



## BMX world champion

### 1. Match them up!

Match the words with the definitions.



BMX

I'm thinking about something

a champion

to show that you are good at something

a start gate

to have the ability to become really good at something in the future

something is going through my mind

a sport called 'bicycle motocross', where riders race and jump on special bikes

to prove something

a type of path or road that's made for sports, especially racing

a track

the place where you start a race

to have potential

someone who is top in a competition

the Olympics

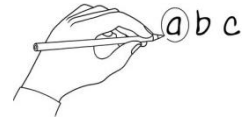
a high-level competition to decide who is best, especially in a sport

a championship

to help or encourage someone to do well

to support someone

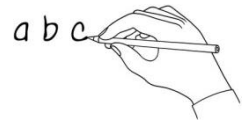
a set of international sports competitions that happen once every four years



2. True or false?

Watch the video. Circle true or false for these sentences.

- a. Freia is one of the best BMX riders in the world. true false
- b. When Freia is at the start of a race, she's thinking about how scared she feels. true false
- c. Freia first tried BMXing with her younger sister. true false
- d. Freia only races in girls' competitions. true false
- e. Freia's mum thinks that Freia will race her BMX in the Olympics one day. true false
- f. Freia thinks she can win because her family support her. true false



3. Fill it in!

Watch the video. Complete the sentences.

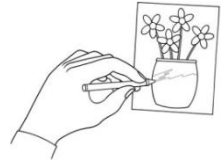
prove	support	champion	life	track	BMXing
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- a. I'm a BMX world champion.
- b. I want to \_\_\_\_\_ that I can actually win.
- c. I really enjoyed it, so I started \_\_\_\_\_.
- d. The first time I rode on a BMX \_\_\_\_\_, it was amazing.
- e. It's what I wanted to do for the rest of my \_\_\_\_\_.
- f. It's so important that my family is there to \_\_\_\_\_ me.



4. Write and draw!

Would you like to try BMXing? Where do you go on your bike? Draw a picture and write about it!



A large rectangular area for drawing and writing, enclosed in an orange border. The bottom portion of this area contains ten horizontal dotted lines for writing.