

Vocabulary Books

# Sports and Exercise

Vocabulary books help teach children words for common objects and how to use those words in sentences.

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Vocabulary Book • 4

# Sports and Exercise



Written by Lisa Ing

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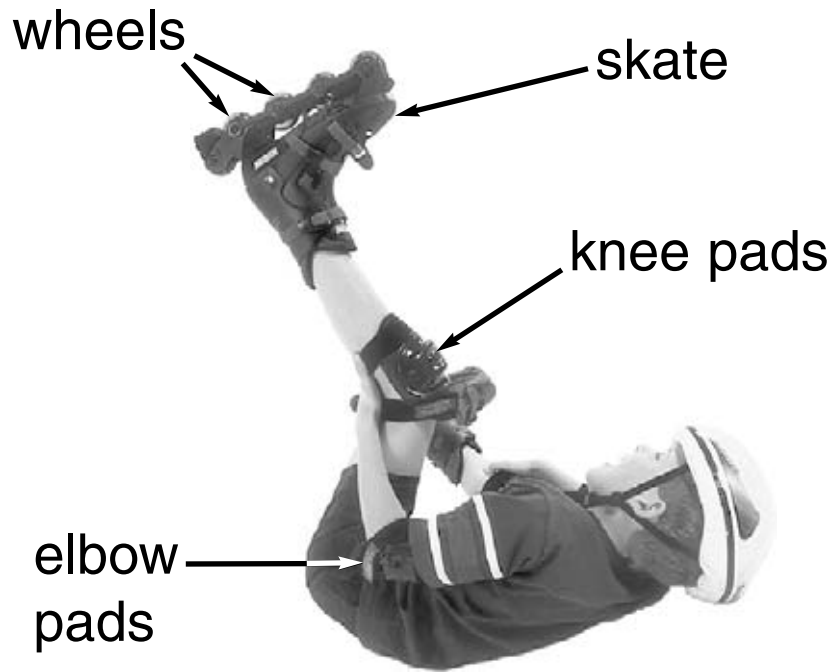
Sports and Exercise  
A Vocabulary Book  
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Written by Lisa Ing

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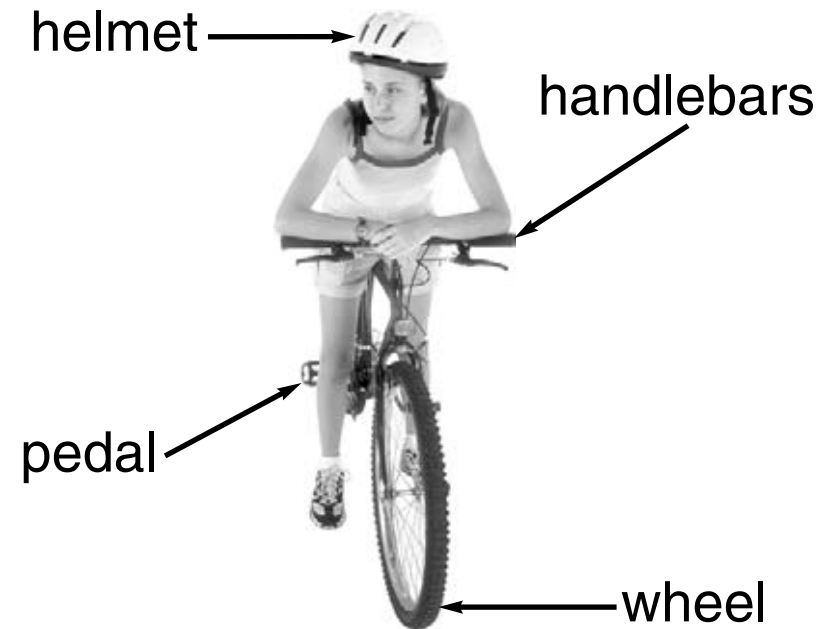
## Inline Skating (Rollerblading)

I like to go rollerblading.

I put knee pads on my knees  
and elbow pads on my elbows.

I strap my skates onto my feet.

Each of my skates has four wheels,  
all in a line.



