

## Listening 9

Transkrypcja ćwiczeń w rozumieniu ze słuchu.

1. I play football with my friends after school. We usually train on a small pitch near my house. It is great fun and good exercise. I feel happy and full of energy after playing.

**Prawidłowa odpowiedź:** I play football with my friends after school.

2. My favourite sport is swimming. I go to the swimming pool twice a week. It helps me stay fit and relax. I really enjoy being in the water.

**Prawidłowa odpowiedź:** Swimming is my favourite sport and I do it regularly.

3. My brother loves playing basketball. He trains with his school team every Tuesday and Thursday. He wants to become a better player. Sport is very important in his life.

**Prawidłowa odpowiedź:** My brother trains basketball with his school team.

4. In winter I like ice skating with my friends. We go to the ice rink in the city centre. At first it was difficult, but now I skate quite well. It is a fun way to spend free time.

**Prawidłowa odpowiedź:** I go ice skating with my friends in winter.

5. Doing sport regularly is good for our health. It makes our body stronger and improves our mood. I try to be active every day. Even a short walk can be helpful.

**Prawidłowa odpowiedź:** Regular physical activity is good for the body and mood.

6. I watch many sports competitions on TV. My favourite is tennis because the matches are exciting. I admire professional players and their skills. They train very hard to be the best.

**Prawidłowa odpowiedź:** I enjoy watching tennis matches on TV.

7. At school we have PE lessons twice a week. We play different games and learn new exercises. Sometimes we run, jump or play team sports. These classes are active and enjoyable.

**Prawidłowa odpowiedź:** We do different sports during PE classes.

8. My friend goes to the gym after school. He lifts weights and does cardio exercises. He wants to be stronger and healthier. He says sport helps him reduce stress.

**Prawidłowa odpowiedź:** My friend trains at the gym to be stronger and healthier.

9. Running is a simple and cheap sport. You don't need special equipment to start. I often run in the park near my home. It helps me clear my mind and stay fit.

**Prawidłowa odpowiedź:** I sometimes run in the park to stay fit.

10. Some people prefer team sports like volleyball or football. Others like individual sports such as cycling or tennis. Both types have many advantages. The choice depends on personality and interests.

**Prawidłowa odpowiedź:** People can choose between team and individual sports.

11. I took part in a school sports competition last month. I was a bit nervous but also excited. I did my best and finished in second place. It was a great experience for me.

**Prawidłowa odpowiedź:** I joined a school competition and finished second.

12. Cycling is one of my favourite outdoor activities. I often ride my bike at the weekend. It is a good way to explore new places and stay active. I also enjoy fresh **Prawidłowa odpowiedź:** I like cycling because it is active and fun outdoors.

13. Warm-up exercises are very important before training. They prepare the body for physical effort and prevent injuries. I always stretch and move before doing sports. It makes my training safer.

**Prawidłowa odpowiedź:** Warm-up exercises help prevent injuries before sport.

14. Many young people play sports to stay healthy. Physical activity helps control weight and improve fitness. It also teaches teamwork and discipline. Sport can be both fun and educational.

**Prawidłowa odpowiedź:** Sport helps young people stay fit and learn teamwork.

15. I don't like extreme sports because they seem dangerous. I prefer safe activities like jogging or playing badminton. They are less risky but still enjoyable. Everyone should choose a sport they feel comfortable with.

**Prawidłowa odpowiedź:** I prefer safe sports like jogging or badminton.

Sprawdź, czy znasz wszystkie słowa:

<b>pitch</b>	<b>boisko</b>
ice rink	lodowisko
<b>equipment</b>	<b>wyposażenie, sprzęt</b>
cycling	jazda na rowerze
<b>effort</b>	<b>próba, wysiłek</b>
prevent	zapobiegać, powstrzymywać
<b>injury</b>	<b>obrażenia, uraz</b>
stretch	rozciągać, rozciągać się
<b>weight</b>	<b>waga</b>
improve	poprawiać, polepszać
<b>fitness</b>	<b>sprawność fizyczna</b>
teamwork	praca zespołowa
<b>discipline</b>	<b>dyscyplina, samozaparcie</b>
educational	edukacyjny
<b>dangerous</b>	<b>niebezpieczny</b>
prefer	woleć
<b>safe</b>	<b>bezpieczny</b>
risky	ryzykowny
<b>enjoyable</b>	<b>miły, przyjemny</b>
comfortable	wygodny
<b>warm-up</b>	<b>rozgrzewka</b>