

A Day at the Sports Centre

Reading Passage, Comprehension & Practice Questions

A Day at the Sports Centre

Have you ever tried a new sport and surprised yourself? Before you read, think about these two questions: **What sports or activities can people do at a sports centre?** And **what problems might someone have on their first visit to a new place?** Keep these questions in mind as you read the passage below.

Reading Passage: Better Than Expected

Last Saturday, Priya almost stayed at home. The weather was cold, her favourite TV series was waiting, and the sofa looked very comfortable. But her friend Kofi called and said, "Come to the Riverside Sports Centre with me. Just try it." Priya said yes — and she was very happy that she did.

When they arrived, Priya was surprised by how big the building was. There was a swimming pool, a gym, two indoor tennis courts, and a large hall for group classes. The receptionist gave them a map of the centre and explained where everything was. Priya wanted to try the swimming pool, but it was closed for a competition that morning. So she and Kofi decided to join a beginners' yoga class instead. Neither of them had done yoga before, and it was much harder than they expected! Their legs hurt and they fell over several times, but the instructor was very patient and encouraging. By the end of the class, Priya felt relaxed and a little proud of herself.

After the class, they bought smoothies from the café near the entrance and sat down to rest. Kofi is already planning to go back next weekend. Priya agrees — she thinks the yoga class is going to become her new Saturday routine. She is also going to book a swimming session online before she goes next time, so she will not miss it again.

Key Vocabulary in Context

Word / Phrase	Part of Speech	Definition	Example Sentence
receptionist	noun	a person who works at the entrance of a building and helps visitors	The receptionist told us where the changing rooms were.
competition	noun	an event where people or teams try to win against each other	The pool was closed because of a swimming competition.
beginners'	adjective	designed for people who are learning something for the first time	She joined a beginners' cooking class at the local centre.

instructor	noun	a person who teaches a sport or physical activity	Our yoga instructor showed us the correct position slowly.
patient	adjective	calm and not angry when something takes a long time or is difficult	A good teacher must be patient with students who make mistakes.
encouraging	adjective	saying or doing things that give someone confidence to continue	The coach was very encouraging, so everyone kept trying.
routine	noun	something that you do regularly, as a normal part of your life	Going for a walk every evening became part of his routine.
smoothie	noun	a thick cold drink made by mixing fruit with milk or juice	After exercise, she always drinks a fruit smoothie.

Reading Strategies & Comprehension Tips

Skimming for the Main Idea

Read the first sentence of each paragraph quickly. This helps you understand what the whole text is about before you read every word. For example, the first paragraph tells you that Priya almost did not go out. This immediately shows you the text is about a change of plan and a new experience.

Scanning for Specific Information

If a question asks about a specific detail — for example, *why the swimming pool was closed* — do not re-read everything. Look for key words like **"pool"** or **"closed"** in the text and read only that part carefully. The answer is usually very close to those key words.

Understanding Sequence

This text follows a clear sequence of events: before the visit, during the visit, and after the visit. Look for time words like *last Saturday*, *when they arrived*, *by the end of the class*, and *after the class*. These words help you understand the order of what happened.

Inferring Feelings

The text does not always say directly how Priya feels. For example, it says she "felt relaxed and a little proud of herself." Think about *why* she feels proud — what did she do that was difficult? Using clues like this helps you understand characters more deeply, even in simple texts.

Common Reading Pitfalls & Traps

Trap 1: Assuming the Swimming Pool Was Available

Some readers might think Priya went swimming because the text mentions the swimming pool first. Read carefully — the pool was **closed** for a competition. Priya and Kofi chose the yoga class *instead*. This is a common detail that is easy to miss if you read too quickly.

Trap 2: Confusing Kofi's and Priya's Plans

Both friends plan to return to the sports centre, but their plans are slightly different. The text says Kofi is *already planning* to go back next weekend, while Priya also agrees and has made a specific plan about *booking a swimming session online*. Do not confuse whose plan belongs to whom.

Trap 3: The Word "Patient"

In this text, *patient* is an **adjective** meaning calm and not frustrated. Do not confuse it with the noun *patient*, which means a person receiving medical treatment. The context — describing the instructor during a yoga class — makes the meaning clear.

Trap 4: Negative to Positive Shift

The opening paragraph describes reasons why Priya did *not* want to go out. Some students misread this and think she had a bad experience. The word **"but"** in the final sentence of the first paragraph signals a contrast — everything changes after that point.

