

## ● Can you tell me about different types of sport?

There are many types of sport. Some are team sports, like football or hockey; some are sports played against another player, like tennis; some are sports you do alone like running, or going to the gym. There are outdoor sports, like basketball / indoor sports, like ice hockey / there are sports where you need special equipment, like a racket or a ball. There are winter sports, like ice skating, skiing or snowboarding / or summer sports, like canoeing or athletics. There are also extreme sports, like bungee jumping or paragliding.

## ● Where can you play different sports?

Football is played on a pitch. Tennis, badminton and volleyball are played on a court. American football and baseball are played on a field. Ice hockey is played on an ice rink. For swimming and diving you have to go to a swimming pool. Cyclists often ride on a cycle / bike path. People exercise / work out / lift weights in a gym / fitness centre.

## ● What special equipment do you need?

Football, rugby, cricket and basketball are examples of sports that use a ball. If you play ice hockey you need a hockey stick, ice skates and pads and you play with a puck. Examples of sports where you need a racket include badminton, tennis and squash. If you're doing a sport like climbing you need special equipment such as ropes and crampons. If you are skiing, you need skis, poles and waterproof, warm clothing. Some sports don't need any equipment, like running, or going to the gym.

## ● What sports do you like? / Which don't you like?

I love / like... many types of sport. I enjoy ... playing football / ice hockey / tennis / basketball / golf. My favourite sports are individual sports like ... mountain biking / in-line skating / jogging / yoga / dancing / martial arts (karate, judo, aikido). We do different sports in our P.E. (physical education) class. I like doing athletics and playing ball games in the gym. I would like to try surfing

/ rock climbing / parachuting. I don't like sports / I hate / I can't stand cross-country skiing and aerobics classes at the fitness centre. I don't like team sports, I prefer to exercise on my own like walking / hiking / going to the gym / pilates.

## ● How often do you do exercise / take part in sports?

I have to do sports once / twice / three times a week at school in our P.E. / physical education lessons. We go to the gym / practise ball sports / running. Outside of school I play football / tennis, go rollerblading / swimming / dancing. I prefer walking / hiking / going to the gym. I don't like doing any sports in the week / I only do sports at school. P.E. class is my favourite / least favourite lesson.

## ● Why is it important to do sports / exercise?

We should do sports so that we are healthy / It is important to exercise so that we don't become overweight or ill. Doing exercise or sports gives us more energy. It is also a way of meeting people and socialising if you play in a team. Sports are fun / competitive. I don't agree / I think doing a sporting activity can cost too much money, like going to the gym / you need to buy expensive equipment / I am happy just walking to school or riding my bike. I think people spend too much time watching sports like football on TV.

## ● What famous sportsmen/women do you know?

Jaromír Jágr is a famous Czech ice hockey player, Petr Čech is a famous Czech goalkeeper who plays for Chelsea in the UK, Martina Navrátilová was one of the most famous tennis players in the world. She won Wimbledon nine times. David Beckham is a famous British footballer. The American Michael Phelps won 16 Olympic medals for swimming. Michael Jordan was a very well known basketball player from America, Sidney Crosby is now one of the best Canadian hockey players, Andy Murray is the best ranking British tennis player at the moment.

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Gate



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