

# Verbs for sports and leisure activities



We **go** skiing every winter.

When we talk about sport in a general way, we usually use the verb 'do':

Do you **do** any sport?

Or, occasionally:

Do you **practise** any sport?

However, 'practise' has a different meaning. 'To practise' is to do something, perhaps regularly, in order to maintain or improve our performance or specific skills, maybe before a particular event or competition. For example:

Footballers practise taking free kicks.

He's giving his first presentation so he needs to practise using PowerPoint.

She's doing well in her English course but doesn't have much opportunity to practise.

I practise cricket every week. ❌

I **play** cricket every week. Sometimes we **practise** our batting or bowling. ✔️

I'm practising tennis today. ❌

I'm **playing** tennis today. I'm going to **practise** backhands because that's my weakness. ✔️

To speak about named sports and activities, we use a specific verb. For example:

to swim

to cycle

to run

to climb

to ski

Do you **do** any sport?

Yes, I **swim** and **cycle**.

Or the following verbs: 'to go', 'to play', 'to do'.

## To go

We use the verb 'to go' for lots of sports as well as other activities. Here are some examples:

'to go' + gerund	'to go for a' + noun
running	a run
cycling	a bike ride
climbing	a swim
swimming	a walk
hiking	a stroll
skiing	a drink
horse-riding	a meal
skateboarding	
fishing	
dancing	
shopping	

We tend to use 'to go' when we give extra information:

"Do you **do** any sport?"

"Yes, I **ski** and **climb**. I **go** climbing twice a week and I'm **going** skiing with friends in February."

## To play

<?xml:namespace prefix = "o" ns = "urn:schemas-microsoft-com:office:office" /> to play	
Some competitive sports, especially those played with a ball	football tennis golf squash cricket rugby

<b>Games</b>  <b>Note that we also say 'to have a game of...'</b>	<b>chess</b> <b>Monopoly</b> <b>draughts</b> <b>cards</b>
<b>Console/computer games</b>	<b>PlayStation/X-box games on a PlayStation/X-box</b>
<b>Musical instruments</b>	<b>the piano</b> <b>the violin</b> <b>the drums</b> <b>the guitar</b>

## To do

<?xml:namespace prefix = "o" ns = "urn:schemas-microsoft-com:office:office" />	To do
<b>A form of exercise or something we do at the gym</b>	<b>gymnastics</b> <b>aerobics</b> <b>spinning*</b> <b>weight-training*</b> <b>yoga</b> <b>pilates</b>  <b>*[also used with 'go']</b>
<b>Martial arts</b>	<b>judo</b> <b>taekwondo</b> <b>karate</b> <b>kung fu</b>
<b>Something that we try to solve</b>	<b>a puzzle</b> <b>a quiz</b> <b>a crossword</b>

See also **'Make' or 'do'?**

## Examples

			
Do you fancy <b>going</b> out for a walk later?		They love <b>doing</b> puzzles.	
No, it's too cold. Let's stay at home and <b>play</b> chess.			
			
She <b>plays</b> the piano really well - she <b>practises</b> every day.		She <b>does</b> yoga before breakfast.	



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