

VOCABULARY WORKSHEET

Improve Your Skills: Writing for IELTS 6.0–7.5

UNIT 8 – Sport and Activities

Name: _____ Class: _____

Exercise 1: Match each word with its correct definition.

1. Athlete	A. To keep something at the same level or in good condition.
2. Competitive	B. Working together with others to achieve a common goal.
3. Competition	C. A person who is trained to compete in sports.
4. Compete	D. The process of getting the nutrients needed for health and growth.
5. Resilient	E. Wanting to win or be more successful than others.
6. Flexible	F. To succeed in doing or completing something.
7. Maintain	G. An event in which people try to win against others.
8. Accomplish	H. Able to recover quickly from difficulties or challenges.
9. Nutrition	I. To take part in a contest or sporting event.
10. Teamwork	J. Able to bend or move easily without breaking.

Answer

1. ____ 2. ____ 3. ____ 4. ____ 5. ____ 6. ____ 7. ____ 8. ____ 9. ____ 10. ____

Exercise 2: Complete each sentence with the correct word from the box. Use each word only once.

Word Bank: athlete • competitive • competition • compete • resilient • flexible • maintain • accomplish • nutrition • teamwork

1. A professional _____ trains every day to improve their sporting skills.
2. People who are _____ always try their best to win.
3. The swimming _____ will take place at the school sports centre.
4. Many students want to _____ in the school sports day.
5. A _____ person can recover quickly after facing difficulties.
6. Gymnasts need to be _____ to perform some movements safely.
7. Regular exercise can help people _____ a healthy lifestyle.
8. With hard work, you can _____ your goals.
9. Good _____ provides the nutrients needed for health and growth.
10. _____ is important because team members need to work together.