Quick Summary

This passage tells the story of Priya's first visit to the Riverside Sports Centre with her friend Kofi. She did not plan to go at first, but she ended up having a great time at a beginners' yoga class. The text covers the sequence of events during their visit, the small problems they faced, and their plans for the future. Now read the passage carefully and complete Exercise 1 (Multiple Choice) and Exercise 2 (Fill-in-the-gap dropdown) below.

A Day at the Sports Centre – Practice Test

A2 | Reading Comprehension Exercises: Multiple Choice & Fill-in-the-Gap Dropdown (20 Questions)

Part 1: Multiple Choice (Questions 1–10)

1 Why did Priya almost stay at home last Saturday?

- ☐ A She had plans to visit her family.
- ☐ B She was feeling sick and tired.
- ☐ C The weather was cold, her TV series was waiting, and the sofa looked comfortable.
- ☐ D She did not know where the sports centre was.

2 Who invited Priya to the Riverside Sports Centre?

- ☐ A Her sister
- ☐ B Her colleague
- ☐ C Her teacher
- ☐ D Her friend Kofi

3 What did Priya notice when she first arrived at the sports centre?

- ☐ A It was very crowded and noisy.
- ☐ B She was surprised by how big the building was.
- ☐ C The café was closed for the day.
- ☐ D There were no other people there.

4 Which of the following facilities does the passage NOT mention at the sports centre?

- ☐ A A swimming pool
- ☐ B A gym
- ☐ C An outdoor running track
- ☐ D Two indoor tennis courts

5 Why could Priya and Kofi not use the swimming pool that morning?

- ☐ A They did not bring their swimming costumes.
- ☐ B The pool was closed for cleaning.
- ☐ C The pool was closed for a competition.
- ☐ D They arrived too late to swim.

6 What activity did Priya and Kofi decide to do instead of swimming?

- A** They played tennis together.
- B** They joined a beginners' yoga class.
- C** They worked out in the gym.
- D** They watched a fitness class.

7 How did Priya and Kofi find the yoga class?

- A** Easy and very enjoyable from the start
- B** Boring because the instructor was strict
- C** Much harder than they expected
- D** Too long and tiring to finish

8 How is the yoga instructor described in the passage?

- A** Strict and demanding
- B** Very patient and encouraging
- C** Friendly but not very helpful
- D** Experienced but difficult to understand

9 What did Priya and Kofi do immediately after the yoga class?

- A** They booked a swimming session online.
- B** They went back to the gym for more exercise.
- C** They bought smoothies from the café and sat down to rest.
- D** They spoke to the receptionist about the next class.

10 What is Priya planning to do differently before her next visit to the sports centre?

- A** She is going to arrive earlier to join more classes.
- B** She is going to book a swimming session online so she does not miss it.
- C** She is going to invite more friends to come with her.
- D** She is going to buy her own yoga mat before she goes back.

Part 2: Fill in the Gap Dropdown (Questions 11–20)

