# Deportes y ejercicio – Test 1

Nombre: Clase: Fecha: Puntuación: / 30

Haz este examen en línea y comprueba tus respuestas al instante

Lee cada pregunta y elige la respuesta correcta (A, B, C o D).

## Parte 1: Personas, lugares y cosas en el deporte

*Elige la palabra que mejor completa la frase o responde a la pregunta.*

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

## Parte 2: Colocaciones y elección de palabras

*Elige la palabra, la frase o la respuesta correcta.*

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

## Parte 3: Lectura y familias de palabras

*Lee el texto. Después elige la mejor respuesta para cada pregunta.*

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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# Soluciones – Deportes y ejercicio – Test 1

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|---|---|---|---|---|---|---|---|---|---|
| 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 |

## Explicaciones

1. **B** – Al tenis (tennis) se juega con una raqueta (racket) y una pelota (ball).
2. **A** – Un coach es un entrenador: entrena y enseña a los jugadores.
3. **B** – El referee (árbitro) controla el partido y hace cumplir las reglas.
4. **C** – Los fans son las personas que apoyan a un equipo.
5. **D** – Un pool es un lugar con agua para nadar (piscina).
6. **A** – El tenis y el baloncesto se juegan en una court (pista o cancha).
7. **B** – Un helmet (casco) te protege la cabeza.
8. **C** – Los trainers son zapatillas de deporte.
9. **A** – En el deporte, to warm up significa calentar: preparar el cuerpo con ejercicio suave.
10. **C** – Un gym (gimnasio) es un lugar al que vas a hacer ejercicio.
11. **D** – Usamos play con los deportes de pelota y de equipo.
12. **A** – Usamos go con actividades que terminan en -ing, como swimming.
13. **C** – Usamos do con actividades como yoga, karate y exercise.
14. **B** – La expresión correcta es go jogging, sin 'to'.
15. **C** – Decimos que un equipo wins a match, no makes a match.
16. **B** – A otro equipo lo beat (vences), pero un partido o un juego lo win (ganas).
17. **A** – Keep fit significa mantenerse sano y en forma.
18. **C** – Se dice win a medal o win a prize (ganar una medalla o un premio).
19. **D** – Necesitas una racket (raqueta) para jugar al tenis.
20. **B** – How often pregunta por la frecuencia, por ejemplo twice a week.
21. **A** – Active significa que se mueve y hace mucho ejercicio, así que Priya no hacía mucho ejercicio.
22. **C** – Training significa practicar o entrenar, y una session es un período de tiempo.
23. **B** – To take part in something significa participar en algo.
24. **D** – Slowest es lo contrario de fastest.
25. **B** – Una persona helpful ayuda, aconseja y apoya.
26. **C** – Después de 'your' necesitamos un sustantivo: health.
27. **B** – Un runner es una persona que corre.
28. **A** – Necesitamos un adjetivo que signifique 'útil': helpful.
29. **D** – Después de 'felt very' necesitamos el adjetivo proud, como en 'proud of'.
30. **C** – El winner es la persona que gana.

**Notas para el profesor:** Utiliza este test después de enseñar el vocabulario básico de deportes o como prueba diagnóstica al empezar el tema. Se centra en errores típicos del nivel A2: usar play, go y do con el deporte equivocado, confundir win y beat, mezclar lugares como court, pool y track, y elegir la forma incorrecta de la palabra (health/healthy, run/runner). Como actividad de seguimiento, pide a los alumnos que escriban cinco frases sobre el ejercicio que hacen cada semana usando correctamente play, go y do.

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