

# Vocabulary worksheet

## Unit 8

Complete the sentences with the words from the list.

DO ATHLETICS, LIE, GO ROCK CLIMBING, PLAY TEAM SPORTS, GO SURFING, LIFT, HARMFUL, WHEN, CAREFUL, STRETCHING, GO SCUBA DIVING, BEND, DO KARATE, PLAY TENNIS

Hi, I'm Max and this is my blog. It's about my life and what I do in my free time.

I like doing sports a lot. Every weekend I \_\_\_\_\_ (1) with my friends, or we \_\_\_\_\_ (2) in the sea. We sometimes \_\_\_\_\_ (3) too, but it's difficult and I'm not very good at it!

I usually do some \_\_\_\_\_ (4) exercises before I start. Then I \_\_\_\_\_ (5) some weights to warm up my muscles. After that, I \_\_\_\_\_ (6) on the floor and \_\_\_\_\_ (7) my legs back over my head. It's called the bridge. It's good for your back. In the summer, I always \_\_\_\_\_ (8) like volleyball or football. I \_\_\_\_\_ (9) every week and I \_\_\_\_\_ (10) in the park near my house. I sometimes \_\_\_\_\_ (11), but only \_\_\_\_\_ (12) the weather is nice.

Doing sports is great fun and it's really good for you too. But be \_\_\_\_\_ (13)! Some sports can be dangerous. And don't forget to wear sun cream in the summer. The sun is very strong and it can be very \_\_\_\_\_ (14) to your skin. Be safe and have fun!