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ILUMNO

# SPORTS AND PHYSICAL ACTIVITIES



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## SPORTS

Everyone knows sports. Not everyone practices them. However, many people like to watch them on TV. Parents always encourage their kids to practice at least one sport and many people enjoy going to the stadium and different places to watch a game.

There are many types of different sports. Let's see a list of some of them below.



*Karate*



*Volleyball*



*Boxing*



*Baseball*



*Weight lifting*



*Swimming*



*Tennis*



*Football*



*Golf*



*Badminton*



*Bowling*



*Pool*



*Ping Pong*



*Hockey*



*Fencing*



*Basketball*



*Rowing*



*Fishing*



*Cycling*



*Ice skating*



*Beach  
volleyball*



*Archery*



*Soccer*



*Target  
shooting*



*Sailing*





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Sports also vary from one country to another one, as well as sport practices. Let's watch the video called: **Sports in Britain 5 8 ESL video.**

In this video, you will be able to see the most popular sports in the United Kingdom, also called Britain.

Many people practice sports in a professional level; however, others practice them because they like it and to be fit.

Some of the most popular sports in the UK are:

| *Walking*

| *Cricket*

| *Golf*

| *Rugby*

However, the sports that were just mentioned are not popular in the United States. Instead, people from the United States love American Football.





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And what about Costa Rica? The most popular sport in Costa Rica is soccer. People loves soccer. They go to the stadiums to follow their favorite team, wearing the colors of their team.

In Costa Rica, you will see people in the street wearing specific colors and preparing to celebrate. They celebrate if they win or lose. There's always a good excuse for partying!

Saprissa and La Liga are the most popular soccer teams. What do you think? Do you like any of these teams?



Costa Ricans practice other sports such as:

| *Basketball*

| *Cycling*

| *Swimming*

| *Athletism*



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## PHYSICAL ACTIVITIES

Doing sports are not the only way of exercising. Many other physical activities can be practiced, which will keep your body in good shape.

Some physical activities are light that means they are easy to do, some others are moderate and others are vigorous, which means they require a higher effort.

### 1. LIGHT ACTIVITIES

These activities feel easy, such as slow walking.



*Slow dancing*



*Shooting hoops*



*Tossing a Frisbee*



*Slow bike riding*



*Stretching, yoga*

## 2. MODERATE ACTIVITIES

These activities feel like fast walking, break a sweat but easy to talk.



***Fast walking***



***Moderate dancing: funk, rock, ballroom, ballet***



***Basketball drills***



***Playing hackysack***



***Skateboarding or skating***



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### 3. VIGOROUS ACTIVITIES

These activities feel like running, hard to talk, heavy breathing.



***Running***



***Aerobics***



***Basketball game***



***Ultimate frisbee***



***Roller Hockey***



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