



– SPORTS –

Indoor Sports

- table tennis
- badminton
- basketball
- bowling
- ice skating
- boxing
- karate
- yoga
- judo
- swimming

Outdoor Sports

- football/soccer
- volleyball
- handball
- tennis
- hiking
- trekking
- jogging
- archery
- skiing
- skateboarding
- climbing
- cycling

Individual Sports

- tennis
- table tennis
- cycling
- bowling
- skiing
- skateboarding
- hiking
- trekking
- running
- jogging
- climbing
- archery
- judo

Team Sports

- football/soccer
- basketball
- handball
- baseball



- Equipments -

- racket
- ball
- net
- gloves
- backpack
- walking sticks

- white suit
- belt
- swimsuit
- helmet
- kneepad
- trainers

- arrow
- bow
- rollerskate
- snowboard
- skateboard



play

used with ball sports

play tennis

play football

play basketball

play baseball

play table tennis

do

used with individual sports and fighting sports

do judo

do karate

do aerobics

do yoga

do gymnastics

go

used with activities that end -ing

go jogging

go running

go skiing

go swimming

go hiking

- Other Important Words -

equipment

spectator

injury

gym

medal

draw

beat

athlete

heavy exercise

stadium

hurt

race

go on a diet

exercise/train

win

swimmer

breaststroke

freestyle

win

court

hit the ball

point

score

success

opponent



fast food

junk food

professional

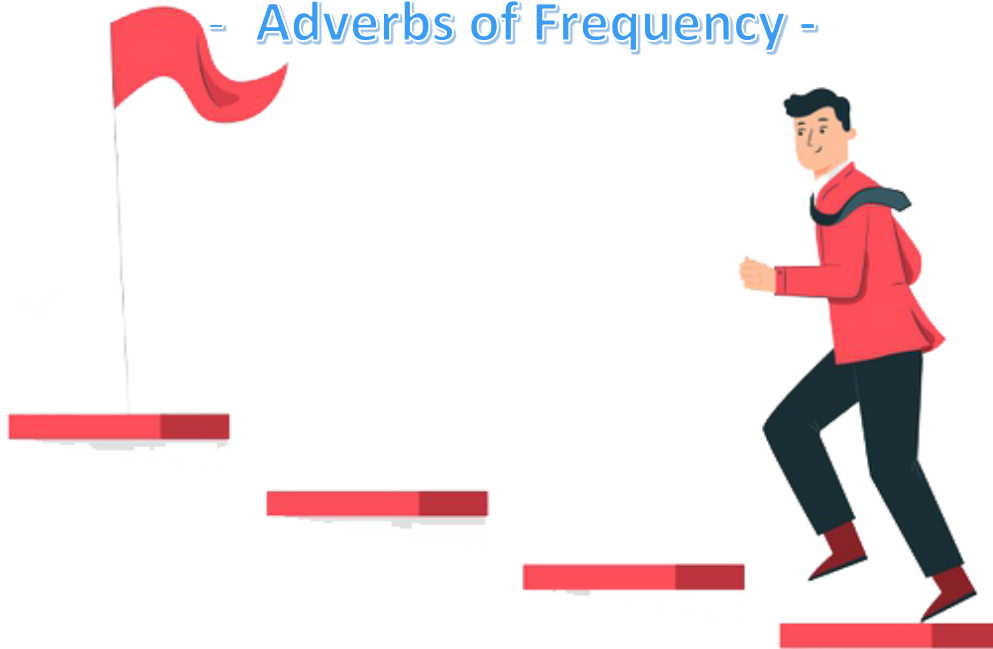
climber

runner

archer

race

- Adverbs of Frequency -



How OFTEN?

100%	always	I always do karate.
90%	usually	She usually plays volleyball with her friends.
70%	often	They often go swimming.
50%	sometimes	We sometimes do gymnastics.
10%	rarely/seldom	He rarely swims in the pool.
0%	never	I never do yoga.

once	once a day	<u>Example:</u> How often do you play soccer?
twice	twice in a week	- I play soccer once in a week.
three times	three times a month	- Once in a week.
five times	five times in a year	
ten times	ten times a month	