Sports & Fitness Vocabulary Worksheet

A) Match each phrasal verb with its correct definition.

1- carry on	a) Start doing exercise at the gym
2- catch up	b) Stop doing something because it's too hard
3- drop out	c) Continue doing something
4- give up	d) Enroll/register for an activity
5- join in	e) Do physical exercise
6- keep up with	f) Begin a new hobby/sport
7- sign up	g) Prepare your body before doing sport
8- take up	h) Participate in an activity
9- warm up	i) Reach the same level as someone else
10- work out	j) Leave a course/sport before finishing

B) Classify the words in the correct categories:

Spectators, sports watch, tracksuit, helmet, go jogging, personal trainer, pitch, fitness centre, referee, net, strength training equipment, skiing, competitors, court, basketball, push-ups, stretch, dive, rock climbing, athletics, opponents, track, shoot, lifting weights, hiking, hockey, rugby.

People:

Places:

Objects/Equipment:

Actions:

Sports:

C) Read the definitions and guess the word.

- It's the person who makes decisions in a football match →
- You do this before training to avoid injuries →
- It's a winter sport with snow →

D) Complete the sentences with the correct phrasal verb:

1. She didn't enjoy the swimming course, so she decided to _____.
2. If you want to stay healthy, you should _____ a sport.
3. I need to _____ for the yoga class online.
4. Come on, _____! Don't stop running now.
5. He runs very fast, I can't _____ him.

LIVEWORKSHEETS