

Get Moving

a2+



- Do you think everyone likes sports? Who do you think exercises the most?

Read the questions. Circle A, B, or C.

Be honest — this is just for fun!

**1. How often do you get exercise?**

- A. Every day or almost every day
- B. Once or twice a week
- C. Not much / almost never

**2. How do you feel about sports?**

- A. I love sports
- B. I like some sports
- C. I don't really like sports

**3. Are you in great shape?**

- A. Yes, I'm in great shape
- B. I'm OK, not bad
- C. No, not really

**4. What do you usually do after work or school?**

- A. I work out or go to the gym
- B. I walk or do some light exercise
- C. I watch TV or use my phone

**5. Which sentence is most true for you?**

- A. I play sports during the week or on weekends
- B. I sometimes get exercise
- C. I don't like exercising at all

**6. On weekends, you usually...**

- A. play sports or go to the gym
- B. go for a walk
- C. relax at home and watch sports on TV

**7. In summer, you...**

- A. enjoy doing sports or activities
- B. sometimes do something active
- C. don't do much exercise

**8. Finish the sentence:**

"I should get more exercise because..."

- A. I want to be in great shape
- B. it's good for me
- C. people tell me I should

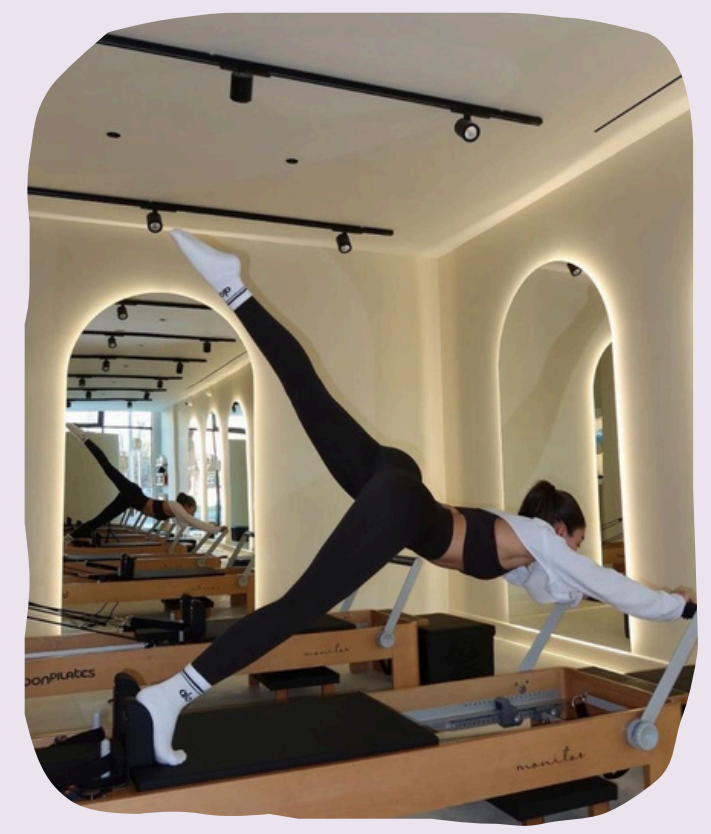


✓ Results

**Mostly A**  
 🏆 **Very sporty!**  
 You get a lot of exercise and enjoy being active. You're probably in great shape!

**Mostly B**  
 😊 **Quite sporty**  
 You get some exercise, but not all the time. You like sports, but you also enjoy relaxing.

**Mostly C**  
 😞 **Not very sporty(yet!)**  
 You don't get much exercise, but that's OK! Maybe a short walk or a fun sport could help.



- Do you agree with your result? Why / why not?

Choose the correct verb: play / do / go. Tick ✓ if it is true about you.

