

Sports Freak or Couch Potato-

WHICH ARE YOU?

Check your answers to the following questions.

- 1.** How many hours of sport do you do in a week?
A Only the PE lessons at school.
B 1 to 3 hours after school.
C More than 3 hours after school.
- 2.** How many different sports do you do?
A None.
B 1 sport.
C 2 or more sports.
- 3.** What would you most like to do on a sunny winter day?
A Go ice skating or skiing.
B Go ice skating and skiing.
C Drink a cup of hot chocolate and watch TV.
- 4.** What do you most agree with?
A Sport is only important for boys.
B Sport is important for everyone.
C Too much sport is bad for you.
- 5.** Imagine you're going to school and the bus is coming. You're 100 metres away from the bus stop. What do you do?
A Run to the bus stop and take the bus to school.
B Walk to the bus stop and wait for the next bus. It'll come in 15 minutes.
C Go back home and go to bed.
- 6.** What sport are these Welsh teams playing in the photo?
A Baseball.
B Rugby.
C Who cares?
- 7.** At what sport have women called Graf, Hingis, Navratilova and Seles all been the best in the world?
A Chess.
B Skiing.
C Tennis.
- 8.** Which sports can you match to A-D?
A Air Jordan.
B Kaiser Franz.
C The All Blacks.
D Quarterback.



POINTS: _____