

# EXERCISE & SPORTS

- How can you talk about different kinds of exercise and sports? Study the reference chart below.

DO	GO	PLAY
<ul style="list-style-type: none"> <li>● do aerobics</li> <li>● do exercise</li> <li>● do push-ups</li> <li>● do sit-ups</li> <li>● do a warm-up</li> <li>● do yoga</li> </ul> 	 <ul style="list-style-type: none"> <li>● go bowling</li> <li>● go camping</li> <li>● go cycling</li> <li>● go dancing</li> <li>● go fishing</li> <li>● go golfing</li> <li>● go hiking</li> <li>● go ice-skating</li> <li>● go jogging</li> <li>● go roller-skating</li> <li>● go running</li> <li>● go scuba diving</li> <li>● go snow boarding</li> <li>● go surfing</li> <li>● go swimming</li> </ul>	<ul style="list-style-type: none"> <li>● play badminton</li> <li>● play baseball</li> <li>● play basketball</li> <li>● play football</li> <li>● play golf*</li> <li>● play hockey</li> <li>● play ping pong</li> <li>● play soccer</li> <li>● play squash</li> <li>● play tennis</li> <li>● play volleyball</li> </ul> 

**NOTE 1:** *do* is generally used for different kinds of exercises to strengthen your body.

**NOTE 2:** *go* is generally used for activities that you can do alone or with others.

**NOTE 3:** *play* is generally used for competitive team sports (both 'go golfing' and 'play golf' are correct).