READING COMPREHENSION. TEXT 1

Read this text carefully and tick the correct answers.

4UYOUTH
SPORTS CENTRE

Do you like sports? If your answer is affirmative 4UYOUTH sports centre is your place. Do not miss the experience to learn new sports, be active and meet new friends if you are between 10 and 14 years old.

What sports can you practise?

This sports centre offers you indoor and outdoor sports. If you prefer open-air activities, you can practise the most popular sports in UK such as cricket or rugby, but if you prefer to be indoors, then you can choose among swimming, indoor tennis and dancing.

NEW

Yoga is the new activity of this year. Yoga is a type of exercise in which you move your body into various positions to improve your flexibility. You also improve your breathing* and relax your mind.

Location

4UYOUTH sports centre is located just next to the University Campus of Swansea. To get there you can get bus number 8 at Sainsbury station and get off at Swansea University Campus station. The journey** takes about 20 minutes.

Equipment

Our club has tennis rackets, balls and bats for you. You only need to wear a tracksuit and a pair of trainers. Don't forget your swimming costume, a towel and flip-flops*** if you go to the swimming pool.

Our library

You can use our lovely library every weekday from 16:00 to 20:00. There are plenty of books and special magazines about all types of sports. There are also 8 computers with internet for 4UYOUTH members. The library is free.

At the weekends

Participate in matches and competitions if you wish. At the weekend, you can also rent bikes.

MONTHLY FEES		EXTRAS	
Outdoor sports	£ 35	Weekend activities	£ 8-10 depending on the sport.
Swimming	£ 40	Renting bikes	£ 3 additional per day
Yoga	£ 40		

FOR FURTHER INFORMATION : Phone: 01273 684 957 or **email us**: info@4UKIDS.co.uk

GLOSSARY

* **breathing**: respiració.
** **journey**: el viatge.
*** **flip-flops**: xancletes.

LIVEWORKSHEETS

READING COMPREHENSION. TEXT 1

15. 4UYOUTH sports centre is for children...

a. under ten.

b. between eight and ten.

c. between ten and fourteen.

16. You can learn sports and _____ at 4UYOUTH sports centre.

a. meet new friends

b. discover Wales

c. languages

17. You can practise _____ at 4UYOUTH sports centre.

a. a lot of water sports

b. only open-air activities

c. indoor and outdoor sports

18. According to the text, cricket and rugby are the most popular in...

a. Italy.

b. Germany.

c. United Kingdom.

19. 4UYOUTH sports centre is...

a. in city centre.

b. in the west of Swansea.

c. next to Swansea University.

LIVEWORKSHEETS

READING COMPREHENSION. TEXT 1

20. **To go to this sports centre, you can take...**

a. a bus.

b. 8 buses.

c. bus number 20.

21. **You get off at _____ station to go to 4UYOUTH sports centre.**

a. Swansea University Campus

b. Swansea city centre

c. Sainsbury

22. **The bus journey takes _____ minutes.**

a. twenty

b. thirty

c. ten

23. **In the sentence "you only need to wear a tracksuit and a pair of trainers" what does 'tracksuit' mean?**

a. Clothes used when doing exercise.

b. A costume for swimming.

c. A type of sandals.

LIVEWORKSHEETS

READING COMPREHENSION. TEXT 1

24. **At the library, there are magazines about…**

a. Swansea University.

b. sports of all types.

c. sports and music.

25. **info@4UKIDS.co.uk is _____ of the sports centre.**

a. the email account

b. the website

c. the blog

26. **This text is about…**

a. sports.

b. a sportsman.

c. a sports centre.

LIVEWORKSHEETS

READING COMPREHENSION. TEXT 2

Read this text carefully and tick the correct answers.

IS TECHNOLOGY AFFECTING ME?



Nowadays, we use digital devices* for almost everything. Consequently, we spend too much time looking at screens** every day: computer monitors at school, mobile phones to make a call or TV to relax at home. But, is looking at screens bad for our eyes?

People who spend many hours in front of a computer monitor often say that they have eye problems such as red eyes, eye irritation or double vision. It's sometimes difficult for them to see the words on the screen. This happens because their eyes are tired of looking at the same thing for too long.

Every time you use a computer or a laptop for a long time, you must give your eyes a rest. Take a break from the computer every 20 minutes and then look into the distance for 20 seconds and do this frequently.

The screens on digital devices such as smartphones or tablets emit*** a blue light that is bad for our eyes, especially before we go to sleep. Everyone likes to check their messages at night, but this is not a good idea because it stops us from sleeping well and makes us more nervous. You don't have to stop using your smartphone and tablet but don't do it before going to bed.

We cannot imagine our lives without technology but we cannot let digital devices affect our health. We have to learn to use them carefully and in an intelligent way. Remember that children should not spend more than two hours a day using digital devices and no screen time at all for children under two years of age. Just go outside and play more with your friends; it's much better for you than using digital devices.

Image from the website http://edition.cnn.com/2016/01/20/health/technology-addiction-affects-behavior/index.html

GLOSSARY

* **digital devices**: aparells digitals.
** **screens**: pantalles.
*** **emit**: projecten.

LIVEWORKSHEETS

READING COMPREHENSION. TEXT 2

27. **We spend _____ time looking at screens.**

a. no

b. too little

c. too much

28. **The text says that people look at screens...**

a. only in class.

b. in their daily lives.

c. just to read books.

29. **Some people say that they suffer from _____ after looking at a computer monitor too much.**

a. strong headaches

b. eye irritation

c. sore ears

30. **The text says that eye problems occur when...**

a. your eyes are tired.

b. the monitor is blue.

c. you don't wear glasses.

31. **In the sentence "take a break from the computer", what does 'take a break' mean?**

a. Wash your eyes.

b. Make a pause.

c. Have a drink.

32. **You should look at the distance for _____ to rest your eyes from digital screens.**

a. twenty seconds

b. twenty minutes

c. two seconds

LIVEWORKSHEETS

READING COMPREHENSION. TEXT 2

33. **The blue light emitted by digital devices _____ sleep.**

a. affects

b. increases

c. is beneficial for

34. **Do NOT look at your smartphone or tablet when you...**

a. do your homework.

b. play outside.

c. go to bed.

35. **The excessive use of electronic devices is not good for our...**

a. school marks.

b. attention.

c. health.

36. **The text recommends _____ rather than using digital devices.**

a. going outside

b. staying at home

c. playing video games

37. **Put the sentences as they appear in the text.**

A.	**B.**	**C.**
Consequences of too much screen time for your eyes.	How often we use digital devices.	Recommendations for using digital devices in an intelligent way.

a. C → A → B

b. B → A → C

c. A → C → B

38. **Find an alternative title for the text.**

a. Screen time and your health

b. How to become a computer genius

c. Smartphones can make you happier

LIVEWORKSHEETS