



Alex: My sports blog

Hi! This is Day 3 of my week at the Sports Zone. Why am I here? It's a present from my parents because my school marks are good. Can you believe it?! 😊

1

The 'Zone' is a camp for 12–16 year-olds. Here you can try three different sports in a week. There's gymnastics, tennis and karate. You can do all the activities in just shorts and a T-shirt. You must change teams for every new sport. It's a brilliant way to make friends.

2



Day 1: _____
Here we only practise floor exercises. They use all the muscles in the body. The girls in my team are good at it. We don't usually do gymnastics at my school. I don't think it's the sport for me! I am strong but I'm not flexible.



3



Day 2: _____
I love doing ball sports. I often play tennis. My racquet is always in my sports bag. Here we play doubles – two players on each team. Look, here's a photo of my new friends. Our instructor is patient. She always says 'Look at the ball', but it's not easy!



4



Day 3: _____
Karate is a difficult sport. Our instructor is a black belt – he's really good at it. He always says 'Stay calm'. We practise in pairs, but one person mustn't move. I love doing martial arts.



My scorecard

You can see my scorecard on this blog all week.

The Zone	👍👍👍👍👍	It's a fantastic camp.
gymnastics	👍	I'm terrible at it!
tennis	👍👍👍	I love it!
karate	👍👍	Martial arts are fun.



Reading

1a Read Alex's blog, then match the headings (a–d) to paragraphs (1–4).

- a Look at the ball
- b A day of gymnastics
- c I love karate!
- d The Zone

1b Read the blog again and answer the questions.

- 1 What is the Sports Zone?
It's a sports camp.
- 2 How many sports can you try in a week?
_____.
- 3 What clothes can you wear for all activities?
_____.
- 4 Does Alex usually do gymnastics at school?
_____.
- 5 Is he good at gymnastics?
_____.
- 6 Where does Alex keep his tennis racquet?
_____.
- 7 Is the instructor bad at karate?
_____.
- 8 What colour is the instructor's belt?
_____.

Writing: Over to you...

2a Answer the questions for you.

- 1 What sports can you play/do at school?
I can play football.
- 2 What sports do you want to try?
_____.
- 3 What sports do you watch on TV?
_____.
- 4 Who's your favourite sports hero?
_____.
- 5 What does he/she play or do?
_____.

2b Write the questions to complete the conversation.

You ¹ *What's your favourite sport, Alex?*
 Alex I'm crazy about all sports, but tennis is my favourite.
 You ² _____.
 Alex Yes, I am. It's a club called *Tennis Aces*. It's great.
 You ³ _____.
 Alex We play our matches at the weekend.
 You ⁴ _____.
 Alex Oh yes, I watch tennis on TV a lot.
 You ⁵ _____.
 Alex It's Novak Djokovic or Rafael Nadal. I'm not sure.

2c Write a paragraph about your favourite sport.

Where do you play/do it?

How often do you do it?

How big is the team?

Are you very good at it?

Who's your hero in this sport?
