

How playing sports benefits your body ... and your brain



Before watching:

1. Discuss the following questions with a partner:

What is your favourite sport? How often do you play/do it?

What sport would you like to try? Why?

What sport is most popular in Poland? Why do you think it is so popular?

What do you think of athletes making so much money? Is it a good thing or a bad thing?

What benefits do you think playing sports has for our body? What about our brain?

2. Look at the following vocabulary and discuss the meaning:

- Underdog
- Montage
- Glorify
- Endorphins
- Euforia
- Communal
- Reinforce
- Mindset
- Transformative

While watching, fill in the missing words/phrases using the vocabulary above:

1. People love to _____ victory on the playing field.
2. Our brains release a number of chemicals when we work out, including _____.
3. These hormones can lead to feelings of _____, which is often called 'a runners high'.
4. Some psychological benefits come from the _____ experience of being on a team.
5. You _____ a growth mindset just by working on your skills, especially with a coach.
6. Learning through failure is _____ long term benefits of playing sports.

After watching, discuss the following:

Recently, sports have received negative media coverage due to studies that have shown the seriousness of multiple hits to the head that happen while playing sports. In light of the new studies, do the benefits of playing sports outweigh the risks? How can we protect young athletes from head injuries?