

allocations – sport and health

Complete the text with one word in each gap. First letters are given.

HOW LONG WILL YOU LIVE?

Do you know that you can add years to your life by having a more healthy lifestyle? What do you need to do? Here are a few ideas:

- 1. **HAVE** a healthy breakfast in the morning. It gives you energy. People who eat a good breakfast don't often eat snacks later on. It's not just breakfast. Have a healthy **2. diet** all the time – have healthy **3. food** in the morning, at lunchtime and in the evening.
- 4. **GO** to a gym. You can do exercises at home but gyms have a variety of machines which make exercise enjoyable.
- 5. **DO** exercise for fun. You don't have to play for a **5. team** – you can do it on your own – go cycling or jogging.

Take **6. part** in competitions. They give you a reason for doing exercise and getting better. It doesn't matter if you don't win, just try to do your best.

All these things help you to **7. keep** fit and when you are fit, you look better, and feel better.

If you want more ideas, come to the Health and Relaxation Club, every Tuesday and Thursday in Room 12 at lunchtime.

REMEMBER THIS

You win something but **beat** somebody: win a match/a competition, beat a player/a team.

5 Read REMEMBER THIS. Complete the sentences with the correct form of win or beat.

- 0 Tom's playing tennis right now. He's winning the match at the moment but he looks tired.
- 1 This match is terrible. They're beating us 5-0 and there's still half an hour to play.
- 2 On school sports days, I often win the 100-metre race but I usually come second or third in the 200 metres.
- 3 It isn't fair. Amy always wins prizes for her school work but I never do. Why? My marks are better than her marks.
- 4 When I play tennis with Sara, she usually beats me but I still enjoy the games.

REMEMBER BETTER

In English, you can often use names of sport to create names of sport places, sport equipment, etc.: cycling shorts, football boots, swimming pool, tennis court, running shoes, etc.

6 Try to complete phrases for these sports with the words in the box. Use a dictionary to help you.

cap • costume • court • elbow • match
pool • race • shirt • shorts • trunks

- 0 Football boots
..... kilt
..... pitch
- 1 Swimming COSTUME
..... POOL
..... RACE
..... TRUNKS
..... CAP
..... SHOOTS
..... SHIRT
..... COURT
..... ELBOW
..... MATCH
- 2 Tennis

SHOW WHAT YOU'VE LEARNT

7 Choose the correct options A, B or C.

- 1 I like football but I'm not good enough to play the school team.
A with ☒ B for ☐ C at ☐
- 2 Are you going to take in the school sports day?
A part ☒ B place ☐ C off ☐
- 3 My brother is bored with football and wants to start doing
A volleyball ☒ B skiing ☐ C kung fu ☐
- 4 You're not jogging in this weather, are you?
A going ☒ B doing ☐ C playing ☐
- 5 It isn't easy to fit when you've got a broken leg.
A make ☒ B keep ☐ C play ☐
- 6 Why do you pay money to go to a gym when you can exercise at home for free?
A play ☒ B go ☐ C do ☐
- 7 I'm bored. Do you want to volleyball?
A do ☒ B play ☐ C go ☐
- 8 I'm afraid I don't a very healthy lifestyle now that I'm at university.
A have ☒ B keep ☐ C leave ☐
- 9 Don't disturb Kate. She's yoga.
A doing ☒ B playing ☐ C going ☐
- 10 Can you teach me how to play?
A sailing ☐ B karate ☐ C badminton ☒