Sports Vocabulary Challenge

Exercise 1: Definition Matching

Write the correct term to its definition.

	Definition	Word
1.	An official who controls a game or competition to ensure rules are followed.	
2.	The ability to move quickly and easily.	
3.	A person or team that competes against another.	
4.	A group of teams that compete against each other over a season.	
5.	The ability to sustain physical or mental effort for long periods.	
6.	A person who watches an event or competition.	
7.	A metal award given for winning or achieving something.	
8.	The act of winning in a competition or contest.	
9.	The ability to continue doing something difficult for a long time.	
10.	A series of competitions to determine the best in a sport (often used interchangeably with championship).	

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Exercise 2: Sports Equipment & Actions

Fill in the gaps with the correct sport or equipment.

1.	_____ is a combat sport where two people fight using their fists and wear heavy gloves.
2.	Before playing, it is important to check your _____ to ensure you have the correct clothing and equipment.
3.	In _____ matches, players use rackets to hit a ball over a net.
4.	The referee awarded a _____ because the defender broke a rule inside the box.
5.	_____ involves moving over a surface, typically ice, on special boots with blades.
6.	The captain lifted the _____ high in the air after winning the final match.
7.	_____ is a sport where players often carry the ball and run to score points in the opposing team's area.
8.	Riding a bicycle for exercise or sport is known as _____.
9.	The striker kicked the ball perfectly into the _____.
10.	_____ requires moving through water using the arms and legs.

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Exercise 3: Training & Performance

Complete the text about athlete preparation using the words below. There are some extra words

Word Bank: Training, Goal, Warm-up, Flexibility, Personal best, Victory lap, Injury prevention, Cross-training, Strength, Fitness, Leadership, Cool-down, Coach

Becoming a professional athlete requires serious dedication. It starts with a good _____, a person who trains and advises the athlete. The foundation of success is physical _____, which is the state of being healthy and strong.

Every session must begin with a _____ to prepare the muscles for exercise. To avoid getting hurt, athletes focus on _____, which includes ensuring they have good _____, or the ability to move joints freely.

Athletes often engage in _____ to build the physical power to lift weights or perform hard tasks. Sometimes, they do _____ in different sports to improve overall conditioning. After a hard session, a _____ is essential to relax the body. All of this _____, the process of preparing for sport, is done with one goal in mind: achieving a _____ in their next competition.

Exercise 4: Multiple Choice (10 points)

Choose the best word to complete the sentence or answer the question.

1. **What do we call a celebratory circuit around the field after winning?**	a) Warm-up b) Marathon c) Victory lap d) Jogging
2. **Which word describes fair and respectful behavior in sport?**	a) Sportsmanship b) Championship c) Leadership d) Skill
3. **What is the name for the points achieved in a game?**	a) Record b) Score c) Match d) Goal

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4. **Who is a person that competes in sports or physical activities?**	a) Spectator b) Coach c) Referee d) Athlete
5. **What is the opposite of victory?**	a) Draw b) Defeat c) Match d) Competition
6. **What event happens every four years and involves many countries?**	a) The League b) The Marathon c) The Olympics d) The Training
7. **Which activity involves running at a slow pace for exercise?**	a) Sprinting b) Jogging c) Agility d) Flexibility
8. **What is the best performance in a particular event called?**	a) A Record b) A Match c) A Penalty d) A Skill
9. **In Volleyball, players hit a ball over a _____ to score points.**	a) Goal b) Hoop c) Net d) Wall
1 **A long-distance race, usually 42** 0. **kilometers, is called a:**	a) Sprint b) Marathon c) Relay d) Cool-down

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Exercise 5: Use of English Practice

For questions **1–10**, read the text below and decide which answer (**A**, **B**, **C**, or **D**) best fits each gap.

The Spirit of the Games

The Olympic Games are perhaps the greatest (1) _____ in the world, bringing together thousands of people from every corner of the globe. Every four years, these individuals push their (2) _____ to the limit in hopes of winning a gold (3) _____ for their country. However, success at this level isn't just about individual (4) _____; in many events, (5) _____ is the ultimate key to reaching the podium.

For those who do not finish first, there is no shame in (6) _____, provided they have shown good (7) _____ throughout the event. Every participant must follow the rules enforced by the (8) _____ to ensure a fair game for everyone. Whether it is a grueling 42-kilometre (9) _____ or a fast-paced football (10) _____, the primary goal of the Olympics is to celebrate human potential and international friendship.

	A	B	C	D
1)	match	competition	league	penalty
2)	stamina	agility	sports gear	flexibility
3)	trophy	record	medal	score
4)	training	skill	coach	goal
5)	sportsmanship	fitness	teamwork	warm-up
6)	defeat	victory	injury	personal best
7)	strength training	sportsmanship	endurance	strength
8)	coach	athlete	spectator	referee
9)	jogging	marathon	cycling	training
10)	match	score	record	championship

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