



VOCABULARY BANK

Sports and Leisure

Sports and Leisure | Bank 1: team sports, training and fitness | Cambridge IGCSE ESL 0511

1. Quick confidence check

Before you study the topic, mark the column that best describes your confidence with each word or phrase.

Word or phrase	New to me	I recognise it	I can use it
team sport	☐	☐	☐
individual sport	☐	☐	☐
training session	☐	☐	☐
sports competition	☐	☐	☐
improve fitness	☐	☐	☐
build strength	☐	☐	☐
team spirit	☐	☐	☐
coach	☐	☐	☐
spectator	☐	☐	☐
take part in	☐	☐	☐
practise regularly	☐	☐	☐
personal best	☐	☐	☐

2. Vocabulary bank

Here are some useful words, adjectives, verbs and chunks that can be reused in exam answers. If you are not sure of their meaning, check online or ask your teacher.

Category	Useful vocabulary
Sports	team sport, individual sport, sports competition, coach, spectator, take part in
Training	training session, practise regularly, improve fitness, build strength, warm up, cool down
Attitude	team spirit, personal best, lose fairly, competitive, sense of achievement, healthy lifestyle
Opinion chunks	Sport can help people..., One advantage of team sports is..., It is important to..., Some people prefer..., This can build...

3. Match the meaning

Match each word or phrase with the correct meaning. Then choose four and write your own examples.

Word or phrase	Meaning
1. team sport	a. an event where people try to win
2. training session	b. someone's best performance so far
3. sports competition	c. a sport played by groups working together
4. team spirit	d. accept losing in an honest and respectful way
5. personal best	e. practice done to improve a skill or fitness
6. lose fairly	f. a positive feeling of cooperation in a group

4. Build useful chunks

Choose useful chunks from the grid. Then write three natural sentences you could use in a speaking or writing answer.

play a team sport	attend a training session	take part in a competition
improve fitness	build strength	practise regularly
team spirit	personal best	lose fairly

1. _____
2. _____
3. _____

5. Read in context

Read the text. The bold words are from the vocabulary bank.

Why Sport Matters

Sport can help people stay healthy, but it can also teach important life skills. In a **team sport**, players need to communicate, cooperate and support each other.

A regular **training session** can help athletes **improve fitness** and build strength. Progress often comes from practising regularly rather than winning every match.

Competitions can be exciting, but they also teach people how to **lose fairly**. A good player respects the rules, the coach and the other team.

For many students, sport creates confidence and **team spirit**. It can become a healthy part of their routine and give them a sense of achievement.

6. Check your understanding

Answer the questions in your own words. Use the vocabulary bank where it fits naturally.

READING CHECK

1. What life skills can team sports teach?

2. How can training sessions help athletes?

3. What can competitions teach people?

4. Why can sport create confidence?

VOCABULARY IN CONTEXT

What does 'team spirit' mean?

- A. A positive feeling of cooperation in a group
- B. A type of sports equipment
- C. A private lesson
- D. A competition prize

What is the writer's main point?

- A. Sport can teach health and life skills.
- B. Winning is the only reason to play sport.
- C. Training is not useful.
- D. Team sports are always unfair.

7. Use the vocabulary

Task	What to do
Speaking 1	Describe a sport or physical activity you enjoy.
Speaking 2	Discuss this question: Are team sports better than individual sports?
Writing	Write a short paragraph explaining why sport is useful for teenagers.
Review	Return to the confidence table. Choose one item you want to improve and write a clear example sentence.

8. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

- What is the most popular sport in your country?
- Should everyone do some physical activity?
- What makes a good coach?
- Is competition good for young people?
- How can sport build confidence?

**ANSWER KEY**

Sports and Leisure

3. Match the meaning

1. c = a sport played by groups working together
2. e = practice done to improve a skill or fitness
3. a = an event where people try to win
4. f = a positive feeling of cooperation in a group
5. b = someone's best performance so far
6. d = accept losing in an honest and respectful way

6. Check your understanding

1. They can teach communication, cooperation and support.
2. They can improve fitness and build strength.
3. They can teach people how to lose fairly.
4. It helps students make progress and feel a sense of achievement.

MCQ 1: A. A positive feeling of cooperation in a group.

MCQ 2: A. Sport can teach health and life skills.