TEST 01 | SPORT

SPORTS AND DISCIPLINES

Name: _____ Class: _____ Date: _____

Score: _____ / 20 points Level: A2+/B1–B1+ • 1 point per answer

A. Translate into English. (5 points)

1. lekkoatletyka _____
2. łucznictwo _____
3. szermierka _____
4. wioślarstwo _____
5. zapasy _____

B. Translate into Polish. (5 points)

6. gymnastics _____
7. weightlifting _____
8. skating _____
9. surfing _____
10. diving _____

C. Complete each sentence with the correct English word. (5 points)

11. My favourite sport is _____, especially road races.
12. He trains in _____ and wants to compete in the ring.
13. They learned _____ on a small lake.
14. We went _____ in the mountains all day.
15. She practises _____ and has a black belt.

D. Choose the correct English translation. (5 points)

16. badminton

○A) skiing ○B) handball ○C) canoeing ○D) badminton

17. piłka ręczna

○A) skiing ○B) handball ○C) badminton ○D) canoeing

18. narciarstwo

○A) handball ○B) skiing ○C) badminton ○D) canoeing

19. kajakarstwo

○A) badminton ○B) skiing ○C) handball ○D) canoeing

20. wspinaczka

○A) handball ○B) climbing ○C) badminton ○D) skiing

TEST 02 | SPORT

EQUIPMENT AND SPORTSWEAR

Name: _____ Class: _____ Date: _____

Score: _____ / 20 points Level: A2+/B1–B1+ • 1 point per answer

A. Translate into English. (5 points)

1. kask _____
2. gogle _____
3. rakieta _____
4. ochraniacze na piszczele _____
5. dres _____

B. Translate into Polish. (5 points)

6. swimming cap _____
7. mouthguard _____
8. trainers _____
9. knee pads _____
10. gloves _____

C. Complete each sentence with the correct English word. (5 points)

11. He put on his _____ before going down the mountain.
12. My old _____ has two flat tyres.
13. The baseball player picked up the _____.
14. The players hit the shuttlecock over the _____.
15. The referee brought a new _____ onto the field.

D. Choose the correct English translation. (5 points)

16. stoper

○ A) whistle ○ B) goalposts ○ C) life jacket ○ D) stopwatch

17. gwizdek

○ A) whistle ○ B) life jacket ○ C) goalposts ○ D) stopwatch

18. słupki bramki

○ A) whistle ○ B) stopwatch ○ C) goalposts ○ D) life jacket

19. kamizelka ratunkowa

○ A) life jacket ○ B) stopwatch ○ C) whistle ○ D) goalposts

20. ręcznik

○ A) towel ○ B) whistle ○ C) goalposts ○ D) stopwatch

TEST 03 | SPORT

SPORTS VENUES

Name: _____ Class: _____ Date: _____

Score: _____ / 20 points Level: A2+/B1–B1+ • 1 point per answer

A. Translate into English. (5 points)

1. stadion _____
2. hala sportowa _____
3. basen _____
4. lodowisko _____
5. kort tenisowy _____

B. Translate into Polish. (5 points)

6. football pitch _____
7. running track _____
8. gym _____
9. ski slope _____
10. boxing ring _____

C. Complete each sentence with the correct English word. (5 points)

11. The players waited in the _____ before the match.
12. Thousands of fans filled the _____.
13. The runners crossed the _____ after 10 kilometres.
14. Everyone stood behind the _____ before the race.
15. The _____ showed the final score.

D. Choose the correct English translation. (5 points)

16. boisko do koszykówki

○ A) basketball court ○ B) racecourse ○ C) training ground ○ D) golf course

17. pole golfowe

○ A) golf course ○ B) training ground ○ C) basketball court ○ D) racecourse

18. teren treningowy

○ A) racecourse ○ B) golf course ○ C) basketball court ○ D) training ground

19. tor wyścigowy

○ A) training ground ○ B) racecourse ○ C) golf course ○ D) basketball court

20. ścianka wspinaczkowa

○ A) training ground ○ B) golf course ○ C) basketball court ○ D) climbing wall

TEST 04 | SPORT

PEOPLE IN SPORT

Name: _____ Class: _____ Date: _____

Score: _____ / 20 points Level: A2+/B1–B1+ • 1 point per answer

A. Translate into English. (5 points)

1. sportowiec _____
2. trener _____
3. sędzia _____
4. kapitan _____
5. przeciwnik _____

B. Translate into Polish. (5 points)

6. spectator _____
7. supporter _____
8. teammate _____
9. goalkeeper _____
10. substitute _____

C. Complete each sentence with the correct English word. (5 points)

11. Every _____ hopes to win the race.
12. The _____ stood on the top step of the podium.
13. The disappointed _____ congratulated the winner.
14. The world _____ defended her title.
15. He is a _____ and has only played twice.

