



Name: \_\_\_\_\_

Grade: \_\_\_\_\_ Group: \_\_\_\_\_ Date: \_\_\_\_\_

**Complete the different paragraphs with the given words/phrases.**

show up	tend to	farthest	approachable	discipline	core	training
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1. While martial arts may not be the first sport that people \_\_\_\_\_ think of, it is best for teaching self-discipline. The \_\_\_\_\_ premises of martial arts are respect, defense, and discipline.
2. Have you ever taken a moment to watch a wrestling match or practice session? Even in just a few minutes, it's easy to see how \_\_\_\_\_ comes into play with this sport. The \_\_\_\_\_ is difficult, and the matches are intense.
3. The people who \_\_\_\_\_ and give it their all are the ones that make it the \_\_\_\_\_ here. It's easy to spot a gymnast that has been training versus one who has not.
4. Soccer is by far one of the most popular, and thus, \_\_\_\_\_ sports around. Nearly every kid out there has had a go at soccer at least once in their life, thanks to the ubiquitous nature of the sport.

**Based on the article, cross out the false sentences.**

1. The core premises of martial arts are power, defense, and discipline.
2. A person has to know the best ways to use their body to their advantage while taking a beating at the same time.
3. Gymnastics isn't extremely demanding.
4. Soccer is by far one of the most popular, and thus, approachable sports around.
5. While it is false that all sports teach discipline...