



SPORTS AND EXERCISE

Conversation Cheat Sheet

Create Your
FREE Lifetime
Account

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Sports and Activities

What sports do you like?
Welke sporten vind je leuk ?

Do you like to work out?
Vind je het leuk om te sporten ?



I like ~.
Ik vind ~ leuk.

Yes/No.
Ja./Nee.

1. ice skating
schaatsen

2. archery
boogschieten

3. baseball
honkbal

4. golf
golf

5. weightlifting
gewichtheffen

6. track and field
atletiek

7. bowling
bowlen

8. tennis
tennis

9. volleyball
volleybal

10. badminton
badminton

11. basketball
basketbal

12. soccer
voetbal



Being a Winner



first place
eerste plaats

second place
tweede plaats

third place
derde plaats

gold medal
gouden medaille

silver medal
zilveren medaille

bronze medal
bronze medaille

winner
winnaar

loser
verliezaar

Going to the Gym

gym
sportschool

to go to the gym
naar de sportschool gaan

to exercise
trainen

gym member
lid van de sportschool

warm-up exercise
warmin-up oefening

stretch
stretchen

to sweat
zweeten

towel
handdoek



shower
douche

scale
weegschaal

to gain weight
aankomen

to lose weight
afvallen

Getting into Shape



walking
lopen

running
hardlopen

treadmill
loopband

bike
fiets

jumping
springen

weight training
gewichtstraining

yoga
yoga

pilates
pilates

dancing
dansen

strength training
krachttraining

machine
toestel

dumbbell
halter

Body Parts

abs
buikspieren

arm
arm

shoulder
schouder

chest
borst



knee
knie

back
rug

thigh
dij

calf
kuit