



Subject worksheet



How do people train for different sports?
Read and match.

Aerobic exercise
Anaerobic exercise

doesn't use oxygen.
strengthens the heart and lungs by making them work hard for long periods of time.
strengthens the heart and lungs by making them work hard for short periods of time.
uses oxygen.



Read and label *aerobic*, *anaerobic* or *both*.

- 1 football both
- 2 swimming
- 3 weightlifting
- 4 hockey
- 5 long-distance running
- 6 sprinting



Read and order.

..... Another reason is that long-distance running builds healthy joints.

..... Finally, scientists say that running can also improve your memory and your mood.

.....¹ Long-distance running is a great form of aerobic exercise.

..... Secondly, the heart pumps oxygen around the body to give your muscles energy.

..... First of all, it strengthens your heart because of the oxygen that travels from your lungs to your heart.

..... So what are you waiting for? Start running to stay healthy and happy!

