

## THEME 8 SPORTS VOCABULARY WORKSHEET (SPICE UP)

### A. Read the sentences and choose the correct answer.

1. If your bike is well-maintained, you **take/don't take** good care of it.
2. If you try AAF, accelerated free fall, you experience the **slowest/fastest** free fall.
3. If your parachute deploys, it means the parachute is **closed/open**.
4. If your parachute fails to open, AAD, automatic activation device, automatically **deploys/doesn't deploy** the reserve parachute.
5. If you wear a harness, you are tied with straps and belts to be **safe/unsafe**.

### B. Read Alisha's interview report about Karan Beydemir on her blog. Complete the missing parts with the words given below. One is extra.

**told (x2) / said (x2) / added / advised / warned**

In the interview, Karan Beydemir (1)\_\_\_\_\_ to his listeners that dedication and discipline for any sport were the keys to success, and he also (2)\_\_\_\_\_ that swimming had been his whole life. He (3)\_\_\_\_\_ he was only three years old when he started swimming and had been chosen for the national team at the age of fifteen. He (4)\_\_\_\_\_ to his listeners that every new day was a big opportunity for him, and he became really impatient from the time he woke up until he went to the pool. He (5)\_\_\_\_\_ that he worked with discipline during the whole day and training never ended. He explained that his biggest motivations in life were to show how strong human beings were and how they could exceed limits in the right conditions. He also (6)\_\_\_\_\_ the listeners that they should do what they love and work really hard. He also added that we must do everything to contribute to humanity.

### C. Complete the interview with the sentences below. One is extra.

- a) it is the shortest way
- b) some sports equipment is quite expensive
- c) PE is the most important subject at school
- d) younger people don't exercise much today
- e) it helps you learn better and be fair in a team

**Andrew:** Mr Bright, can you tell us why you always say (1)\_\_\_\_\_?

**Mr Bright:** Good question, Andrew. Listen! The only school subject that promotes both physical and emotional health is physical education. Also, (2)\_\_\_\_\_.

**Andrew:** You're totally right, Mr Bright.

**Mr Bright:** Well, that's why PE should be a core subject, just like maths, science and history.

**Andrew:** Why do you think so, Mr Bright?

**Mr Bright:** This is ancient wisdom, Andrew. We know that our body and mind are connected. However, (3)\_\_\_\_\_.

**Andrew:** The solution itself is in PE classes you say, right?

**Mr Bright:** For sure, (4)\_\_\_\_\_. Every school should give a healthy start to every student together with the education and skills for a healthy life.

**Andrew:** Thank you, Mr Bright.

### D. Fill in the blanks with the words or phrases below. One is extra.

**show off / accomplish / life-enhancing / no pain, no gain / adrenaline junkie / lecturer / glimpse**

1. My sister says I have no talents in extreme sports, but I'm a bit of a/an \_\_\_\_\_.
2. Fiona loves to \_\_\_\_\_, trying to make a really big impression.
3. I've been to the gym five times this week. All my muscles ache, but you know what they say, \_\_\_\_\_!
4. People between the ages of 30 and 60 who have participated in extreme sports say that the experience is \_\_\_\_\_.

5. I caught a/an \_\_\_\_\_ of her through the window as her scooter sped past.

6. Dennis said he was so sure to \_\_\_\_\_ whatever he aimed for.

**E. Fill in the blanks using the words/phrases.**

**well-maintained / harness / deploy / accelerated freefall / knee pads / altimeter**

1. It's important to choose \_\_\_\_\_ that fit properly. If they're small, they may restrict your movement. If they're big, they may slip and not protect you.

2. The trainer said that the parachute failed to \_\_\_\_\_ accordingly during the jump.

3. The \_\_\_\_\_ skydiving instruction is much more detailed than a tandem skydive because you are in charge. You must be well-trained.

4. A/An \_\_\_\_\_ is a device that measures the height above the ground.

5. Sheila stated that she was astonished to find nice streets and \_\_\_\_\_ houses in the city.

6. Mike was amazed as he was suspended in the air by the straps of his \_\_\_\_\_.