

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

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|------------------------------|--|
| 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 |
| 7.Easier said than done | positive way |
| 8.To move on | 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

- 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 |

III. Discussion

Do you like playing sport?

What are the biggest benefits for you?

