Phil
Hi, I'm Phil from BBC Learning English. Today, I'm going to tell you how we use **play**, **do** and **go** with different sports.

So, for team sports or ball games, we use **play**. So, I can say: *I play football. I don't play tennis.*

For more individual activities, we use **do**. So, we can say: *I do exercise. I don't do judo.*

Then, for activities ending in –ING, we often use **go**. So, I can say: *I go running. Or: I don't go swimming.*

Of course, there are some exceptions, but try to remember. **Play** for team sports or ball games. **Do** for individual activities and **go** for activities ending in –ING.