- |                 |                              |
|-----------------|------------------------------|
| ___ volleyball  | ___ basketball after school  |
| ___ to the gym  | ___ yoga in the morning      |
| ___ exercise    | ___ swimming at the weekends |
| ___ tennis      | ___ football with friends    |
| ___ windsurfing | ___ aerobics twice a week    |

Odd one out. Be ready to explain why.



tennis - volleyball - basketball - yoga  
gym - park - trainers - stadium  
tired - fit - in great shape - healthy  
football - tennis - swimming - basketball  
gym - swimming pool - tennis - park  
walk - run - exercise - sleep  
watch sports - play sports - do yoga - go jogging  
active - sporty - lazy - healthy

Choose the best synonym for each phrase.

**"in great shape" means:**

- a) very tall
- b) physically fit
- c) very busy

**"I don't have a lot of free time" means:**

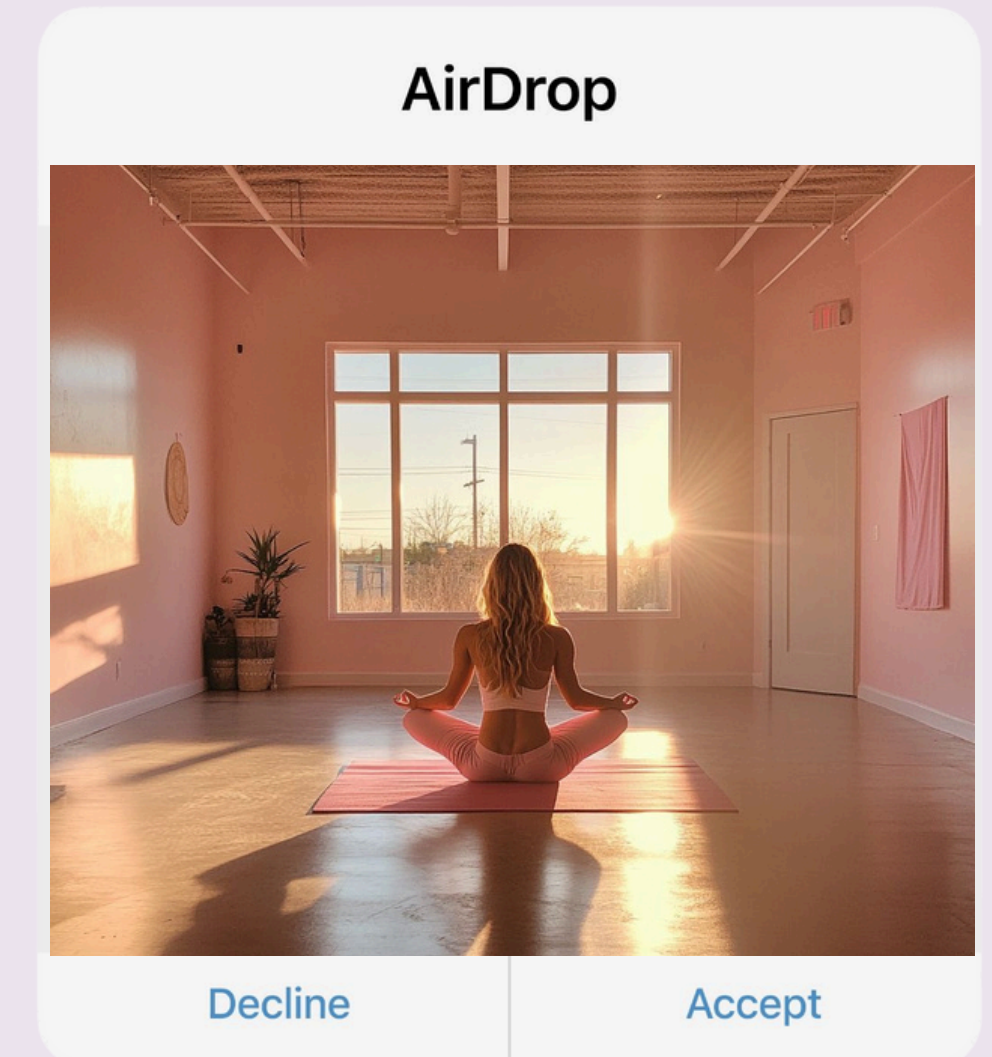
- a) I am not often free.
- b) I am often busy.
- c) My time is not expensive.

