



**Physical activities**

**Sports**

/spɔ:t/

- ✓ You **play a game** -- I play football / rugby
- ✓ You go for an **activity** -- I'll go **jogging**
- ✓ You **do a non-team activity** – She does Karate



(to) .....  
/ˈwɔ:m ʌp/



(to) do .....  
/dʒɪmˈnæstɪks/



(to) do .....  
/ˈskɪrɪŋ rəʊp/  
to .....  
/ˌdʒʌmpˈrəʊp/



(to) play .....  
/ˈbeɪsbɔ:l/



(to) play .....  
/ˈfʊtbɔ:l/  
(to) play .....  
/ˈsɒkə(r)/



(to) .....  
/stretʃ/



.....  
/ˌmɑ:ʃlˈɑ:ts/



Core strength /building  
exercises  
/kɔ:(r)/ /strenkθ/



(to) box /  
do boxing (activité)



(to) play .....  
/ˈbɑ:skɪtbɔ:l/



(to) jog / go jogging  
/ˈdʒɒɡɪŋ/



(to) do .....  
/ˈfensɪŋ/



(to) work-out  
Faire de l'exercice



(to) go .....  
/ˈklaɪmɪŋ/



(to) play .....  
/ˈrʌɡbi/



(to) go .....  
/ˈhaɪkɪŋ/



(to) do .....  
/ˈɑ:tʃəri/



(to) do .....  
/ˈsɪt ʌps/



(to) do .....  
/ˈhɔ:s raɪdɪŋ/



(to) play .....  
/ˈtenɪs/



(to) do .....  
/ˌælpaɪnˈski:ɪŋ/



(to) do .....  
/ˈaɪs skeɪtɪŋ/



(to) compete in / do  
...../æθˈletɪks/



(to) go bungee  
jumping  
/ˈbʌndʒɪ dʒʌmpɪŋ/



(to) play .....  
/ˈbædmɪntən/



.....  
/ˌkrɒsˌkʌntriˈski:ɪŋ/



(to) swim  
Swimming (activité)



(to) .....  
/ˈdaɪv bɒm/



the crawl / the  
breaststroke (brasse)  
a stroke (une nage)



(to) go .....  
/ˈmaʊntən baɪkɪŋ/



(to) go .....  
(to) go .....  
/kəˈnu:ɪŋ/ -  
/ˈkaɪækɪŋ/



(to) .....  
/daɪv/



(to) go .....  
/ˈsku:bə daɪvɪŋ/



(to) do .....  
/ˌækwəˈrəʊbɪks/



(to) bike  
(to) go biking / cycling  
/ˈsaɪkɪŋ/

