7. Sınıf İngilizce Sports Destekleme ve Zenginleştirme Kâğıdı

WORKSHEET

2026-2027 · Ünite 2: Sports · Destekleme (Support) ve zenginleştirme (Challenge)

Name: _____ Class: _____ Date: _____

A Support 1: How often?

Support: Look at the percentages and complete with the words in the box. *(Destekleme: Yüzdelere bakın ve kutudaki sıklık zarflarıyla tamamlayın.)*

always • usually • often • sometimes • never • once

1. Ali _____ (100%) wears a helmet when he rides his bike.
2. We _____ (80%) play football after school.
3. I _____ (60%) go cycling with my friends.
4. My mum _____ (40%) goes swimming at weekends.
5. Ece _____ (0%) goes skiing. She doesn’t like snow.

B Support 2: play, go or do?

Support: Choose play, go or do. *(Destekleme: play, go veya do seçin.)*

1. I ____ karate on Wednesdays.

   a) play b) go c) do

2. They ____ basketball in the school yard.

   a) play b) go c) do

3. Let’s ____ skating at the ice rink!

   a) play b) go c) do

4. Does your father ____ chess?

   a) go b) play c) do

C Support 3: Step by step

Put the words in the correct order. *(Kelimeleri doğru sıraya koyarak cümle kurun.)*

1. *goes / park. / He / in / the / usually / running*

2. *do / they / How / train? / often*

3. *go / diet. / on / I / never / a*

D Challenge 1: Barış on wheels

Challenge: Read the text and answer the questions. *(Zenginleştirme: Metni okuyun ve soruları cevaplayın.)*

> Barış Kılıç is sixteen and he lives in Ankara. He was born with a problem in his legs, so he uses a wheelchair. But that doesn't stop him: Barış plays wheelchair basketball for a youth team, and he is one of the best players in the city.
> He trains with his team four times a week in an indoor sports hall. The training is hard. The players push their wheelchairs very fast, turn quickly and throw the ball at the same time. On Saturdays, Barış always goes swimming because swimming makes his arms and shoulders stronger. He usually goes to bed early on match days, and he never skips breakfast.
> In the last match of the season, his team beat a strong team from İzmir, and Barış scored the last point. The spectators stood up and cheered for five minutes! He doesn't always win, of course. When his team loses, he watches the video of the match and learns from his mistakes. "Success is not about winning every game," he says. "It is about trying again."

1. How often does Barış train with his team?

2. Why does he go swimming on Saturdays?

3. What happened in the last match of the season?

4. What does Barış do when he loses a match?

E Challenge 2: My sports blog

Challenge: Write a blog post. *(Zenginleştirme: Bir blog yazısı yazın.)*

1. Imagine you are a young athlete. Write a blog post about your week: your sport, how often you train, your diet and why you work hard. (6–7 sentences)