

Unit 9 Cross-curricular worksheet

PE: getting fit

1 Look at the photos. Read the text. Match the photos with the paragraphs.



Four benefits of sport

- 1 Sport will help you to stay **fit** and to feel healthy. People who are **overweight** can feel unhealthy. d
- 2 Playing sport teaches us how to **get on with** each other. People who play team sports like football or volleyball learn to work **together**. _____
- 3 Sport helps us learn about **competition**. We learn how to **win** and to **lose**. _____
- 4 Sport helps us to feel **positive** and **alert** and gives us lots of **energy** for work and play. _____

2 Find the bold words in the text. Have you already seen any of these English words? Are they like Portuguese words? Can you understand them from the text? Write the meaning in Portuguese. Use a dictionary to check any words that you can't guess.

- | | |
|---------------------|------------------|
| 1 fit _____ | 6 win _____ |
| 2 overweight _____ | 7 lose _____ |
| 3 get on with _____ | 8 positive _____ |
| 4 together _____ | 9 alert _____ |
| 5 competition _____ | 10 energy _____ |

3 Complete the sentences with the words in the box.

fit team energy alert win together

Keeping fit helps you to feel healthy.

- 1 Sport teaches us how to work _____.
- 2 Playing sport gives us lots of _____.
- 3 Water polo, football, rugby and hockey are all _____ sports.
- 4 Maria was sad because she didn't _____ the swimming competition.
- 5 David felt more _____ after his game of tennis.

Your Turn



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