

**1. Find the names of these activities.**

- |                        |       |
|------------------------|-------|
| 1. w i n r o g         | _____ |
| 2. i m s m w g n i     | _____ |
| 3. p i g p s k i n     | _____ |
| 4. l a k i g n w       | _____ |
| 5. g g o j g i n       | _____ |
| 6. u n i n n g r       | _____ |
| 7. t a n r i i g n     | _____ |
| 8. x r c i e s g e n i | _____ |

**2. Now read the text and fill in the chart below.**

Swimming is very good for you. You use all 600 muscles when you swim but it is very relaxing, too. Young and old people can swim. All you need is a swimming costume and a pool or the sea. Some people also use goggles.

Rowing is very good for your back. It uses the back and muscles of the upper arm. It also uses your leg muscles. You need a boat to row and a big river or lake. It is a good sport for young people.

Jogging is slow running. You need good trainers. It is good for your leg muscles. It is cheap. You don't need a special place. You can jog in the park.

Walking is good for you. It is a good sport for older people, too. You don't need anything special to walk, just a good pair of shoes. Walking is very relaxing and it is good for you leg muscles. You can walk anywhere. Walking up stairs is more difficult.

|                 | Swimming      | Rowing | Jogging | Walking  |
|-----------------|---------------|--------|---------|----------|
| <b>Who?</b>     | Young and old |        |         |          |
| <b>Muscles</b>  |               |        |         |          |
| <b>You need</b> |               |        |         |          |
| <b>Where?</b>   |               |        |         | Anywhere |

**3. Connect these activities with the things you need.**

|         |         |            |          |         |       |
|---------|---------|------------|----------|---------|-------|
| Bicycle | Goggles | Good shoes | Trainers | Rope    | Boat  |
| Rowing  | _____   | Swimming   | _____    | Jogging | _____ |
| Walking | _____   | Skiing     | _____    | Cycling | _____ |

## Teacher's notes

**Language focus:** Sports and activities  
**Time (approx.):** 10-15 minutes  
**Preparation:** Photocopy one worksheet for every student

- Using the worksheet:**
- In Exercise 1, students reorder the letters to find the names of the activities.
  - Exercise 2 is more complex. The students have to read quite detailed information and extract information to complete the table. An example has been done. This activity will revise a lot of the work on sports.
  - Finally, in Exercise 3, students have to link different words associated with each activity.

### Answers

#### Exercise 1

1. rowing
2. swimming
3. skipping
4. walking
5. jogging
6. running
7. training
8. exercising

#### Exercise 2

|          | Swimming                               | Rowing                    | Jogging       | Walking            |
|----------|----------------------------------------|---------------------------|---------------|--------------------|
| Who?     | Young and old                          | Young                     | Young         | Young and old      |
| Muscles  | All muscles                            | Back, upper arms and legs | Legs          | Legs               |
| You need | Swimming costume and sometimes goggles | Boat                      | Good trainers | Good walking shoes |
| Where    | Pool or sea                            | River or lake             | Park          | Anywhere/up stairs |

#### Exercise 3

Rowing: Boat                      Swimming: Goggles      Jogging: Trainers  
Walking: Good shoes      Skipping: Rope      Cycling: Bicycle

### Additional ideas

- Write some more activities on the board and see if students can fill in the chart for these activities too.