

# The Benefits of Sports

## Listening Comprehension



Listen to the classroom conversation about the benefits of sport and do the exercises to practice and improve your listening skills.

### I. Preparation: matching

|                              |  |
|------------------------------|--|
| 1. ....despite               | a. to change subject (of a conversation etc.)                                |
| 2. ....Come in handy         | b. to be more important than something else                                  |
| 3. ....To negotiate          | c. be useful   |
| 4. ....To motivate           | d. difficult to do   |
| 5. ....At the end of the day | e. regardless of   |
| 6. ....To outweigh           | f. to make someone want to do something in a positive way                    |
| 7. ....Easier said than done | g. to discuss something in order to come to an agreement with another person |
| 8. ....To move on            | h. in the end  |

### II. Check your understanding: multiple selection

- a. .... reduced risk of diabetes
- b. .... lower blood pressure
- c. .... improved muscle tone
- d. .... stronger heart and lungs
- e. .... stronger bones

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- f. .... increased feeling of calm and tranquility
- g. .... improved mood
- h. .... improved concentration
- i. .... increased motivation
- j. .... makes people less competitive
- k. .... improved communication and negotiation skills

### III. Check your understanding: true or false

- 1. The class have already talked about at least three of the physical effects sport has on the human body. True
- 2. Doing sport can slow down the production of chemicals in the brain that make us feel good. True
- 3. There are no real benefits associated with doing individual sport. True
- 4. Swimmers or tennis players are responsible for their own achievements. True
- 5. Being part of a team requires you to practice more regularly. True
- 6. Collaborating with other members is essential for a team to be successful. True
- 7. The skills you learn in a team sport are transferable to everyday life. True
- 8. It doesn't matter which sport you choose, as long as you're good at it. True

### III. Discussion

Do you like playing sport?

What are the biggest benefits for you?



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