



SPEAKING CHALLENGE

TOPIC: SPORTS

Let's practice with these questions, use the Topic-specific vocab list in section IV to enhance your answer. Good luck 💕

I. SPEAKING PART 1 – SPORTS (15 QUESTIONS)

1. Do you enjoy playing sports?
2. What kind of sports do you usually play?
3. Do you prefer team sports or individual sports?
4. How often do you exercise?
5. Did you play sports when you were at school?
6. Do you enjoy watching sports on TV?
7. What is your favourite sport to watch or play?
8. Do you think you are physically active enough?
9. Do you like outdoor sports or indoor sports?
10. Are sports popular in your country?
11. Do you usually play sports with friends or family?
12. Do you enjoy running or jogging?
13. Have you ever joined a sports club or gym?
14. Do you think sports are important for health?
15. Would you like to learn a new sport in the future?

II. SPEAKING PART 2 – SPORTS (5 CUE CARDS)

1. Describe a sport you enjoy playing or watching.
2. Describe a time when you played a sport with friends or family.
3. Describe a famous athlete you admire.
4. Describe a sports event you watched or attended.
5. Describe a sport you would like to try in the future.

III. SPEAKING PART 3 – SPORTS (10 QUESTIONS)

1. Why are sports important for people's health?
2. Should children be encouraged to play sports more?
3. Do sports help people build social relationships?
4. Is watching sports as beneficial as playing them?

5. How do sports influence a country's culture?
6. Should professional athletes be role models?
7. Do modern lifestyles reduce physical activity?
8. How can governments encourage people to exercise more?
9. Are traditional sports still popular nowadays?
10. How has technology changed the way people do sports?

IV. TOPIC-SPECIFIC VOCAB – SPORTS (BAND 8–9)

Vocab	Pronunciation	POS	Nghĩa	Example for speaking	Synonym	Antonym
physical activity	/ˈfɪzɪkl ækˈtɪvɪti/	n	hoạt động thể chất	Physical activity keeps me healthy.	exercise	inactivity
stay in shape	/steɪ ɪn ʃeɪp/	phr	giữ dáng	I play sports to stay in shape.	keep fit	get unfit
work out	/wɜːk aʊt/	v	tập luyện	I work out three times a week.	exercise	rest
blow off steam	/bləʊ ɒf stiːm/	idiom	xả stress	Sports help me blow off steam.	release stress	bottle up
mental well-being	/ˈmentl welˈbiːɪŋ/	n	sức khỏe tinh thần	Exercise improves mental well-being.	mental health	stress
team spirit	/tiːm ˈspɪrɪt/	n	tinh thần đồng đội	Team sports build team spirit.	camaraderie	individualism
endurance	/ɪnˈdʒʊərəns/	n	sức bền	Running improves endurance.	stamina	weakness
coordination	/kəʊˌɔːdɪˈneɪʃn/	n	sự phối hợp	Basketball requires coordination.	balance	clumsiness
full-body workout	/ˌfʊl ˈbɒdi/	n	bài tập toàn thân	Swimming is a full-body workout.	total workout	partial exercise
sedentary lifestyle	/ˈsedntəri/	n	lối sống ít vận động	Office jobs cause a sedentary lifestyle.	inactive routine	active lifestyle
get back in shape	/get bæɪk/	phr	lấy lại vóc dáng	I'm exercising to get back in shape.	regain fitness	get out of shape
push one's limits	/pʊʃ/	phr	vượt giới hạn	Athletes push their limits.	challenge oneself	play safe
sense of accomplishment	/əˈkʌmplɪʃmənt/	n	cảm giác thành tựu	Winning gave me a sense of accomplishment.	achievement	disappointment
lifestyle disease	/ˈlaɪfstɑɪl/	n	bệnh do lối sống	Sports prevent lifestyle diseases.	chronic illness	good health
burn calories	/bɜːn ˈkæləriz/	v	đốt calo	Jogging helps burn calories.	lose weight	gain weight



Vocab	Pronunciation	POS	Nghĩa	Example for speaking	Synonym	Antonym
role model	/rəʊl 'mɒdl/	n	hình mẫu	Athletes are role models.	inspiration	bad influence
sportsmanship	/'spɔ:tsmənʃɪp/	n	tinh thần thể thao	Fair play shows sportsmanship.	fair play	cheating
kickstart a habit	/'kɪkstɑ:t/	phr	khởi động thói quen	Sports kickstart a healthy habit.	initiate	abandon
alive and kicking	/ə 'laɪv/	idiom	vẫn phát triển	Traditional sports are alive and kicking.	thriving	dying out
health booster	/helθ 'bu:stə/	n	yếu tố tăng cường sức khỏe	Exercise is a health booster.	benefit	risk

