



EXERCISE

Words that you should be familiar with and know how to use in a sentence.

| | | | |
|------------|----------|--------|----------------|
| swimming | cycling | gym | badminton |
| basketball | jogging | fit | ping-pong |
| volleyball | football | race | aerobics |
| push-ups | hiking | yoga | workout |
| marathon | running | field | bungee jumping |
| skating | tennis | track | gymnastics |
| stadium | hockey | skiing | in shape |
| surfing | sit-ups | coach | referee |
| squash | walk | team | skateboarding |

Use Some of the Above Words

1. Another word for table tennis is _____.
2. If you are very tall then it is easier for you to play _____.
3. If you live close to the beach, you can go _____ often.
4. If you want to learn how to do a sport, you can ask a _____ to help or train you.
5. A healthy person who is fit is _____.

Idioms - Exercise

Front runner - The favorite to win.

Give it your best shot - Try your best.

Jump the gun - Begin too soon.

No sweat - No problem at all.

Teacher's Key

1. ping-pong
2. basketball
3. surfing/swimming
4. coach
5. in shape