

Listening comprehension 1
"Fitness & academic results"
<https://www.youtube.com/watch?v=g8sL-x4DbqY>

1. Fill in the blanks:

- a) "It's a good way to get the kids _____ in the morning."
- b) "...health officials are concerned about rising rates of _____ and type II _____ in children as young as eight..."
- c) "We find that following a bout of _____, children have higher academic achievement _____ in reading and mathematics."
- d) "The children don't know it but the purpose is to help _____ childhood obesity and improve fitness."
- e) "A study by the US Centers for Disease Control shows that most American children are _____."

2. Tick the correct answer:

Children who have regular physical activity do better :

- professionally personally academically

3. Tick the school subjects which are NOT mentioned:

- Listening Mathematics Reading Writing

4. What is the name of the programme? _____

5. Say if these statements are "TRUE" or "FALSE" according to the document:

- a) Children are less concentrated after a physical activity: true false
- b) Children between the age of 5 and 17 should do less than 60 minutes of physical activity each day: true false

6. Which of the following subjects are mentioned in the document? Tick the correct answer(s):

- Childhood obesity in Africa
- Link between physical activity and school results
- Childhood obesity in America
- Link between physical activity and sports results