

Sport and exercise actions vocabulary list and conversation

Sport and exercise actions vocabulary



List of sport and exercise actions vocabulary

1 hit	7 serve	13 walk	19 swing	25 sit-up
2 pitch	8 bounce	14 run	20 lift	26 deep knee bend
3 throw	9 dribble	15 hop	21 swim	27 jumping jack
4 catch	10 shoot	16 skip	22 dive	28 somersault
5 pass	11 stretch	17 jump	23 shoot	29 cartwheel
6 kick		18 reach	24 push-up	30 handstand

Conversation about sport and exercise actions

A. _____ the ball! Use numbers 1 to 10.

B. Okay, Coach!

A. Now _____! Use numbers 11 to 23.

B. Like this?

A. Yes.

A. Okay, everybody. I want you to do twenty _____s! Use numbers 24 to 30.

B. Twenty _____s?!

A. That's right.

Exercise. Answer these questions about sport and exercise actions

Do you exercise regularly?

Which exercises do you do?

Why should you exercise?

Is exercise good for you?

Where do you exercise?

Who do you exercise with?