

Benefits of sport and exercise

Exercise: Sorting the Pronunciation of 'ed' Endings in Past Tense Verbs

In this exercise, you'll sort 20 past tense verbs related to preparing food, cooking, and eating into three different categories based on their pronunciation of the "ed" ending. Below are the three categories:

1. Soft "d" sound: The "ed" sounds like a soft 'd.' (e.g., "played")
2. "t" sound: The "ed" sounds like a 't.' This usually follows verbs that end with "k", "p", "ss", "sh" or similar sounds. (e.g., "cooked")
3. Extra syllable "ed": The "ed" adds an extra syllable and sounds like 'id.' This usually follows verbs that end with "t" and "d." (e.g., "wanted")

Complete columns 2 and 3 first; the remaining verbs will likely go into the soft "d" column.

Past Tense Verbs	Soft "d" Sound	"t" Sound	Extra Syllable "ed"
motivated			
reduced			
played			
jumped			
stretched			
boosted			
increased			
skipped			
relaxed			
improved			
lifted			
walked			
enhanced			
achieved			
raced			
pushed			
learned			
rested			
participated			
biked			

Paragraph Reading Exercise

Last year, I **achieved** a sense of well-being and mental clarity through sports and exercise. My daily routine not only **motivated** me to be more productive in other aspects of my life, but also **reduced** stress levels significantly. I **played** basketball with friends on weekends, which **boosted** my social and teamwork skills. On weekdays, I **biked** to the local park and **walked** for at least 30 minutes, which **increased** my stamina and **improved** my cardiovascular health. Sometimes I **stretched** and **lifted** weights, which **enhanced** my flexibility and muscle tone. After rigorous activities, I **relaxed** with some light yoga, allowing my body to recover. Through consistent effort, I **learned** the true value of maintaining a healthy lifestyle.

Past Tense Verbs Sorted by 'ed' Pronunciation

Soft "d" Sound

- played
- improved
- achieved
- learned

"t" Sound

- jumped
- stretched
- skipped
- pushed
- raced
- enhanced
- walked
- biked
- relaxed
- reduced
- increased

Extra Syllable "ed"

- motivated
- rested
- lifted
- boosted
- participated