## Riding a Bike

Before I go out riding,

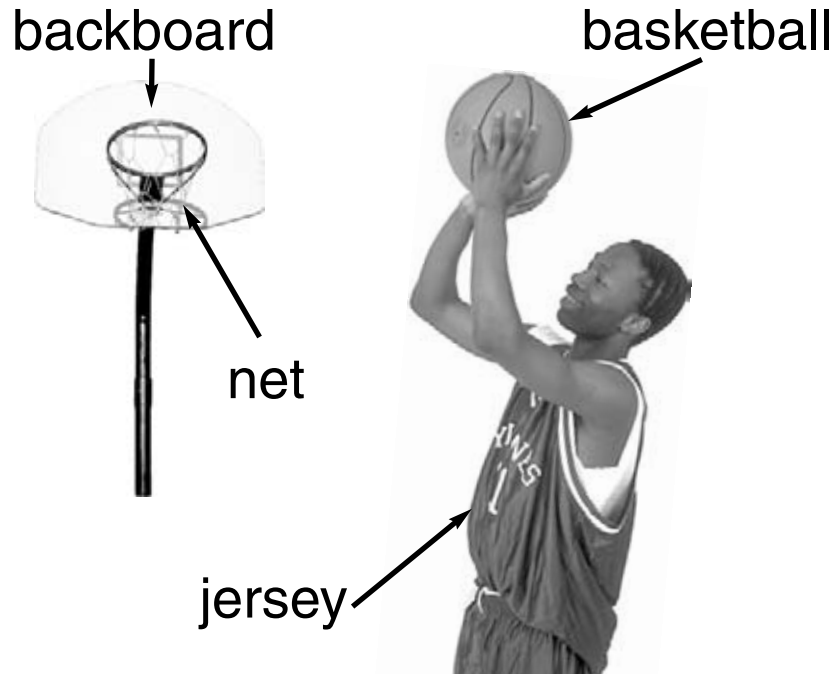
I always put on my helmet.

My bike has two wheels.

I push the pedals to move faster.

I turn to the left and right  
by moving the handlebars.

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## Basketball

When I play basketball, I wear a jersey with a number on it.

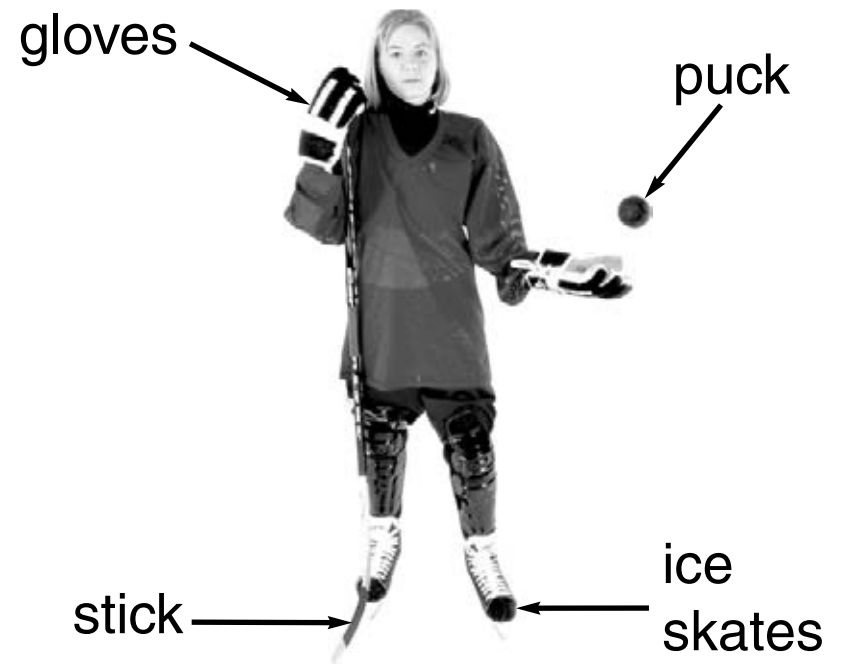
I throw the basketball.

It bounces off the backboard.

It falls through the net.

Score!

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## Ice Hockey

I play ice hockey indoors.

I wear gloves because it is cold.

My ice skates let me move fast.

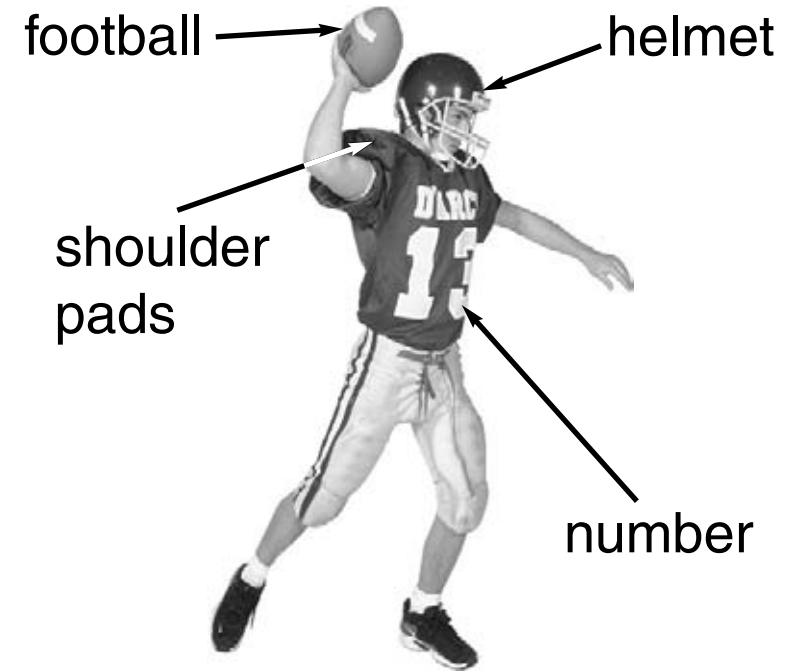
I hit the round, black puck with the wooden hockey stick.