D. Choose the correct English translation. (5 points)

16. zawodowiec

○ A) commentator ○ B) organiser ○ C) amateur ○ D) professional

17. amator

○ A) professional ○ B) organiser ○ C) amateur ○ D) commentator

18. organizator

○ A) amateur ○ B) commentator ○ C) professional ○ D) organiser

19. komentator

○ A) commentator ○ B) organiser ○ C) amateur ○ D) professional

20. instruktor

○ A) professional ○ B) instructor ○ C) amateur ○ D) organiser

TEST 05 | SPORT

COMPETITION AND RESULTS

Name: _____ Class: _____ Date: _____

Score: _____ / 20 points Level: A2+/B1–B1+ • 1 point per answer

A. Translate into English. (5 points)

1. turniej _____
2. mistrzostwa _____
3. medal _____
4. trofeum _____
5. rekord _____

B. Translate into Polish. (5 points)

6. draw _____
7. defeat _____
8. victory _____
9. final _____
10. qualifier _____

C. Complete each sentence with the correct English word. (5 points)

11. What was the final _____ of the match?
12. Our team scored another _____.
13. The players returned to the pitch after _____.
14. The match went into _____ because the teams were level.
15. The striker scored from a _____.

D. Choose the correct English translation. (5 points)

16. srebrny medal

○ A) ranking ○ B) podium ○ C) silver medal ○ D) prize

17. podium

○ A) prize ○ B) ranking ○ C) podium ○ D) silver medal

18. ranking

○ A) prize ○ B) ranking ○ C) silver medal ○ D) podium

19. nagroda

○ A) ranking ○ B) prize ○ C) podium ○ D) silver medal

20. liga

○ A) ranking ○ B) podium ○ C) silver medal ○ D) league

TEST 06 | SPORT

TRAINING ROUTINES

Name: _____ Class: _____ Date: _____

Score: _____ / 20 points Level: A2+/B1–B1+ • 1 point per answer

A. Translate into English. (5 points)

1. rozgrzewka _____
2. rozciąganie _____
3. wytrzymałość _____
4. siła _____
5. gibkość _____

B. Translate into Polish. (5 points)

6. workout _____
7. repetition _____
8. rest day _____
9. fitness _____
10. training plan _____

C. Complete each sentence with the correct English word. (5 points)

11. I go _____ in the park at an easy speed.
12. He ran a 100-metre _____ in under 13 seconds.
13. She does one _____ after another to train her arms.
14. We do a _____ to train the abdominal muscles.
15. The trainer showed us how to do a _____.

D. Choose the correct English translation. (5 points)

16. tempo

○ A) routine ○ B) distance ○ C) stamina ○ D) pace

17. dystans

○ A) distance ○ B) routine ○ C) stamina ○ D) pace

18. kondycja

○ A) pace ○ B) routine ○ C) stamina ○ D) distance

19. rutyna

○ A) routine ○ B) pace ○ C) stamina ○ D) distance

20. postęp

○ A) distance ○ B) stamina ○ C) progress ○ D) pace

TEST 07 | SPORT

INJURIES AND SAFETY

Name: _____ Class: _____ Date: _____

Score: _____ / 20 points Level: A2+/B1–B1+ • 1 point per answer

A. Translate into English. (5 points)

1. kontuzja _____
2. skręcenie _____
3. siniak _____
4. złamanie _____
5. skurcz _____

B. Translate into Polish. (5 points)

6. bandage _____
7. first aid _____
8. recovery _____
9. painkiller _____
10. physiotherapy _____

C. Complete each sentence with the correct English word. (5 points)

11. Put an _____ on the swollen ankle for ten minutes.
12. Wear _____ when you go mountain biking.
13. Severe _____ can happen when you lose too much water.
14. After the marathon, he felt complete _____.
15. The doctor said it was a _____ and advised rest.

