

Listening Practice Year 9

How sports benefits your body and your brain?

Watch a video about playing sports and decide which type of definition (A-I) corresponds with each description and write your answers in boxes 1-6 on your answer sheet.

- 1 The team/player who is less likely to win the match
- 2 A disease that is related to the amount of sugar in the blood
- 3 An objective
- 4 Respect for one self
- 5 An attitude or particular way of thinking
- 6 Having a strong desire to win or be the best at something (adj)

- A** Anger
- B** Diabetes
- C** Euphoria
- D** Exhaustion
- E** Self-esteem
- F** Underdog
- G** Mindset
- H** Competitive
- I** Goal