Sports and Exercise – Test 1

Name: Class: Date: Score: / 30

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Read each question and choose the best answer (A, B, C or D).

Part 1: People, places and things in sport

Choose the word that best completes the sentence or answers the question.

1. You need a racket and a ball to play _____.
   A football **B** tennis **C** swimming **D** cycling
2. The person who teaches a team and helps the players get better is the _____.
   A coach **B** fan **C** referee **D** winner
3. In a football match, the _____ makes sure the players follow the rules.
   A goalkeeper **B** referee **C** captain **D** fan
4. People who watch a match and support a team are called _____.
   A players **B** coaches **C** fans **D** teams
5. You can swim in a _____.
   A court **B** track **C** pitch **D** pool
6. Tennis and basketball players play on a _____.
   A court **B** pool **C** ring **D** lake
7. What do you wear on your head to stay safe when you ride a bike?
   A gloves **B** a helmet **C** trainers **D** shorts
8. What do you wear on your feet when you go running?
   A a racket **B** a helmet **C** trainers **D** gloves
9. "Maria always warms up for ten minutes before she runs." What does "warms up" mean here?
   A does easy exercises to get ready **B** drinks a hot drink
   C stops running **D** takes a hot shower
10. "I want to get fit, so I joined a _____ near my house."
    A library **B** cinema **C** gym **D** kitchen

Part 2: Collocations and word choice

Choose the correct word, sentence or response.

11. I _____ football with my friends every Saturday.
    A go **B** do **C** make **D** play
12. My sister _____ swimming twice a week.
    A goes **B** plays **C** does **D** makes
13. Lee _____ yoga every morning to relax.
    A plays **B** goes **C** does **D** makes

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14. Choose the correct sentence.
    A He plays jogging every morning.
    B He goes jogging every morning.
    C He makes jogging every morning.
    D He goes to jogging every morning.

15. Which word is wrong in this sentence? "Ana scored two goals and her team made the match."
    A scored **B** goals **C** made **D** match

16. Brazil _____ Spain 2–0 in the final.
    A won **B** beat **C** scored **D** lost

17. Swimming is a great way to keep _____.
    A fit **B** fat **C** tired **D** slow

18. Kenji ran very fast and _____ a gold medal.
    A beat **B** scored **C** won **D** passed

19. "Do you want to play tennis this afternoon?" Choose the best answer.
    A Sure, I'll bring my helmet.
    B Yes, I scored a lot.
    C No, it's a big pool.
    D Sure, I'll bring my racket.

20. "_____?" "Twice a week, usually on Mondays and Thursdays."
    A How long do you go to the gym
    B How often do you go to the gym
    C When did you go to the gym
    D How much do you go to the gym

Part 3: Reading and word families

Read the text. Then choose the best answer for each question.

Hi, I'm Priya and I'm fifteen. Last year I wasn't very active. I spent a lot of time on the sofa, and I often felt tired. Then my friend Sam asked me to join the school running club.

At first, running was really hard. After five minutes, I had to stop and walk. But our coach, Ms Ortiz, was very kind and helpful. She told us to warm up before every training session and to drink lots of water. She also said, "Don't try to be the fastest. Just try to be better than last week."

Now I run three times a week, and I also go swimming on Sundays with my brother. Last month I took part in my first race, a five-kilometre run in the park. I didn't win, but I finished in thirty-one minutes, and I was really proud of myself. I feel healthier and happier, and I sleep much better too. Next year, I want to try a ten-kilometre race!

21. In the text, "I wasn't very active" means Priya _____.
    A didn't do much physical activity
    B wasn't very happy
    C didn't go to school
    D wasn't very tall

22. What is a "training session"?
    A a trip by train
    B a race with a prize
    C a time when you practise a sport
    D a break between lessons

23. "I took part in my first race" means Priya _____.
    A watched the race
    B was one of the runners in the race
    C organised the race
    D missed the race

24. Ms Ortiz says, "Don't try to be the fastest." What is the opposite of "fastest"?
    A quickest **B** longest **C** hardest **D** slowest

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25. Ms Ortiz was "helpful". This means she _____.

A was very strict
B gave good advice and support
C ran faster than everyone
D was often late

26. Exercise is good for your _____.

A healthy **B** healthily **C** health **D** healthier

27. Sam is a very fast _____.

A running **B** runner **C** run **D** runs

28. Ms Ortiz always gives us very _____ advice.

A helpful **B** helping **C** helpless **D** helper

29. Priya felt very _____ of herself after the race.

A pride **B** proudly **C** proudness **D** proud

30. The _____ of the race got a gold medal.

A winning **B** won **C** winner **D** wins

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Answer key – Sports and Exercise – Test 1

1 B	2 A	3 B	4 C	5 D	6 A	7 B	8 C	9 A	10 C
11 D	12 A	13 C	14 B	15 C	16 B	17 A	18 C	19 D	20 B
21 A	22 C	23 B	24 D	25 B	26 C	27 B	28 A	29 D	30 C

Explanations

1. **B** – Tennis is played with a racket and a ball.
2. **A** – A coach trains and teaches players.
3. **B** – The referee controls the game and the rules.
4. **C** – Fans are people who support a team.
5. **D** – A pool is a place with water for swimming.
6. **A** – Tennis and basketball are played on a court.
7. **B** – A helmet protects your head.
8. **C** – Trainers are sports shoes for your feet.
9. **A** – In sport, to warm up means to prepare your body with light exercise.
10. **C** – A gym is a place where you go to exercise.
11. **D** – We use play with ball and team games.
12. **A** – We use go with activities ending in -ing, like swimming.
13. **C** – We use do with activities like yoga, karate and exercise.
14. **B** – The correct phrase is go jogging, with no 'to'.
15. **C** – We say a team wins a match, not makes a match.
16. **B** – You beat another team, but you win a match or a game.
17. **A** – Keep fit means stay healthy and strong.
18. **C** – You win a medal or a prize.
19. **D** – You need a racket to play tennis.
20. **B** – How often asks about frequency, for example twice a week.
21. **A** – Active means moving and exercising a lot, so Priya didn't do much exercise.
22. **C** – Training means practising, and a session is a period of time.
23. **B** – To take part in something means to join it and do it.
24. **D** – Slowest is the opposite of fastest.
25. **B** – A helpful person gives help, advice and support.
26. **C** – After 'your' we need a noun: health.
27. **B** – A runner is a person who runs.
28. **A** – We need an adjective that means useful: helpful.
29. **D** – After 'felt very' we need the adjective proud, as in 'proud of'.
30. **C** – The winner is the person who wins.

Notes for teachers: Use this test after teaching basic sports vocabulary, or use it as a diagnostic at the start of the topic. It targets common A2 errors: using play, go and do with the wrong sport, confusing win and beat, mixing up places such as court, pool and track, and choosing the wrong word form (health/healthy, run/runner). For follow-up, ask students to write five sentences about their own weekly exercise using play, go and do correctly.

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