UP English Center

Name: _____

Class: _____

1. Read the definitions, fill in the blank and find the words in the crossword.

S	A	N	C	I	G	N	G	I	C	L	I
N	L	S	K	I	I	N	G	I	L	C	C
O	J	U	J	I	G	N	H	D	I	I	E
W	K	R	I	J	K	H	F	G	M	D	S
B	U	F	F	D	A	W	R	F	B	H	K
O	D	I	S	E	S	H	A	T	I	F	A
A	G	N	V	S	A	W	R	Q	N	R	T
R	D	S	U	R	F	I	N	G	G	W	I
D	I	M	B	M	X	I	N	G	L	S	N
I	C	E	R	E	B	E	L	L	U	M	G
N	G	F	T	G	N	S	W	K	S	T	D
G	Y	M	N	A	S	T	I	C	S	Y	M

Ex: Sliding down snowy hills on long sticks attached to your feet.

Skiing

1. Riding on big waves in the ocean while standing on a flat board.

_____

2. Riding small bike on ramps, jumps, and obstacles.

_____

LIVEWORKSHEETS

3. Gliding down snowy hills on a single flat board attached to your feet. _____

4. Gliding smoothly on ice while wearing special shoes with sharp blades. _____

5. Doing flips, jumps, and balancing acts on mats, bars, and beams. _____

6. The part of your brain that helps you balance and move smoothly. _____

7. Using your legs, or your legs and hands, to go up or onto the top of something. _____

2. Choose the correct word and fill in the blank with the simple past tense.

~~play~~	watch	laugh	shout	rain
watch	play	jump	shout	jump

I enjoyed Saturday! I **played** tennis in the morning and _____ a DVD in the afternoon. In the evening, our cat _____ in some water. Dad _____ 'Don't do that!' But it was funny. I _____ a lot!

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Sunday was OK. I _____ hockey in the morning and I _____ a football game on TV in the afternoon. But my rabbit _____ out of its box in the evening and Mum _____ . 'Help' It _____ a lot!

3. Write about a sport that needs good sense of balance that you know.

- What is the name of this sport? Do you like this sport? Why or why not?
- Where can you play this sport?
- What equipment do you need in this sport?
- What do you do when you play this sport?
- How can you keep yourself safe when you play this sport?
- Did you ever play this sport? If not, do you want to try it? Why or why

LIVEWORKSHEETS

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