

1. Keeping fit and healthy

What do most people do to keep fit in your country?

How important is it for people to do some regular physical exercise?

**“COMPETITION IS THE SPICE OF SPORTS; BUT
IF YOU MAKE SPICE THE WHOLE MEAL YOU’LL
BE SICK.”**

GEORGE LEONARD

© Lifehack Quotes

2. Describe a competition (e.g. TV, college, work or sports competition) that you took part in.

You should say:

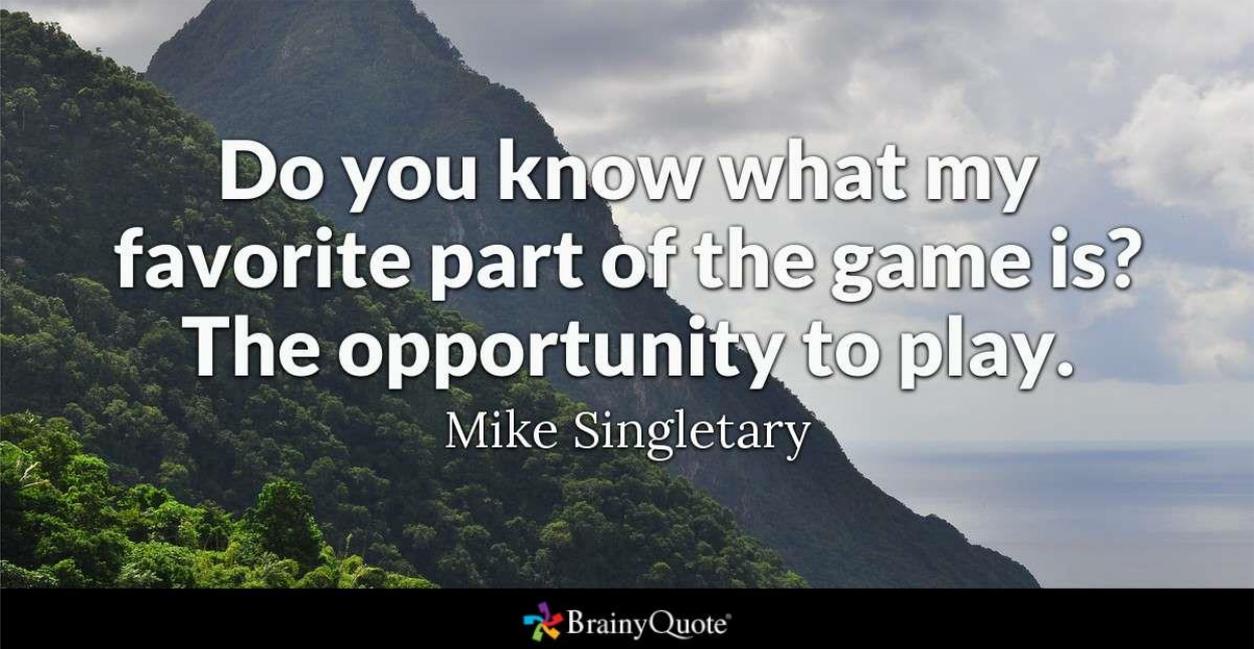
- what kind of competition it was and how you found out about it
- what you had to do
- what the prizes were

and explain why you chose to take part in this competition.

3. Sporting competitions

Some people think that competition leads to a better performance from sports stars. Others think it just makes players feel insecure. What is your opinion?

Do you think that it is possible to become too competitive in sport? In what way?



**Do you know what my
favorite part of the game is?
The opportunity to play.**

Mike Singletary

 BrainyQuote®

4. Describe a game or sport you enjoy playing.

You should say:

- what kind of game or sport it is
- who you play it with
- where you play it

and explain why you enjoy playing it.



**Just play. Have fun. Enjoy
the game.**

Michael Jordan

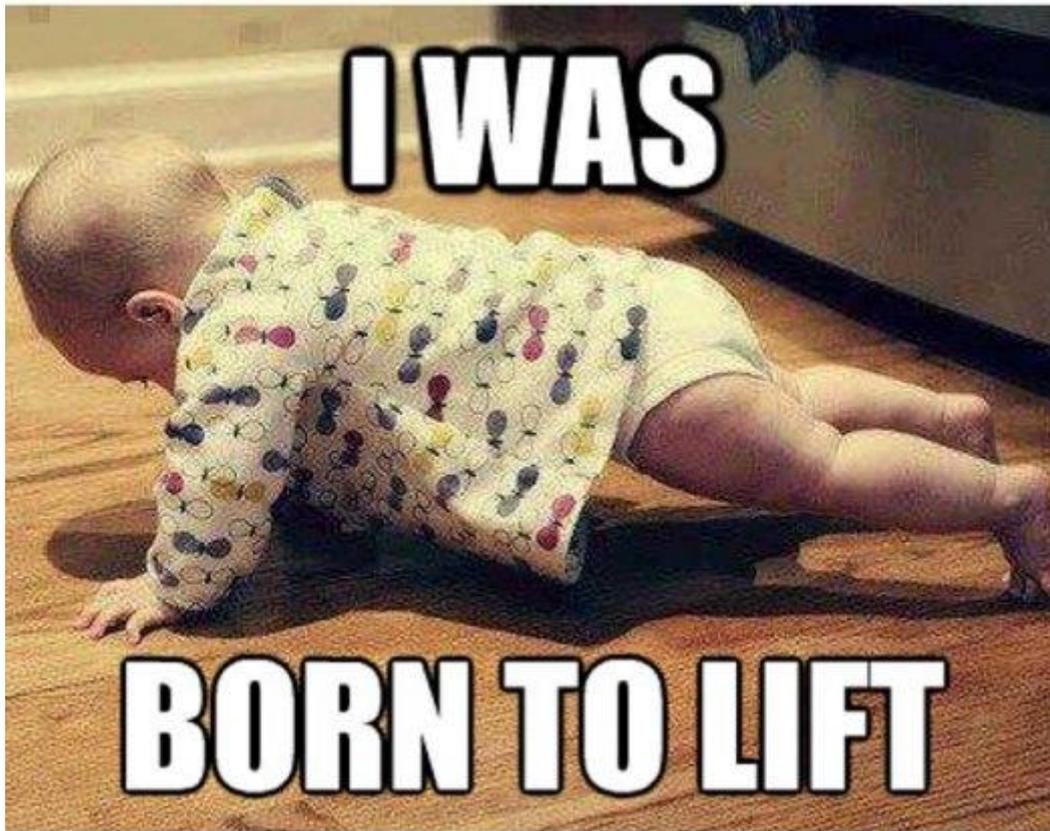
 BrainyQuote®

5. Describe a sports match which you saw and which you found enjoyable.

You should say:

- what the sport was
- who was playing in this game
- where you watched it

and explain why you enjoyed watching the match so much.



6. Young people doing sports

What sports do most young people in your country enjoy doing?

What are the main benefits for young people of learning to play different sports?

Can you suggest some ways to encourage young people to play more sport?

What are the advantages and disadvantages of intensive training for young sportspeople?



7. Sports on TV

What kinds of sport do people in your country most often watch on TV? Why?

What do you think are the disadvantages of having a lot of coverage of sports on TV?

How do you think the broadcasting of sports on TV will change in the next 20 years?



8. International sports competitions

Why do you think international sports competitions (like the Football World Cup) are so popular?

What are the advantages and disadvantages to a country when it hosts a major international sports competition?