

# Super English



Beginner Speaking  
Lesson 1  
Hobbies - Sports



# Let's Get Moving!

Read the text and discuss the words in bold.

Do you like running, jumping, or kicking a ball? Playing sports is a great way to get some **exercise** and stay healthy. You can play **soccer**, basketball, **pickleball**, or even go swimming. Sports give us energy, make us stronger, and are also a lot of fun with friends.

1. What sport do you play most often? Why?
2. Which sport do you think gives the best exercise? Why do you think so?
3. How do you feel after playing sports—tired or full of energy?
4. Do you think sports are better indoors or outdoors?





# Team or Solo?

Read the text and discuss the words in bold.



Some sports are **team** sports, like soccer and baseball. You need friends to work together, share ideas, and try to win. Other sports, like gymnastics and karate, are solo. You play by yourself and **depend** only on your own skills. Which do you enjoy more?



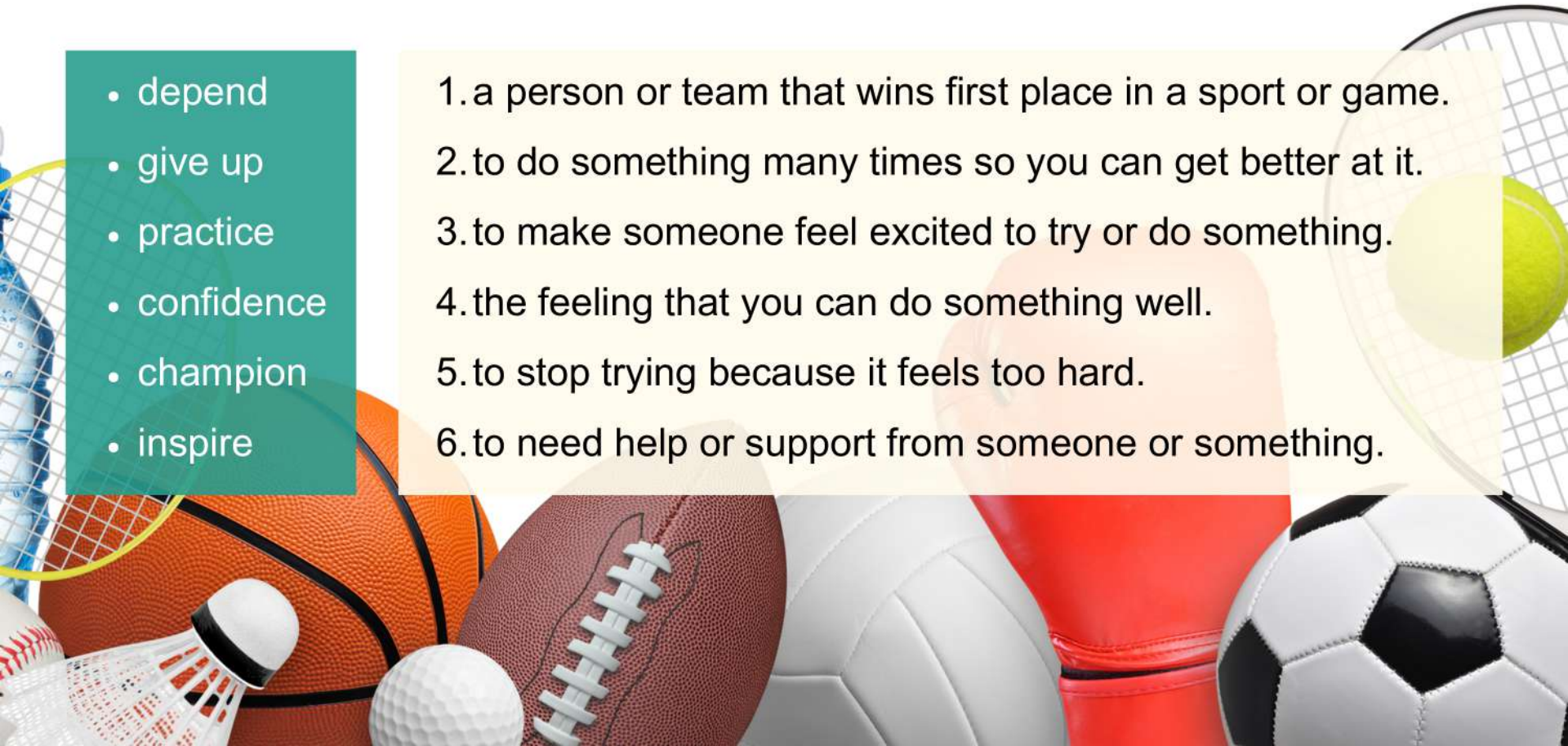
1. Do you prefer team sports or solo sports? Why?
2. What is the best part about playing on a team?
3. Can you name three sports that need teamwork? Three solo sports?

# Vocabulary

Match the vocabulary words to their definitions.

- depend
- give up
- practice
- confidence
- champion
- inspire

1. a person or team that wins first place in a sport or game.
2. to do something many times so you can get better at it.
3. to make someone feel excited to try or do something.
4. the feeling that you can do something well.
5. to stop trying because it feels too hard.
6. to need help or support from someone or something.





# Dialogue 1 – Exercise & Energy



Practice the dialogue and answer the question.

**Liam:** Do you like running or swimming more?

**Mia:** I like swimming. It makes me feel fresh and strong.

**Liam:** Cool, I get more energy from running.

**Mia:** Do you play every day?

**Liam:** Not every day, but a few times a week.

**Mia:** That's still really good!

**Question:** Which sport gives you the most energy?

# See you next time!

