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
2. .....Come in handy
3. .....To negotiate
4. .....To motivate
5. .....At the end of the day
6. .....To outweigh
7. .....Easier said than done
8. .....To move on

a. to change subject (of a conversation etc.)

b. to be more important than something else

c. be useful

d. difficult to do

e. regardless of

f. to make someone want to do something in a positive way

g. to discuss something in order to come to an agreement with another person

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

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III. Discussion

Do you like playing sport?

What are the biggest benefits for you?



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