

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?



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	

While you watch

- 3 Watch the video. Check your answers to Exercise 2. Write down three other sports that you see in the video.

- 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 _____ sports.
- Extreme sports can be d_____.
- To do extreme sports, you need to practise a lot and be very f_____.
- Rock-climbers use helmets and ropes so that they don't get h_____.
- A good way to do more exercise is to ride your bike to s_____.

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.