

Sport





do a sport – uprawiać sport

I do a sport to stay healthy and strong.

My brother _____ three times a week.

**do athletics – uprawiać
lekkoatletykę**

She does athletics and trains every afternoon.

**I started to _____ when I was ten
years old.**

get an injury – doznać kontuzji

He got an injury during the football match.

If you don't warm up, you can easily -----.

**go running/swimming
– iść pobiegać/pływać**

I usually go running in the park after school.

We _____ every Saturday morning.

**I tried to go running once... but my Wi-Fi signal
got weaker, so I ran straight back home.**

have a go – spróbować

I've never tried surfing before, but I'll have a go!

**You _____ (powinieneś spróbować) at
skiing this winter.**

keep fit – utrzymywać dobrą formę

I go to the gym regularly to keep fit.

Eating healthy food also helps you _____.

**I try to keep fit by walking to the fridge every
30 minutes.**

lose a game – przegrać mecz

Our team lost the game by only one point.

Don't be sad if you _____ – it's just for fun.

I didn't just lose a game – I created new ways to fail that the game developers hadn't even imagined.

**play fair – grać uczciwie,
przestrzegać zasad**

I always play fair... unless I'm losing – then it's strategy.

He says he plays fair, but his dice always roll sixes. Suspicious? Very.

win a prize – wygrać nagrodę

I _____ (wygrałam) a prize once – a giant chocolate bar! It lasted 5 minutes.

She won a prize for “best smile” – probably because the teacher was scared of her frown.

cheat – oszukiwać (w grze, teście)

He says he didn't cheat, but his test had the exact same mistakes as mine. Suspicious? Definitely.

I _____ (nie oszukuję) – I just creatively interpret the rules

take part in – brać udział w

I didn't win the race, but I did take part... and got a free donut. Worth it.

(Uczestnictwo)_____ in a competition is important, especially if there's pizza at the end.

**make up your mind
– zdecydować się**

**I can't make up my mind whether to play tennis
or volleyball.**

**He _____ (zdecydował się) to join the
basketball team.**

**score a point/a goal – zdobyć
punkt/gola**

He scored three goals in the last match.

**I finally _____ (zdobyłem) a point after
many attempts.**

set/break a record **– ustanowić/pobić rekord**

She set a new record in the 100m race.

He _____ (pobił) the school's swimming record last week.

I set a record for the longest time spent staring at my homework without actually doing it.

take part in a competition
– wziąć udział w zawodach

_____ (Zamierzam wziąć udział w)
a running competition next month.

Many students _____ (wzięło udział
w) the school competition.

We took part in a school talent competition.
Our talent? Making the audience laugh by
accident.

take up a sport – zacząć uprawiać sport

I'm thinking of taking up volleyball this year.

**He _____ (zaczął uprawiać) a new sport
to stay active during winter.**

**My friend took up basketball. Now he talks
about rebounds more than homework.**

win a match – wygrać mecz

Our team won the match by five goals.

**I felt great _____ (po wygraniu) the
tennis match.**

**I didn't win a match all season... but I did win
the "Best Excuses" award.**

**work out (at the gym)
– ćwiczyć (na siłowni)**

I work out at the gym three times a week.

**She _____ (uwielbia ćwiczyć) out at the
gym with her friends.**

**My first time working out at the gym: muscles
hurt, pride hurt even more.**

workout – trening

My workout usually lasts about an hour.

**I downloaded a _____ (nową
treningowa apkę) to exercise at home.**

**My five-minute workout turned into a one-hour
nap. Success? Depends who you ask.**

opponent – przeciwnik

My _____ (przeciwnik) looked serious... until he tripped over his own shoelace.

I tried to scare my opponent with a game face.
He just laughed.

**compete – rywalizować, brać
udział w zawodach**

**We competed in a cooking contest. Our pizza
was more “abstract art” than food.**

**I _____ (rywalizuję) only when I know I have
a 99% chance of winning... or snacks.**