**"work out" means:**

- a) finish your job
- b) solve a problem
- c) do exercise

**"get some exercise" means:**

- a) buy sports equipment
- b) do some physical activity
- c) understand an exercise



What sport or activity is the person talking about?

Listen and circle the correct answer.

1. a. swimming  
b. going to the gym  
c. jogging

2. a. playing volleyball  
b. playing golf  
c. playing soccer

3. a. playing baseball  
b. playing soccer  
c. playing tennis

4. a. playing tennis  
b. watching TV  
c. reading

5. a. swimming  
b. jogging  
c. windsurfing

6. a. diving  
b. riding a bicycle  
c. walking

Listen again. What do you think each person says next?

Circle the correct answer.

1. a. Yes, about three times a week.  
b. Yeah, I'm getting lazy.  
c. Yeah, I'm tired.

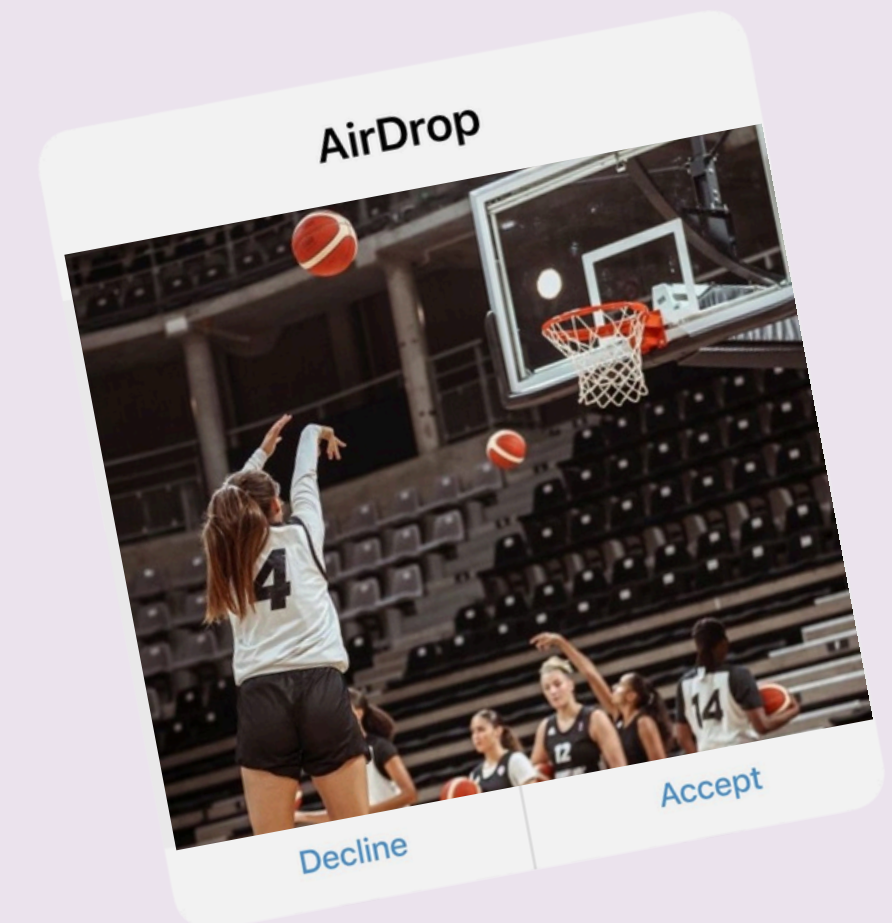
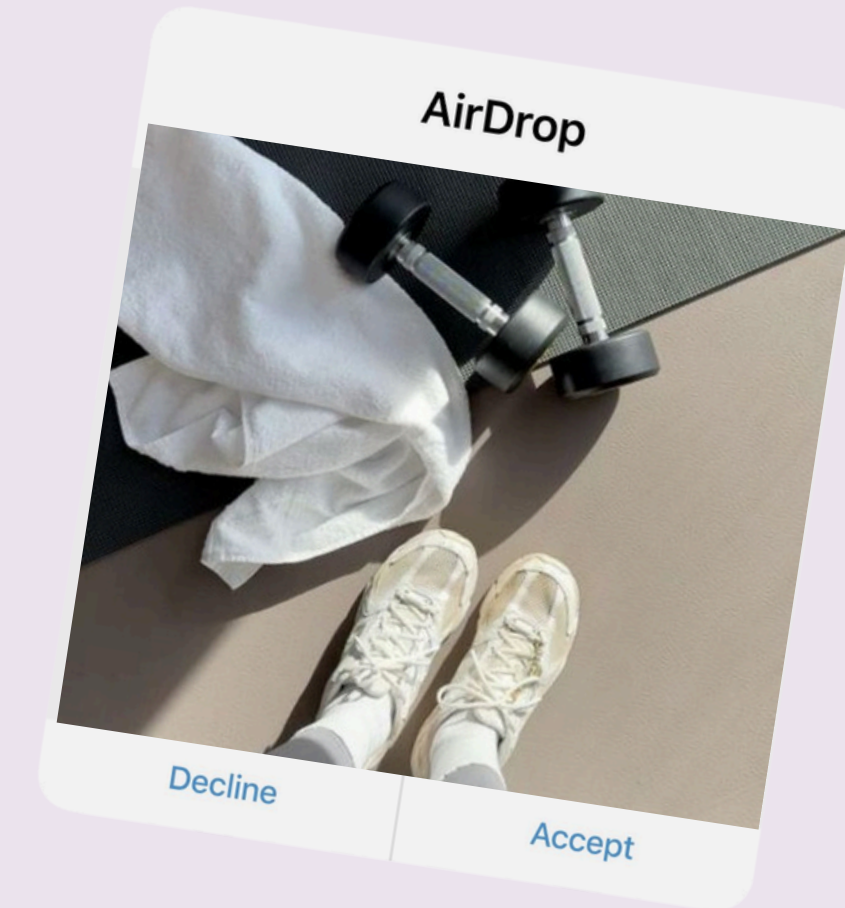
2. a. Yeah, I'd love to.  
b. I enjoy skiing.  
c. Yeah, you're right.

