

# "STAYING SAFE IN SPORTS"

1. Match the words with the pictures.

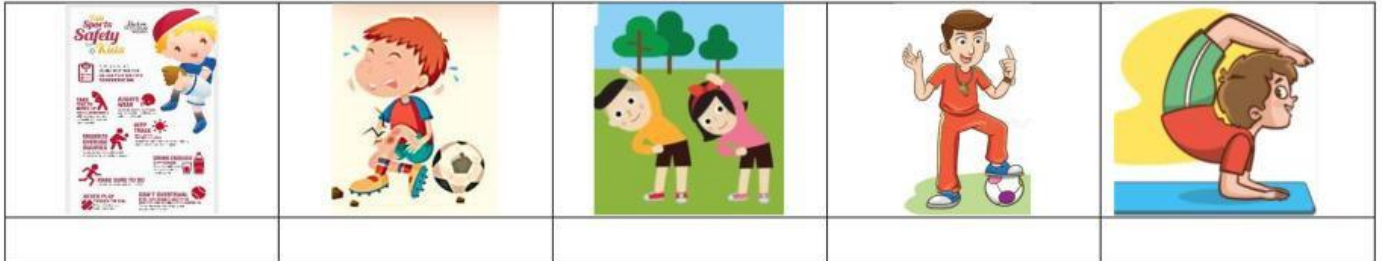
warm up

stretching

injury

rules

coach



2. What should we do before we start a sport? Listen about Amina's safety rules twice. Do the tasks.

## A. True or False?

- |  |      |       |
|--|------|-------|
| 1. Amina plays football and rides a bicycle. | True | False |
| 2. She warms up before playing football.     | True | False |
| 3. Amina wears a helmet when she skates.     | True | False |
| 4. She skates near many cars.                | True | False |
| 5. She always listens to her coach.          | True | False |

## B. Choose the Correct Answer

- |  |                   |                                |                           |
|--|-------------------|--------------------------------|---------------------------|
| 1. Why does Amina warm up before sport?      | a) to get tired   | b) to get ready                | c) to be late             |
| 2. What does Amina wear when roller-skating? | a) only shoes     | b) a cap                       | c) a helmet and knee pads |
| 3. Where does Amina skate?                   | a) on the street  | b) in the park                 | c) in school              |
| 4. What is important for Amina?              | a) being the best | b) having fun and staying safe | c) skating very fast      |

**STAY SAFE & STAY HEALTHY**