



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) warm-up
/'wɔ:m ʌp/



(to) do gymnastics
/'dʒɪm 'næstɪks/



(to) do skipping rope
/'skɪpɪŋ rəʊp/
to jump rope
/'dʒʌmp 'rəʊp/



(to) play baseball
/'beɪsbɔ:l/



(to) play football
/'fʊtbɔ:l/
(to) play soccer
/'sɒkə(r)/



(to) stretch
/'stretʃ/



Martial arts
/'mɑ:ʃl 'ɑ:ts/



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



(to) box /
do boxing (activité)



(to) play Basketball
/'bɑ:skɪtbɔ:l/



(to) jog / go jogging
/'dʒɔɡɪŋ/



(to) do fencing
/'fensɪŋ/



(to) work-out
Faire de l'exercice



(to) go climbing
/'klaɪmɪŋ/



(to) play rugby
/'rʌɡbi/



(to) go hiking
/'haɪkɪŋ/



(to) do archery
/'ɑ:tʃəri/



(to) do sit-ups
/'sɪt ʌps/



(to) do Horse-riding
/'hɔ:s raɪdɪŋ/



(to) play tennis
/'tenɪs/



(to) do Alpine skiing
/'ælpain 'ski:ɪŋ/



(to) do ice-skating
/'aɪs skeɪtɪŋ/



(to) compete in / do
athletics */'æθ'letɪks/*



(to) go bungee
jumping
/'bʌndʒɪ dʒʌmpɪŋ/



(to) play
badminton
/'bædmɪntən/



cross-country skiing
/'krɒs kʌntri 'ski:ɪŋ/



(to) swim
Swimming (activité)



(to) dive-bomb
/'daɪv bɒm/



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



(to) go
mountain-biking
/'maʊntən baɪkɪŋ/



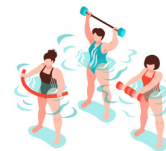
(to) go canoeing
(to) go kayaking
*/'kɑ:'nu:ɪŋ/ -
/'kaɪækɪŋ/*



(to) dive
/'daɪv/



(to) go scuba diving
/'sku:bə daɪvɪŋ/



(to) do aquarobics
/'ækwə'rəʊbɪks/



(to) bike
(to) go biking / cycling
/'saɪkɪŋ/