# Sports and Exercise – Worksheet 1

Name: Class: Date: Score: / 40

Do this worksheet online and check your answers instantly

## Exercise 1: Match the words and meanings

*Match each definition with a word from the box. There are two extra words.*

**Example:** A person who plays a sport. → player

WORD BOX

**pool** **coach** **gym** **racket** **helmet** **team** **court** **referee** **match**

1. A place with water where you can swim. → _____
2. A person who trains players or a team. → _____
3. A place with machines where people exercise. → _____
4. You hit the ball with this in tennis. → _____
5. You wear this on your head when you ride a bike. → _____
6. A group of players who play together. → _____
7. The place where you play tennis or basketball. → _____

## Exercise 2: play, go or do?

*Complete the sentences with play, go or do in the correct form.*

**Example:** I ___ volleyball on Fridays. → play

8. My brother _____ football every Saturday.
9. We often _____ swimming on Sundays.
10. She _____ yoga every morning.
11. Do you want to _____ tennis with me tomorrow?
12. Last winter we _____ skiing in the mountains.
13. I _____ karate when I was ten.
14. They _____ basketball at school yesterday.

## Exercise 3: Sports verbs

*Complete the sentences with words from the box. There are two extra words.*

WORD BOX

**won** **warm up** **scored** **lost** **join** **train** **beat** **watched** **kick**

© PDFTests.com – Free for personal and classroom use

15. Our team played very well and _____ the match 3–0.
16. Before you run, you should _____ for five minutes.
17. Lucas _____ two goals in the final.
18. We _____ the game because we didn't play well.
19. Nina wants to _____ a tennis club near her house.
20. The players _____ three times a week.
21. Our team _____ the team from the next town 2–1 last Sunday.

## Exercise 4: Word forms

*Use the word in capitals to form a word that fits the gap.*

**Example:** My dad is a good ___ . (PLAY) → player

22. My uncle is a fast _____ . He runs every day. (RUN)
23. Eating fruit and doing sport is very _____ . (HEALTH)
24. The _____ swam 200 metres in two minutes. (SWIM)
25. I go to the gym to improve my _____ . (FIT)
26. Football is my _____ sport. (FAVOUR)
27. That was a really _____ match! We loved it. (EXCITE)
28. The _____ won the bike race. (CYCLE)

## Exercise 5: Find the mistake

*Each sentence has one mistake. Write the correct sentence.*

**Example:** She plays swimming every day. → She goes swimming every day.

29. I play judo every Wednesday.

_____

30. We went to swimming yesterday.

_____

31. He scored a goal and his team win the match last night.

_____

32. My sister is a really good swimer.

_____

33. Running is good for your healthy.

_____

34. Do you want to go cycle with me?

_____

© PDFTests.com – Free for personal and classroom use

## Exercise 6: Put the words in order

*Put the words in the correct order to make sentences.*

**Example:** plays / She / tennis / well → She plays tennis well.

35. do / you / sport / How often / do / ?

36. goes / every morning / She / running

37. team / won / Our / the / match

38. wear / You / a helmet / must

39. never / football / plays / He / on Sundays

40. to / join / want / a / I / swimming club

© PDFTests.com – Free for personal and classroom use

# Answer key – Sports and Exercise – Worksheet 1

## Exercise 1: Match the words and meanings

1. **pool**
   You swim in a pool.
2. **coach**
   A coach teaches and trains players.
3. **gym**
   People go to the gym to use exercise machines.
4. **racket**
   Tennis players use a racket.
5. **helmet**
   A helmet protects your head.
6. **team**
   A team is a group of players.
7. **court**
   Tennis and basketball are played on a court.

## Exercise 2: play, go or do?

8. **plays**
   We use play with ball games; he → plays.
9. **go**
   We use go with activities ending in -ing.
10. **does**
    We use do with yoga; she → does.
11. **play**
    Tennis is a ball game, so we use play.
12. **went**
    Go + -ing activity; past simple of go is went.
13. **did**
    We use do with martial arts; past simple is did.
14. **played**
    Play with ball games; yesterday → past simple played.

## Exercise 3: Sports verbs

15. **won**
    You win a match; past simple is won.
16. **warm up**
    To warm up means to do easy exercise before sport.
17. **scored**
    We say score a goal.
18. **lost**
    Lost is the opposite of won.
19. **join**
    You join a club when you become a member.
20. **train**
    To train means to practise a sport regularly.
21. **beat**
    You beat a person or team, but you win a match.

## Exercise 4: Word forms

22. **runner**
    A person who runs is a runner (double n).
23. **healthy**
    We need an adjective: healthy.
24. **swimmer**
    A person who swims is a swimmer (double m).
25. **fitness**
    After 'my' we need a noun: fitness.
26. **favourite**
    The adjective is favourite (US: favorite).
27. **exciting**
    Things that make us feel excited are exciting.
28. **cyclist**
    A person who rides a bike in sport is a cyclist.

## Exercise 5: Find the mistake

29. **I do judo every Wednesday.**
    We use do with judo, not play.
30. **We went swimming yesterday.**
    We say go swimming, without to.
31. **He scored a goal and his team won the match last night.**
    Last night needs the past simple: won.
32. **My sister is a really good swimmer.**
    Swimmer is spelled with double m.
33. **Running is good for your health.**
    After 'your' we need the noun health.
34. **Do you want to go cycling with me?**
    Go is followed by the -ing form: go cycling.

© PDFTests.com – Free for personal and classroom use

## Exercise 6: Put the words in order

35. **How often do you do sport?**
    Question word + do + subject + verb + object.
36. **She goes running every morning.**
    Subject + go + -ing activity + time phrase.
37. **Our team won the match.**
    Subject + verb + object.
38. **You must wear a helmet.**
    Must comes before the main verb.
39. **He never plays football on Sundays.**
    Never goes before the main verb.
40. **I want to join a swimming club.**
    Want + to + verb: want to join.

**Notes for teachers:** Start with a quick class brainstorm of sports, then sort them into play, go and do on the board before Exercise 2. Typical mistakes are 'play judo' instead of 'do judo', 'go to swimming' instead of 'go swimming', and confusing win and beat (you win a match but beat a team). As a follow-up, pairs can interview each other about their favourite sports and how often they exercise, then report back.

© PDFTests.com – Free for personal and classroom use