



## Unit 1 SPORTS

Name/Surname

.....

Date: .....

Class: .....

### ACTIVITY 1

■ Classez dans le tableau les sports correspondants à leur catégorie. Vous ajouterez ensuite dans chaque catégorie un ou deux autres sports que vous connaissez.

aikido – windsurfing – kendo – 110 meters hurdles – wake boarding – javelin throw – karate – marathon – snowboarding – judo – triple jump – body boarding.

Athletics	Boardsports	Martial Arts
110 meters hurdles	windsurfing	Aikido
javelin throw	wake boarding	Kendo
marathon	snowboarding	Karate
triple jump	body boarding	judo

### ACTIVITY 2

■ Complétez par le sport qui correspond à la définition.

gymnastics – jogging – weightlifting – roller skating – cycling

a. **Weightlifting** is an athletic discipline in which the athlete attempts a maximum-weight single lift.

b. **Cycling**, also called biking, is the use of bicycles for transport, recreation, or for sport.

c. **Jogging** is a form of trotting or running at a slow or leisurely pace.

d. **Gymnastics** is a complex sport involving the performance of exercises requiring physical strength, flexibility, power, agility, coordination, grace, balance and control.

e. **Roller skating** is a form of recreational activity as a sport, and can also be a form of transportation.