D. Choose the correct English translation. (5 points)

16. badanie lekarskie

○ A) swelling ○ B) emergency ○ C) safety rules ○ D) medical check-up

17. zasady bezpieczeństwa

○ A) emergency ○ B) medical check-up ○ C) swelling ○ D) safety rules

18. nagły wypadek

○ A) safety rules ○ B) swelling ○ C) medical check-up ○ D) emergency

19. opuchlizna

○ A) medical check-up ○ B) swelling ○ C) safety rules ○ D) emergency

20. leczenie

○ A) medical check-up ○ B) treatment ○ C) emergency ○ D) safety rules

TEST 08 | SPORT

TEAM SPORTS AND TACTICS

Name: _____ Class: _____ Date: _____

Score: _____ / 20 points Level: A2+/B1–B1+ • 1 point per answer

A. Translate into English. (5 points)

1. podanie _____
2. odbiór piłki _____
3. obrona _____
4. atak _____
5. ustawienie drużyny _____

B. Translate into Polish. (5 points)

6. corner kick _____
7. free kick _____
8. offside _____
9. serve _____
10. foul _____

C. Complete each sentence with the correct English word. (5 points)

11. Her clever _____ led directly to a goal.
12. Our team had most of the _____ in the second half.
13. The striker scored with a powerful _____.
14. He tried to _____ past two defenders.
15. The coach made a _____ in the final minute.

D. Choose the correct English translation. (5 points)

16. set

○ A) counterattack ○ B) timeout ○ C) strategy ○ D) set

17. przerwa na żądanie

○ A) set ○ B) counterattack ○ C) strategy ○ D) timeout

18. kontratak

○ A) set ○ B) counterattack ○ C) strategy ○ D) timeout

19. strategia

○ A) timeout ○ B) set ○ C) counterattack ○ D) strategy

20. skład drużyny

○ A) counterattack ○ B) set ○ C) timeout ○ D) line-up

TEST 09 | SPORT

OUTDOOR ACTIVITIES

Name: _____ Class: _____ Date: _____

Score: _____ / 20 points Level: A2+/B1–B1+ • 1 point per answer

A. Translate into English. (5 points)

1. szlak _____
2. plecak _____
3. pole namiotowe _____
4. namiot _____
5. mapa _____

B. Translate into Polish. (5 points)

6. compass _____
7. kayak _____
8. paddle _____
9. harness _____
10. rope _____

C. Complete each sentence with the correct English word. (5 points)

11. She rides a _____ on forest trails.
12. Take your _____ for the long walk.
13. They reached the _____ before sunset.
14. We planned a shorter _____ to the lake.
15. The hikers spent the night in a mountain _____.

D. Choose the correct English translation. (5 points)

16. krajobraz

○ A) altitude ○ B) water bottle ○ C) landscape ○ D) sleeping bag

17. wysokość nad poziomem morza

○ A) landscape ○ B) water bottle ○ C) sleeping bag ○ D) altitude

18. śpiwór

○ A) altitude ○ B) sleeping bag ○ C) landscape ○ D) water bottle

19. butelka na wodę

○ A) altitude ○ B) sleeping bag ○ C) water bottle ○ D) landscape

20. latarka czołowa

○ A) sleeping bag ○ B) headlamp ○ C) altitude ○ D) landscape

TEST 10 | SPORT

SPORT AND WELLBEING

Name: _____ Class: _____ Date: _____

Score: _____ / 20 points Level: A2+/B1–B1+ • 1 point per answer

A. Translate into English. (5 points)

1. zdrowy styl życia _____
2. zbilansowana dieta _____
3. aktywność fizyczna _____
4. zdrowie psychiczne _____
5. motywacja _____

B. Translate into Polish. (5 points)

6. self-discipline _____
7. concentration _____
8. confidence _____
9. teamwork _____
10. fair play _____

C. Complete each sentence with the correct English word. (5 points)

11. Good _____ helps you feel better every day.
12. Regular sleep can improve your _____.
13. A good breakfast supports your _____ during training.
14. Yoga can provide _____ after a busy day.
15. She follows a simple _____ before school.

