



Sports and Leisure

Multiple matching: community sports | Cambridge IGCSE ESL 0510/0511

1. Lead-in discussion

Talk with a partner before you read.

1. Why do people try a new sport or leisure activity?
2. Should sports clubs focus on competition or enjoyment?
3. What can make beginners feel welcome?
4. How can sport support health and friendship?

Exercise 2 at a glance

Read four short descriptions. For each statement, choose the correct activity, A-D. One activity may be used more than once. Read the whole detail carefully before you choose.

2. Read for overall understanding

Read the four texts. Which activity would you recommend to someone nervous about sport? Give a reason.

Trying Something New

A Parkrun juniors

Parkrun juniors is a free Sunday morning run for children and teenagers. The route is timed, but organisers emphasise finishing rather than winning. Volunteers clap for every participant, including those who walk part of the course. The event uses a barcode system, so runners can track their own progress over several weeks. It is not a school team, and no one is selected or rejected. The organisers ask faster runners to be careful near younger children. Some parents expected a serious race, but most return because the atmosphere is relaxed. Bad weather rarely cancels the event unless the path becomes unsafe.

B Borrow-a-bike club

Borrow-a-bike club lends bicycles and helmets to teenagers who want to join weekend rides but do not own suitable equipment. Members first practise braking and signalling in the playground. The rides are short at the beginning and become longer as confidence grows. The club was created after students said cycling sounded fun but expensive. It does not repair privately owned bikes, although the leader can show students how to check tyres. A few experienced cyclists joined expecting speed training, but the club is mainly for beginners. The most popular ride ends at a lakeside cafe.

C Walking football

Walking football is played by adults and older teenagers who want a slower version of the game. Running is not allowed, and free kicks are given if players move too quickly. The rule sounds simple, but new players often forget when they get excited. The club began for people recovering from injury, but it now attracts anyone who wants exercise without the pressure of full-speed football. Matches are friendly, although teams still enjoy keeping score. A physiotherapist visits once a month to lead warm-up exercises. Players say the best part is staying involved in a sport they thought they had left behind.

D Climbing tasters

Climbing tasters are short indoor sessions for people who are curious about climbing but nervous about heights. Instructors begin close to the ground and teach how ropes and harnesses work before anyone climbs higher. Participants do not need special shoes for the first session. The centre limits group size so instructors can check equipment carefully. The aim is not to create expert climbers in one afternoon, but to show that fear can be managed step by step. Some students who came only to watch later tried a low wall. The centre offers a discount for anyone who joins a beginner course afterwards. Club leaders say beginners return when instructions are clear and nobody feels judged for starting slowly.

3. Strategy focus

Check the club's main aim

Many sports texts mention fitness and teamwork. Match the statement to the activity's main aim or the specific rule described.

4. Exam-style matching questions

For each statement, write the correct letter, A, B, C or D, on the line.

No.	Which activity...	A-D
1	welcomes people without selecting a team
2	has a rule that changes the usual speed of the sport
3	keeps groups small so safety checks are manageable
4	provides equipment for people who may not be able to buy it
5	was first linked to people returning after injury
6	allows participants to measure personal improvement over time
7	starts low so nervous beginners can build confidence gradually
8	is mainly for beginners rather than experienced people wanting speed
9	is cancelled only if conditions make the route unsafe

5. Vocabulary notebook

Underline five useful words or phrases. Check their meaning, then record them in your vocabulary notebook.

6. Follow-up tasks

1. Discussion: How could each activity make nervous beginners feel welcome?
2. Strategy: Highlight the sentence where you found each answer. Label it with the question number.
3. Writing: Write a short advert for a sports club that welcomes beginners.
4. Vocabulary: Circle words and phrases connected to fitness, confidence and teamwork.

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2. Read for overall understanding

Suggested answer: Students' own answers, but they should refer to one or more details from the texts.

4. Exam-style matching questions

1. A
2. C
3. D
4. B
5. C
6. A
7. D
8. B
9. A

Notes for checking

Learners should match the statement to the exact detail in the text.

An option may be used more than once.

If learners disagree, ask them to highlight and label the sentence that proves their answer.