that players hit backwards and forwards in the game of badminton:

- a. shuttle-cock
- b. shutter-cock
- c. shuffle-cock



4) The sticks used to push yourself forward while skiing:

- a. ski bats
- b. ski posts
- c. ski poles



5) A type of hard hat that protects the head of the players
in some sports is:



- a. an armour
- b. a helmet
- c. a bowler hat

2. Watch the video and write the direct speech to the reported speech

For example: *The frog says: "I like soccer". – The frog says that it likes soccer.*

<https://www.youtube.com/watch?v=NyoSX1rag00>

1. The girl says: "I like table tennis better than tennis".

2. Sally says: "I don't like soccer very much".

3. Freddie says: "Sally is very good at playing volleyball".

4. Freddie says: "He's truly amazing!"

3. Read the instructions to the body exercise and fill in the blanks

Squat jumps



feet arms should need

1. You _____ stand with your _____ slightly wider than shoulder-width.
2. You _____ to slowly lower down into a squat position.
3. Engage your core and lower body as you jump explosively, extending your _____ overhead.
4. Lower back down to the squat position as soon as you land.
5. Do 2 to 4 sets of 10 to 15 repetitions.

Mountain climbers



mustn't leg should back

1. Begin in a high plank.
2. You _____ curve your _____, you _____ keep it straight as you engage your core and draw in your right knee toward your chest.
3. Extend your right _____ back to the starting position.
4. Repeat on the left side.
5. Continue for 1 minute.
6. Repeat 2 to 4 times.

Burpees



hands need should feet

1. You _____ stand with your feet shoulder-width apart.
2. Slowly lower down into a squat position.
3. Place your _____ on the floor directly under your shoulders.
4. Walk or jump your _____ back to come into a high plank.
5. Walk or jump your feet to the outside of your hands as you come back into a squat position.

6. You _____ to engage your core as you jump up as high as you can, and extend your arms overhead.
7. Do 2 to 3 sets of 8 to 15 repetitions.

4. Write about yourself:

My favourite sport is _____. I think it's _____.

I also like _____ and _____. I'm good at _____.

At school I _____. I don't like _____ and _____.

I think they're _____. I'm not good at _____.