D. Choose the correct English translation. (5 points)

16. aktywna przerwa

○ A) regular exercise ○ B) personal best ○ C) goal setting ○ D) active break

17. wyznaczanie celów

○ A) active break ○ B) personal best ○ C) regular exercise ○ D) goal setting

18. rekord życiowy

○ A) personal best ○ B) active break ○ C) goal setting ○ D) regular exercise

19. regularne ćwiczenia

○ A) active break ○ B) regular exercise ○ C) personal best ○ D) goal setting

20. zdrowe nawyki

○ A) goal setting ○ B) personal best ○ C) active break ○ D) healthy habits

ANSWER KEY | UNIT 10 SPORT

Test 01 — Sports and disciplines

A. 1. athletics • 2. archery • 3. fencing • 4. rowing • 5. wrestling

B. 6. gimnastyka • 7. podnoszenie ciężarów • 8. łyżwiarstwo • 9. surfing • 10. nurkowanie

C. 11. cycling • 12. boxing • 13. sailing • 14. hiking • 15. judo

D. 16. D • 17. B • 18. B • 19. D • 20. B

Test 02 — Equipment and sportswear

A. 1. helmet • 2. goggles • 3. racket • 4. shin pads • 5. tracksuit

B. 6. czepek pływacki • 7. ochraniacz na zęby • 8. buty sportowe • 9. nakolanniki • 10. rękawice

C. 11. skis • 12. bicycle • 13. bat • 14. net • 15. ball

D. 16. D • 17. A • 18. C • 19. A • 20. A

Test 03 — Sports venues

A. 1. stadium • 2. sports hall • 3. swimming pool • 4. ice rink • 5. tennis court

B. 6. boisko piłkarskie • 7. bieżnia • 8. siłownia • 9. stok narciarski • 10. ring bokserski

C. 11. changing room • 12. stands • 13. finish line • 14. starting line • 15. scoreboard

D. 16. A • 17. A • 18. D • 19. B • 20. D

Test 04 — People in sport

A. 1. athlete • 2. coach • 3. referee • 4. captain • 5. opponent

B. 6. widz • 7. kibic • 8. kolega z drużyny • 9. bramkarz • 10. rezerwowy

C. 11. competitor • 12. winner • 13. loser • 14. champion • 15. beginner

D. 16. D • 17. C • 18. D • 19. A • 20. B

Test 05 — Competition and results

A. 1. tournament • 2. championship • 3. medal • 4. trophy • 5. record

B. 6. remis • 7. porażka • 8. zwycięstwo • 9. finał • 10. runda kwalifikacyjna

C. 11. score • 12. point • 13. half-time • 14. extra time • 15. penalty

D. 16. C • 17. C • 18. B • 19. B • 20. D

Test 06 — Training routines

A. 1. warm-up • 2. stretching • 3. endurance • 4. strength • 5. flexibility

B. 6. trening • 7. powtórzenie • 8. dzień odpoczynku • 9. sprawność fizyczna • 10. plan treningowy

C. 11. jogging • 12. sprint • 13. push-up • 14. sit-up • 15. squat

D. 16. D • 17. A • 18. C • 19. A • 20. C

Test 07 — Injuries and safety

A. 1. injury • 2. sprain • 3. bruise • 4. fracture • 5. cramp

B. 6. bandaż • 7. pierwsza pomoc • 8. powrót do zdrowia • 9. środek przeciwbólowy • 10. fizjoterapia

C. 11. ice pack • 12. protective gear • 13. dehydration • 14. exhaustion • 15. muscle strain

D. 16. D • 17. D • 18. D • 19. B • 20. B

Test 08 — Team sports and tactics

A. 1. pass • 2. tackle • 3. defence • 4. attack • 5. formation

B. 6. rzut rożny • 7. rzut wolny • 8. spalony • 9. serwis • 10. faul

C. 11. assist • 12. possession • 13. header • 14. dribble • 15. substitution

D. 16. D • 17. D • 18. B • 19. D • 20. D

Test 09 — Outdoor activities

A. 1. trail • 2. backpack • 3. campsite • 4. tent • 5. map

B. 6. kompas • 7. kajak • 8. wiosło • 9. uprząż • 10. lina

C. 11. mountain bike • 12. hiking boots • 13. summit • 14. route • 15. shelter

D. 16. C • 17. D • 18. B • 19. C • 20. B

Test 10 — Sport and wellbeing

A. 1. healthy lifestyle • 2. balanced diet • 3. physical activity • 4. mental health • 5. motivation

B. 6. samodyscyplina • 7. koncentracja • 8. pewność siebie • 9. praca zespołowa • 10. uczciwa gra

C. 11. wellbeing • 12. sleep quality • 13. energy level • 14. stress relief • 15. daily routine

D. 16. D • 17. D • 18. A • 19. B • 20. D