

NAME

GENERAL RULES FOR SPORTS

1. READ AND WRITE THE RULE

We use the **-ing** form as a noun.

Cycling is my favourite sport.

2. CHOOSE THE CORRECT ANSWER

- 1 Swim/**Swimming** is a great way to get fit.
- 2 Lucy can **dance/dancing** very well.
- 3 **Dive/Diving** in the sea is really exciting.
- 4 **Climb/Climbing** can be dangerous.
- 5 Evan can't **sail/sailing**, but he's very good at skiing.
- 6 Can you **play/playing** volleyball?

2. MATCH THE GAMES

	<p>You play in a team of five.</p> <p>The objective is to get the ball into the opponent's basket.</p> <p>Players can bounce or pass the ball only with the hands.</p> <p>Players can't touch the ball with their feet.</p>
	<p>You play in a team of eleven.</p> <p>The objective is to kick the ball into the opponent's goal.</p> <p>Players pass the ball using feet only.</p> <p>Only goalkeepers can use their hands.</p>
	<p>You play in a team of seven.</p> <p>The objective is to get the ball into the opponent's goal.</p> <p>Players can catch, throw, bounce or strike the ball with the hands.</p> <p>Only the goalkeeper can stay in the goal area.</p>
	<p>You play in a team of seven.</p> <p>The objective is to get the ball into the opponent's goal.</p> <p>Only the goalkeeper can touch the ball with both hands at the same time.</p> <p>Players can push the ball, lift it out of the water, pass it or shoot it.</p>
	<p>You play in a team of eleven.</p> <p>The objective is to use the sticks to get the ball into the opponent's goal.</p> <p>Players must hit the ball with the flat side of the stick.</p> <p>Only goalkeepers can kick the ball and stop it with any part of the body.</p>
	<p>You play in a team of six.</p> <p>The objective is to get the ball across the net so that the opponents can't return it.</p> <p>Players can't touch the net.</p> <p>Players can't hold the ball in their hands.</p>

3. COMPLETE THE SENTENCES ABOUT SPORTS USING THE GIVEN WORDS

Cap • course • court • goggles • helmet • jump • pitch • throw • volleyball

1. There are eighteen holes in a golf _____.
2. There are two goals in a football _____.
3. In basketball, you _____ the ball into a basket.
4. You hit a ball over a net with a racket on a tennis _____.
5. Some people wear a swimming _____ on their head when they do water sports.
6. People sometimes wear _____ on their eyes when they go swimming.
7. You must wear a _____ to ride a bicycle in the streets.
8. In football, you sometimes _____ high and hit the ball with your head.
9. In _____ you hit a ball over a net with your hands.

4. COMPLETE THE TEXT ABOUT HANDBALL

ball • Catch • exciting • goals • hands • into •
must • mustn't • players • points • teams • throw

Handball

Handball is an ¹_____ sport. There are two ²_____ in handball and there are seven ³_____ in each team. To play handball, you ⁴_____ have a ⁵_____ and two ⁶_____. You can ⁷_____ and ⁸_____ the ball with your ⁹_____, but you ¹⁰_____ run far with the ball. To receive ¹¹_____, players must throw the ball ¹²_____ the goal.

