

Quiz: Sports Habits and Equipment – Zero Conditional

 Part 1: Multiple Choice (Choose the correct answer)

If you **play** tennis, you **need** a...

- a) helmet
- b) racket
- c) bat
- d) skateboard

If you **go** swimming, you **wear**...

- a) goggles
- b) a cap
- c) gloves
- d) boots

If you **play** football, you **need**...

- a) a net
- b) a ball
- c) a bat
- d) skis

If you **go** skiing, you **wear**...

- a) sandals
- b) shorts
- c) a ski suit
- d) a swimsuit

If you **don't warm up** before sport, you...

- a) play better
- b) run faster
- c) can get hurt
- d) win more games

If you **play** table tennis (or ping pong), you **use**...

- a) a bat and a small ball
- b) a big ball
- c) a helmet
- d) a racket and shuttlecock

If you **drink** water during sport, you...

- a) feel more tired
- b) stay hydrated
- c) play worse
- d) get hungry

If you **play** basketball, you...

- a) ride a bike
- b) swim in the pool
- c) throw the ball into the hoop
- d) kick the ball into the net

If you **want** to run fast, you **wear**...

- a) slippers
- b) running shoes
- c) sandals
- d) boots

  **Glossary with Pictures**

Racket A piece of sports equipment with a handle and a round frame with strings, used to hit a ball (Tennis, Badminton)



Goggles Special glasses you wear to protect your eyes when swimming



Helmet Hard protective hat (Cycling, Skateboarding, Skiing)



Bat Wooden or metal club used to hit a ball (Baseball, Table Tennis)



Ski suit Warm clothing you wear for skiing 



Warm up Exercises you do before playing sports to prepare your body  

Hydrated Having enough water in your body (Drink water during sport) 

Hoop The ring where you throw the basketball



Running shoes Special shoes for running

