Think and learn

1 **Look and match.**

weightlifter | boxer | gymnast | rower | fencer | long jumper








2 **Who uses it? Look and write words from Activity 1.**

1 w	e	i	2 g	h	t	l	i	3 f	t	e	r








3 **Complete the sentences.**

balance | speed | ~~stamina~~ | strength | lower body | upper body

1 If you want to run 20 km, you need to build up your stamina.
2 I'm doing these arm exercises to make my _____ stronger.
3 You need a lot of _____ to lift heavy weights.
4 Gymnasts need good _____ to stay on the narrow equipment.
5 If she wants to win races, she'll need to improve her _____.
6 Long jumpers and high jumpers need to have a very strong _____.

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4 Read and write *t* (true), *f* (false) or *ds* (doesn't say).

WHAT CAN WE LEARN FROM OLYMPIC ATHLETES?

You might want to run a kilometre or win the long jump on Sports Day, but how do Olympic athletes train to win a gold medal? Some of the answers might surprise you.

Of course, it's important to be good at your sport and to practise it often, but it's also good to try some different exercises too. Runners sometimes swim or cycle to improve their stamina. Fencers might do some work on the running track to improve their speed and wrestlers can spend a lot of time weightlifting to build up their strength.

It's important to rest your body too. Top athletes have at least one day each week when they take a break from training, so their bodies can recover.

As well as having a break from exercise, athletes need to get a lot of sleep. Olympic athletes often sleep for ten hours a night and many of them are in bed by 9 o'clock!

Eating the right food is very important too. Athletes need the right balance of food to give them energy and keep them healthy. Carbohydrates are great for energy, but they also need a lot of protein, fruit and vegetables. Of course, they need to drink plenty of water too.



1 You need to focus on just one sport if you want to do well. f
2 Swimming and cycling can help build up stamina. _____
3 Running can improve your strength. _____
4 Top athletes train every day of the week. _____
5 Olympic athletes have to get up early every day. _____
6 Athletes need to eat a variety of different food types. _____

5 Project **What exercises do they need to do? Read and match.**

1 ~~I need to build stamina.~~
2 I need to build strength.
3 I need to build speed.
4 I need to improve my balance.



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