5.3 Reading

An article about personal accounts related to sport

1 Read the article quickly. Tick (✓) which sports it mentions.

☐ basketball ☐ handball ☐ yoga
☐ climbing ☐ tennis

Is PE an important subject?



Is PE as important as other subjects such as Maths, foreign languages or Science? Let's find out!

Miles, 15

Three years ago, I decided to take up climbing. Climbers need to have excellent strength and good balance – two skills that are useful in everyday life. I believe it's important for all teenagers to do some exercise, but not everyone wants to do sport in their free time. So, we definitely need to have PE lessons at school. Why is sport important? When I don't work out, I feel stressed and I can't concentrate on my schoolwork. PE lessons help everyone to learn new skills, relax and stop worrying about exams, homework and other problems.

Li, 15

My favourite subjects at school are Maths and Science, but I also enjoy PE lessons. I don't like team sports like volleyball or handball, but I think jogging and yoga are OK. Some of my friends hate PE and would rather spend the time doing homework or revising for exams, but I'm not sure. I have learned some important things in PE: for example, how to warm up and stretch so that I don't get hurt. I think everyone should do some sport at school, but we should choose how many PE lessons we have each week.

James, 14

I know that sport is good for the body and mind, but PE lessons are a nightmare. I get really stressed when I can't focus on the things that I am good at, like Maths. Spending hours on a cold football pitch is such a waste of time. And I don't think we learn anything. The kids who are good at sport have fun and everyone else just waits for the bell to ring. It is important for everyone to work out, but we can do that in the gym, in the park or at home. So I think PE lessons should be optional and take place after school.

2 Read the article again and for each question write: *Miles*, *Li* or *James*.

1 Who thinks PE lessons don't give students new skills? *James*
2 Who has problems studying when they don't do exercise? _____
3 Who mentions that they like PE lessons? _____
4 Who thinks PE lessons shouldn't be part of the normal school day? _____
5 Who talks about new skills that students can learn in PE lessons? _____
6 Who says that working out helps them to forget about their problems? _____
7 Who thinks students should decide how many PE lessons to have? _____

3 Choose the correct option.

1 We should warm *up* / *down* before the match.
2 Are you following a training *programme* / *practise* to get fit?
3 I'm looking for a new tennis *strength* / *coach*.
4 I lost my *balance* / *stretch* when I was standing on one leg.
5 She has such good football *skills* / *exercises*.
6 I'm working on improving my *programme* / *strength*.

4 Complete the sentences with these words.

exercises practise programme
stretch warm ~~work~~

1 How many times a week do you *work* out?
2 What is the best way to _____ up before doing sport?
3 Can you show me how to _____ my legs properly?
4 I'm going to _____ my dance routine this evening.
5 This website has lots of great _____ you can do at home with no equipment.
6 The training _____ includes running, yoga and swimming.

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