3. a. Volleyball is tiring.  
b. Volleyball. It's my favorite.  
c. Tennis is expensive.

4. a. I know, but I'm lazy.  
b. No, thanks. I'm tired.  
c. Yeah, reading is fun.

5. a. It's too hot.  
b. Yeah, I'd love to.  
c. I don't like the cold.

6. a. In the car.  
b. In the morning.  
c. In the park.





Play sports

or

Watch sports

Go to the gym

or

Exercise at home

Morning exercise

or

Evening exercise

Short exercise every day

or

Long exercise once a week

Outdoor sports

or

Indoor sports



Read opposite opinions. Who do you agree with in every point?



I enjoy exercising. I like running and going to the gym a few times a week.

I think the gym can be boring. I like outdoor sports more, like tennis or cycling.

Walking is good exercise. I walk every day and it makes me feel active.

**Exercising is fun**

**The gym is boring**

**Walking is good exercise**

**Watching sports is better than playing**

Sometimes watching sports is relaxing, and it's fun to watch big games on TV.



I don't mind exercising sometimes, but I don't really enjoy it. I prefer walking or light activity.

I like the gym because I can focus on strength training and it's convenient when it rains.

Walking is okay, but I prefer jogging or cycling to get more exercise.

I disagree! Playing sports is much better. You get exercise and have fun with friends.

*Act out the dialogues with your partner. Give new reasons.*

People are talking about how they spend their free time. Listen and check (✓) the correct information.

	Exercises a lot	Exercises a little	Never exercises
1. Bill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Liz	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Victor	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Maria	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. David	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Listen again. Match the names on the left with the activities on the right.

1. Bill \_\_\_

2. Liz \_\_\_

3. Victor \_\_\_

4. Maria \_\_\_

5. David \_\_\_

a. golfs

b. bicycles

c. plays baseball

d. takes walks

e. plays video games

