



MORE WORKSHEETS

GRADE 7

THEME 2

Sports and Daily Routines

Daily Routines

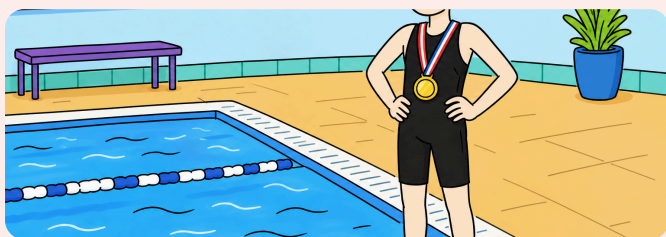
Daily Activities

Sports

NAME _____

CLASS _____

1 Read the text and answer the questions.



Jack is an ambitious young swimmer. He wants to win a gold medal for his country. He always wakes up at six o'clock every morning. He eats healthy food because he needs high energy for exercise. Jack trains twice a day at the local indoor pool. In the mornings, he swims for two hours. In the afternoons, he runs and lifts weights. He never eats junk food and he often goes on a diet before competitions. Last month, many spectators cheered for him. He won the race and achieved a great success. He is proud of his daily training routine.

1. What time does Jack wake up?

2. Why does he eat healthy food?

3. How often does Jack train?

4. Where does he train in the mornings?

5. Does he ever eat junk food?

6. Who cheered for Jack last month?

2 Complete the sentences with the words in the box.

WORD BANK

draw

hit

lose

injury

jogging

equipment

1. Athletes wear helmets to prevent a serious _____ .

2. You need warm clothes and special _____ for skiing.

3. The football match ended in a 1-1 _____ .

4. Tennis players must _____ the ball over the net.

5. Our team played badly and began to _____ the match.

6. Mia likes to go _____ in the park every morning.

3 Match the questions with the correct answers.

☐

1 How often do you train?

.....

a At the outdoor rink.

☐

2 Why does Sophie go on a diet?

.....

b He scored two goals.

☐

3 Are they ever late for practice?

.....

c Three times a week.

☐

4 Where do you go skating?

.....

d No, they are always on time.

☐

5 Does Leo usually wake up early?

.....

e Because she wants to stay fit.

☐

6 How many goals did Daniel score?

.....

f Yes, he wakes up at seven.

4 Choose the correct answer for each question.

1

Tom: How often do you go running in the park?
Sam: - - - -. I run on Mondays and Fridays.

Which of the following completes the conversation?

- ☐ A Twice a week ☐ B Every single day
☐ C Once a month ☐ D Three times a year

2

Athlete	Activity	Routine
Mark	Swimming	Twice a week
Paul	Jogging	Every day

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

- ☐ A Mark swims every day.
☐ B Paul goes jogging daily.
☐ C Mark never goes swimming.
☐ D Paul jogs once a week.

3

Coach: Train hard to achieve your goals.
Leo: I know. I - - - - miss practice because I want success.

Which of the following completes the dialogue?

- ☐ A always ☐ B usually
☐ C often ☐ D never

4

Emma eats fresh fruit and vegetables every single day because - - - -.

Which of the following completes the sentence?

- ☐ A she wants to stay fit
☐ B she hates healthy food
☐ C she wants an injury
☐ D she never does sports

5

Ben: I always get up early and exercise before classes.
Mia: Why?
Ben: Because I feel energetic all day.

According to the conversation, Ben - - - -.

- ☐ A hates waking up early
☐ B never exercises before school
☐ C exercises to feel energetic
☐ D feels tired all day

6

David plays basketball. He trains four times a week and wears equipment to avoid injuries.

Which question does NOT have an answer in the text?

- ☐ A Which sport does David play?
☐ B How often does he train?
☐ C Why does he wear equipment?
☐ D What time does he sleep?

7

Jack: Do you like outdoor sports?
Liam: Yes, I do.
Jack: - - - -?
Liam: Twice a month.

Which of the following completes the conversation best?

- ☐ A Where is the gym?
☐ B How often do you hike?
☐ C Who is your coach?
☐ D What equipment do you need?

8

Doctor: How often do you rest, Sophie?
Sophie: - - - -. I train seven days a week.

Which of the following completes the dialogue best?

- ☐ A I never rest
☐ B I always rest
☐ C Three times a day
☐ D Every single weekend

9

Ferda always plays volleyball for Atatürk Secondary School. She is never late for training because - - - -.

Which of the following completes the sentence above?

- ☐ A she dislikes her coach
☐ B she hates doing sports
☐ C she respects her team
☐ D she misses every practice

10

Can usually trains outdoors. Yesterday, many spectators watched his race, and he won a medal.

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

- ☐ A Can only trains indoors.
☐ B No spectators watched Can.
☐ C Can lost the race yesterday.
☐ D Can achieved a great success.