

**1. Read the article and choose the best title.**

- a) Three sports that are dangerous
- b) Safe sports that improve your health
- c) Sports that don't need a ball

**2. What do you have to have/do if you want to do these sports?**

- a) Running: .....
- b) Swimming: .....
- c) Cycling: .....

**3. Match the underlined words in the text to the definitions.**

- |                                |   |
|--------------------------------|---|
| a) risky .....                 | 1. staying on water   |
| b) cardiovascular system ..... | 2. to travel to the workplace and back home                           |
| c) afloat .....                | 3. dangerous  |
| d) commute .....               | 4. the system in your body that takes blood to all parts of your body |