11 Priya almost stayed at home because the sofa looked very ____.

- A** comfortable
- B** expensive
- C** modern

12 Kofi called Priya and said, 'Come to the Riverside Sports ____ with me.'

- A** Centre
- B** Club
- C** Park

13 When they arrived, Priya was surprised by how ____ the building was.

- A** big
- B** old
- C** quiet

14 The ____ gave them a map of the centre and explained where everything was.

- A** receptionist
- B** instructor
- C** manager

15 Priya wanted to try the swimming pool, but it was closed for a ____ that morning.

- A** competition
- B** class
- C** meeting

16 Priya and Kofi decided to join a beginners' ____ class instead.

- A** yoga
- B** tennis
- C** swimming

17 The yoga class was much harder than they ____!

- A** expected
- B** wanted
- C** remembered

18 The instructor was very patient and ____ during the yoga class.

- A** encouraging
- B** serious
- C** quiet

19 After the class, they bought ____ from the café near the entrance.

- A** smoothies
- B** sandwiches
- C** coffee

20 Priya is also going to ____ a swimming session online before she goes next time.

- A** book
- B** find
- C** check

Answer Key & Explanations

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Part 1: Multiple Choice

1. **C** **Correct Answer: The weather was cold, her TV series was waiting, and the sofa looked comfortable.**
✓ **Explanation:** The passage says Priya almost stayed home because **the weather was cold**, her **favourite TV series was waiting**, and **the sofa looked very comfortable**. These three reasons are all stated directly in the text.
2. **D** **Correct Answer: Her friend Kofi**
✓ **Explanation:** The passage clearly says **her friend Kofi called** and asked her to come to the sports centre. It was Kofi's invitation that made Priya go.
3. **B** **Correct Answer: She was surprised by how big the building was.**
✓ **Explanation:** The text says **Priya was surprised by how big the building was** when they arrived. This was her first reaction to the sports centre.
4. **C** **Correct Answer: An outdoor running track**
✓ **Explanation:** The passage lists **a swimming pool, a gym, two indoor tennis courts, and a large hall for group classes**. An **outdoor running track** is never mentioned in the text.
5. **C** **Correct Answer: The pool was closed for a competition.**
✓ **Explanation:** The passage states that the swimming pool **was closed for a competition that morning**. This is why Priya and Kofi could not swim.
6. **B** **Correct Answer: They joined a beginners' yoga class.**
✓ **Explanation:** Because the pool was closed, Priya and Kofi **decided to join a beginners' yoga class instead**. The word *instead* shows they chose this as an alternative activity.
7. **C** **Correct Answer: Much harder than they expected**
✓ **Explanation:** The passage says the yoga class **was much harder than they expected**. Their legs hurt and they fell over several times, which shows it was physically challenging for them.
8. **B** **Correct Answer: Very patient and encouraging**
✓ **Explanation:** The passage directly describes the instructor as **very patient and encouraging**. This positive description explains why Priya felt good about the class despite finding it difficult.
9. **C** **Correct Answer: They bought smoothies from the café and sat down to rest.**
✓ **Explanation:** The passage says that **after the class**, they **bought smoothies from the café near the entrance and sat down to rest**. This happened right after the yoga session ended.

10. **B** **Correct Answer: She is going to book a swimming session online so she does not miss it.**
✓ **Explanation:** The passage says Priya **is going to book a swimming session online before she goes next time**, so she **will not miss it again**. This is her plan to make sure she can swim on her next visit.

Part 2: Fill in the Gap

11. **A** **Correct Answer: comfortable**
✓ **Explanation:** The text says the sofa looked very **comfortable**, which means it felt nice and relaxing to sit on. *The sofa was so comfortable that Priya almost did not go out.*
12. **A** **Correct Answer: Centre**
✓ **Explanation:** The place in the story is called the **Riverside Sports Centre**. This is the exact name used in the passage. *They spent the day at the Riverside Sports Centre.*
13. **A** **Correct Answer: big**
✓ **Explanation:** The text says Priya was surprised by how **big** the building was, because it had many facilities inside. *The sports centre was very big, with a pool, a gym, and more.*
14. **A** **Correct Answer: receptionist**
✓ **Explanation:** A **receptionist** is the person who works at the front desk and helps visitors. The text says the receptionist gave them a map. *The receptionist explained where everything was.*
15. **A** **Correct Answer: competition**
✓ **Explanation:** The text says the pool was closed because of a **competition**, which is a sports event where people try to win. *The pool was closed for a competition, so they could not swim.*
16. **A** **Correct Answer: yoga**
✓ **Explanation:** Because the pool was closed, they chose a beginners' **yoga** class instead. Yoga is a type of exercise that involves stretching and balance. *They joined a yoga class for the first time.*
17. **A** **Correct Answer: expected**
✓ **Explanation:** To **expect** something means to think it will happen in a certain way. They thought yoga would be easy, but it was not. *The class was harder than they expected.*
18. **A** **Correct Answer: encouraging**
✓ **Explanation:** **Encouraging** means saying positive things to help someone feel confident. The instructor helped Priya and Kofi keep trying. *The instructor was encouraging, so they did not give up.*
19. **A** **Correct Answer: smoothies**
✓ **Explanation:** The text says they bought **smoothies** from the café. A smoothie is a cold drink made from fruit. *They sat down with their smoothies to rest after the class.*
20. **A** **Correct Answer: book**
✓ **Explanation:** To **book** something means to reserve it in advance. Priya wants to book a swimming session so she does not miss it again. *She is going to book online before her next visit.*

Score Guide

18–20 Correct	Excellent! You have mastered this topic.
15–17 Correct	Very good! Review the rules you missed.
12–14 Correct	Good start. Re-read the lesson and examples.
0–11 Correct	Study the lesson again before retaking the test.