

## GRADE 9 – UNIT 4 – READING 1

### I. Complete the passage with words from the box.

shift	than	mostly	indicate
held	declines	spans	obese

Today, childhood is spent (1) \_\_\_\_\_ indoors, watching television, playing video games and surfing the Internet. When children do go outside, it tends to be for scheduled events soccer camp or a fishing derby - (2) \_\_\_\_\_ under the watch of adults.

The (3) \_\_\_\_\_ to an indoor childhood has accelerated in the past decade, with huge (4) \_\_\_\_\_ in spontaneous outdoor activities such as bike riding, swimming and touch football, according to separate studies by the National Sporting Goods Association.

In addition, a child is six times more likely to play a video game on a typical day (5) \_\_\_\_\_ to ride a bike. The change can be seen in children's bodies. In the 1960s, 4% of kids were (6) \_\_\_\_\_. Today, 16% are overweight. It can also be seen in their brains. Studies (7) \_\_\_\_\_ that children who spend lots of time outdoors have longer attention (8) \_\_\_\_\_ than those who watch lots of television and play video games.