**Vocabulary Practice: Sports and Fitness**

**Task 1: Match the words with their definitions**

Match each word or phrase with the correct definition.

1. **Award**
2. **Treadmill**
3. **Workout**
4. **To require**
5. **To defend**
6. **To practice**
7. **Tiring**
8. **Competitive**
9. **Recreational**
10. **To be out of condition**
11. **To work out**
12. **To get into shape**
13. **To keep fit**
14. **To drop the ball**
15. **To go in for sport**
16. **At this stage in the game**
17. **To be good at**
18. **To be on target**

**A.** To participate in sports regularly  
**B.** To maintain physical fitness  
**C.** To be accurate or achieving a goal  
**D.** To be physically unfit  
**E.** A recognition given for an achievement  
**F.** A piece of equipment for running indoors  
**G.** Exercise routine to improve fitness  
**H.** To need something  
**I.** To protect from harm or attack  
**J.** To train or repeat an activity to improve  
**K.** Exhausting or making you feel very tired  
**L.** Involving competition and rivalry  
**M.** Done for fun, not for competition  
**N.** To fail to take advantage of an opportunity  
**O.** To start improving one’s physical fitness  
**P.** To train or exercise for better health  
**Q.** A critical point in a situation  
**R.** To have skill in something

**Task 2: Fill in the gaps**

Complete the sentences with the correct word or phrase.

1. He won an **\_\_\_\_\_\_** for being the best player of the season.
2. I prefer running outside, but when it’s raining, I use a **\_\_\_\_\_\_**.
3. My daily **\_\_\_\_\_\_** includes stretching, running, and lifting weights.
4. This sport **\_\_\_\_\_\_** a lot of strength and endurance.
5. The team did their best to **\_\_\_\_\_\_** their title in the championship.
6. If you want to improve, you have to **\_\_\_\_\_\_** every day.
7. That was a long and **\_\_\_\_\_\_** match; I feel exhausted!
8. Football is a highly **\_\_\_\_\_\_** sport, where teams fight hard to win.
9. I don’t play professionally; I just do sports for **\_\_\_\_\_\_** purposes.
10. I need to start exercising because I am completely **\_\_\_\_\_\_**.
11. He goes to the gym every morning to **\_\_\_\_\_\_**.
12. After a month of training, I finally **\_\_\_\_\_\_**.
13. Swimming is a great way **\_\_\_\_\_\_** and stay healthy.
14. I missed my chance to score a goal; I really **\_\_\_\_\_\_**!
15. My brother decided to **\_\_\_\_\_\_** and joined the school basketball team.
16. **\_\_\_\_\_\_**, we need to decide on the best strategy to win.
17. She is really **\_\_\_\_\_\_** playing tennis; she wins almost every match!
18. The coach’s strategy was **\_\_\_\_\_\_** – our team won by 10 points!

**Task 3: Discussion Questions**

Use at least three vocabulary words in each answer.

1. Do you prefer competitive or recreational sports? Why?
2. What do you do to keep fit and stay healthy?
3. Have you ever won an award for sports or any other activity?
4. Do you think practicing sports regularly requires a lot of effort?
5. What’s the most tiring sport you have ever tried?