

Name _____ Class _____ Date _____

VIDEO WORKSHEET

Before you watch

- 1 Look at six sports. Are any of the words the same in your language? Do you do any of these sports? **Students' own answers**



1 mountain biking



2 cricket



3 rollerblading



4 rock-climbing



5 handball



6 basketball

- 2 Complete the chart with the sports in Exercise 1. Can you add any more sports to each category?

Individual sports	Team sports
mountain biking	cricket
rollerblading	handball
rock-climbing	basketball
students' own answers	students' own answers
students' own answers	students' own answers

While you watch

- 3 Watch the video. Check your answers to Exercise 2. Write down three other sports that you see in the video.
running for the bus, playing games with your friends and family, biking to school, walking, dancing
- 4 Watch again to 01:40 and circle the correct options.
- A lot of people sit / eat too much.
 - Sports make us strong, healthy and tired / happy.
 - Sports can be a fun game or a competition / school subject.
 - There are 7 / 11 players in a handball team.
 - In handball, the ball can fly at 30 / 130 kilometres per hour.
- 5 Watch again from 01:41 and complete the sentences.
- Extreme sports are also called **a** ction sports.
 - Extreme sports can be **d** angerous.
 - To do extreme sports, you need to practise a lot and be very **f** it.
 - Rock-climbers use helmets and ropes so that they don't get **h** urt.
 - A good way to do more exercise is to ride your bike to **s** chool.

After you watch

- 6 Think of a sport that you do or choose one of the sports in the video. In pairs, interview each other about your sport.
- What sport do you do?
 - What kind of sport is it?
 - Why do you like it?
 - Do you need any special things to do it?

What sport do you do?

I play cricket.

Students' own answers