

VIDEO

1. Watch the video and tick what you see.

- People swimming _____
- People running _____
- A chair _____
- A clock _____
- People playing volleyball _____
- People flying _____
- A bicycle _____
- The sea _____
- Breakfast _____
- Dinner _____

2. Watch again and choose the answers.

1. In a triathlon, athletes run, cycle and swim.
☐ True
☐ False
2. George is training with the Olympic swim team today.
☐ True
☐ False
3. George never eats breakfast after his swim.
☐ True
☐ False
4. George goes to a training camp in Spain.
☐ True
☐ False

3. Read and tick.



- 1 George trains every week.
- 2 George always gets up early.
- 3 He usually swims for two hours.
- 4 George's favourite stroke is backcrawl.
- 5 At training camp, George skateboards and cycles every day.
- 6 George surfs in the sea in Spain.

☐
☐
☐
☐
☐
☐

4. Correct the sentences that you don't tick.

George doesn't train every week. He trains every day.
