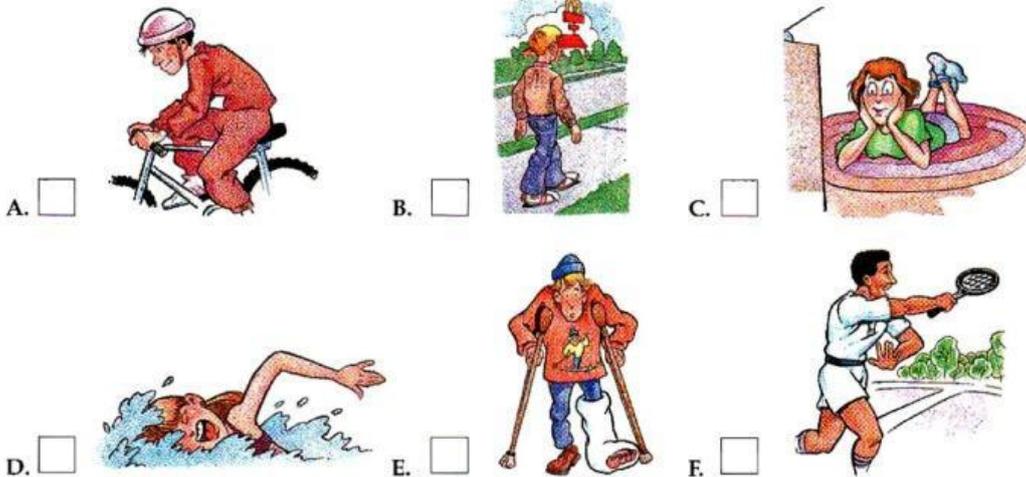


Listening Exercises A1 – Sports and Exercise

Exercise 1

People are talking about sports and exercise. Listen and number the pictures.



Exercise 2

Task 1

Which sports or activities is the person talking about? Listen and tick the correct answer.

1. a. swimming
b. going to the gym
c. jogging
2. a. playing volleyball
b. playing golf
c. playing soccer
3. a. playing baseball
b. playing football
c. playing tennis
4. a. playing tennis
b. watching TV
c. reading
5. a. swimming
b. jogging
c. windsurfing
6. a. diving
b. riding a bicycle
c. walking

Task 2

Listen again. What do you think each person says next? Circle the correct answer.

1. **a.** Yes, about three times a week.
b. Yeah, I'm getting lazy.
c. Yeah, I'm tired.
2. **a.** Yeah, I'm very busy.
b. Yeah, I'd love to.
c. Yeah, you're right.
3. **a.** Volleyball is tiring.
b. Volleyball. It's my favorite.
c. Tennis is expensive.
4. **a.** I know, but I'm lazy.
b. No, thanks. I'm tired.
c. Yeah, reading is fun.
5. **a.** It's too hot.
b. I enjoy skiing.
c. I don't like the cold.
6. **a.** In the car.
b. In the morning.
c. In the park.

Exercise 3

Task 1

Listen to people talking about how they spend their free time. Check the correct information about each person.

	Exercises a lot	Exercises a little	Never exercises
1. Bill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Liz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Victor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Maria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. David	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Task 2

Listen again. Draw lines the people on the left with the activities on the right.

- | | |
|-----------------|----------------------|
| 1. Bill | a. golfs |
| 2. Liz | b. bicycles |
| 3. Victor | c. plays baseball |
| 4. Maria | d. takes walks |
| 5. David | e. plays video games |

Exercise 4

People are talking about sports. Are these statements true or false? Listen and check the correct answer.

	True	False
1. George's favorite sport is swimming.	<input type="checkbox"/>	<input type="checkbox"/>
2. Mari loves windsurfing and water-skiing.	<input type="checkbox"/>	<input type="checkbox"/>
3. Bill loves to play soccer these days.	<input type="checkbox"/>	<input type="checkbox"/>
4. Jody likes jogging, but she can't jog now.	<input type="checkbox"/>	<input type="checkbox"/>
5. Joe loves watching baseball.	<input type="checkbox"/>	<input type="checkbox"/>

Exercise 5

Listen to a student's report about how young people spend their free time. Check how often people do these activities.

	Every day	Once or twice a week	Once a month
1. taking walks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. playing soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. playing video games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. watching sports on television	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>