

"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