



MORE WORKSHEETS

GRADE 7

THEME 2

Sports

Sports

Daily routines

Daily activities

NAME _____

CLASS _____

1 Read the text and answer the questions briefly.



Leo is a young runner. He trains hard because he wants to achieve great success and win a gold medal. He always wakes up at six o'clock. First, he goes running in the park. Then, he eats fresh fruit and eggs. He usually goes on a diet because he wants to stay fit and healthy. Leo trains with his coach six days a week. Thousands of spectators watch his races at the stadium. He never trains without his helmet and pads because he wants to prevent injuries. He believes hard work beats talent.

1. What is Leo's dream?

2. How often does Leo wake up early?

3. Where does he run every morning?

4. Why does he go on a diet?

5. How many days a week does he train?

6. What does he do to prevent injuries?

2 Complete the sentences with the words in the box.

WORD BANK

equipment
spectators
beat
draw
injury
medal

1. Athletes must wear protective _____ during dangerous activities.
2. Thousands of _____ cheered loudly in the stadium.
3. Our team wants to _____ our main rivals.
4. The match ended in a _____ with no winner.
5. A serious knee _____ stopped Mark from playing.
6. She received a shiny gold _____ after winning.

3 Match the questions with their answers.

☐

1 How often do you train?

..... a Yes, we play inside.

☐

2 Do you often go jogging?

..... b Our striker can score.

☐

3 Why do you eat salad?

..... c Three times a week.

☐

4 Is basketball an indoor sport?

..... d Because I am on diet.

☐

5 Did our school team lose?

..... e No, I rarely run.

☐

6 Who can score a goal?

..... f No, we won yesterday.

4 Choose the correct option.

- 1 Emma: How often do you go swimming, Tom?
Tom: - - - -. I go to the pool every Tuesday and Friday.

Which of the following completes the dialogue?

- ☐ A Once a month. ☐ B Twice a week.
☐ C Never. ☐ D Every morning.

- 2 Coach: Why do you wear knee pads during practice?
Jack: - - - -.

Which of the following completes the conversation?

- ☐ A Because I want to avoid injury.
☐ B Because I usually lose matches.
☐ C Because spectators like my shoes.
☐ D Because I dislike outdoor activities.

3

Athlete	Activity	Frequency
Sophie	Jogging	Every day
Daniel	Swimming	Once a week
Grace	Skating	Never

According to the table, which of the following is correct?

- ☐ A Sophie rarely runs outdoors.
☐ B Daniel swims once a week.
☐ C Grace often goes skating.
☐ D Sophie hates morning routines.

- 4 Mia loves winter sports. She buys warm equipment because she wants to go - - - - on the ice rink.

Which of the following completes the sentence?

- ☐ A jogging ☐ B swimming
☐ C skating ☐ D running

- 5 Ben trains very hard every afternoon. He always eats healthy meals and drinks water because he wants to achieve his dream and win a medal.

According to the text, which of the following is correct?

- ☐ A Ben wants to win a medal.
☐ B Ben never exercises outdoors.
☐ C Ben eats junk food often.
☐ D Ben hates daily routines.

- 6 Coach Brown: To win against that strong team, you need to hit the ball well and - - - -.

Which of the following completes the speech?

- ☐ A lose the match easily
☐ B score a point
☐ C get a serious injury
☐ D stop all daily training

- 7 Lily: The football match ended 1-1 yesterday.
Sam: Oh, so it was a - - - -.

Which of the following completes the dialogue best?

- ☐ A victory ☐ B medal
☐ C draw ☐ D diet

- 8 Basketball and volleyball are usually played in a sports hall. Therefore, people call them - - - - sports.

Which of the following completes the text?

- ☐ A indoor ☐ B outdoor
☐ C dangerous ☐ D boring

- 9 Oliver: How often do you exercise?
Peter: I go jogging three times a week. I never eat fast food because I am on a strict diet.

According to the conversation, which of the following is NOT correct?

- ☐ A Peter exercises three times weekly.
☐ B Peter often eats fast food.
☐ C Peter goes jogging regularly.
☐ D Peter is on a diet.

- 10 Daniel is a hardworking swimmer. He eats healthy food and trains twice a day because he wants to win a medal. He never stays up late, and he always exercises carefully to prevent injuries.

Why does Daniel train twice a day?

- ☐ A Because he likes being a spectator.
☐ B Because he wants to win a medal.
☐ C Because he has a serious leg injury.
☐ D Because he needs new sports equipment.