It shoots right into the goal.



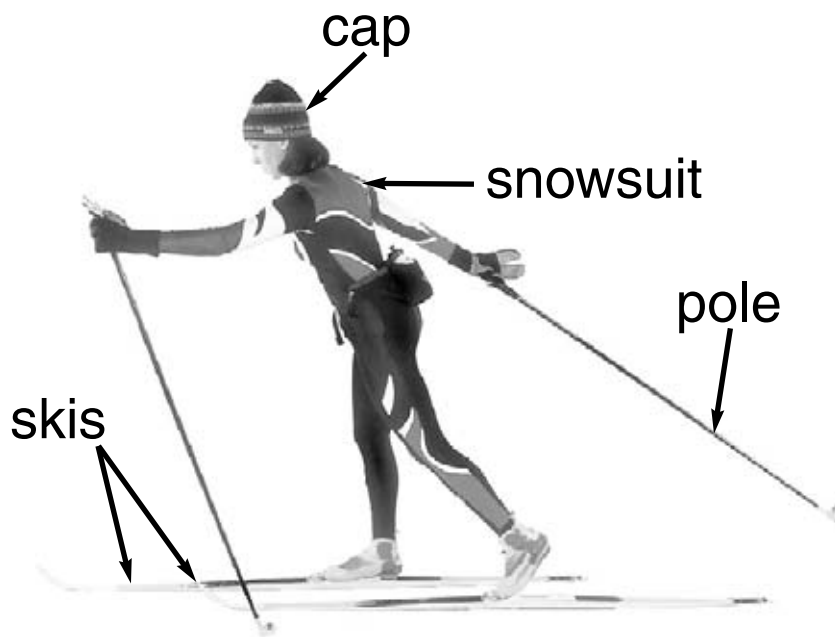
## Soccer (Football)

When I play soccer,  
 I cannot use my hands.  
 I kick the ball with my feet.  
 I wear socks and shoes on my feet.  
 I wear shorts so I can run fast.  
 I kick the ball across the field.



## Football (American)

I throw the football to my team,  
 and we run down the field.  
 I wear a helmet and shoulder pads  
 to protect my head and shoulders.  
 The number on my shirt tells people  
 who I am from far away.



## Cross Country Skiing

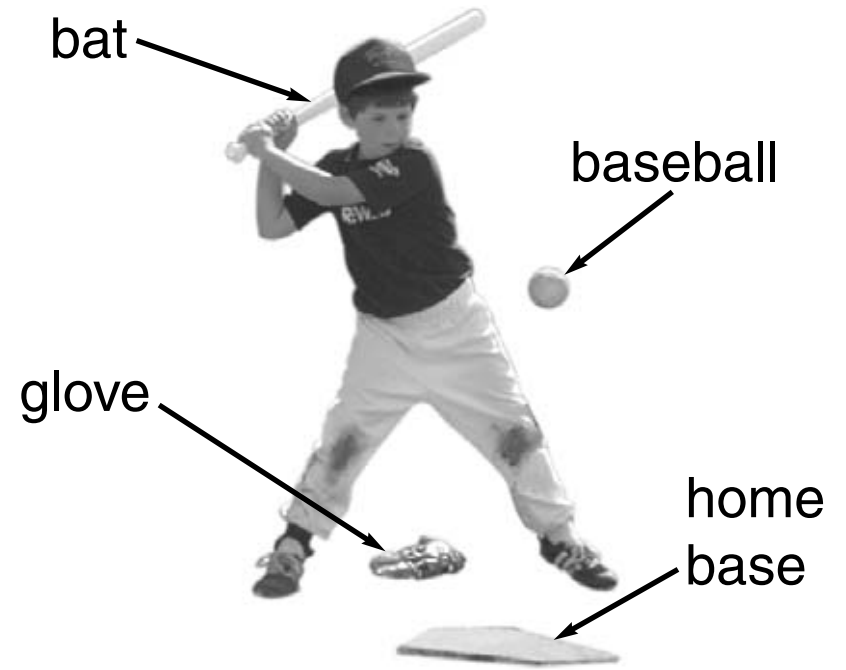
I go skiing in the winter.

I like to ski very far.

I push off with two long poles.

I slide on top of the snow.

I wear a cap on my head  
and a snowsuit to keep warm.



## Baseball

After school I play baseball.

I catch the ball with my glove.

I stand at home base and  
pick up the bat with both hands.

I swing and hit the baseball hard.

Home run!