Watch the episode and find one wrong word. Type in the correct one

1.Many people love to glorify winning on a playing field.

2.Our brains also release a number of substances when we work out.

3.Some of the most essential are psychological benefits.

4.Your self-esteem and confidence can get a big change.

5.Perhaps, one team too confident or not confident enough.

6.You'll be a part of a supportive community, you'll be building your confidence, you'll be exercising your body and you'll be bringing up your mind.

LIVEWORKSHEETS