Level: B1 Intermediate

Skill: Listening

How playing sports benefits your body and your brain

Watch the video and choose the correct summary

In the video, the benefits of playing sports, both physically and mentally, are discussed. It emphasises the positive impact of exercise on our bodies and minds, highlighting the release of endorphins during workouts. The video also explores the psychological benefits of being part of a team, such as building trust, teamwork skills, and boosting self-esteem. It concludes by suggesting that participating in sports can lead to improved overall well-being and a sense of community.

In the video, the focus is on the benefits of participating in sports for mental health and well-being. It discusses how being part of a team can improve self-esteem and build resilience. The video also explores the idea that playing sports can help individuals develop a growth mindset and learn from failure. However, it introduces a new subtopic about the impact of sports on social skills and relationships, suggesting that team sports can also enhance communication and interpersonal skills.

In the video, it's suggested that playing sports has minimal impact on our physical and mental health. However, it subtly implies that exercise is not as beneficial as we think it is. The video briefly touches on the benefits of being part of a team but downplays their significance. It ends by stating that individual exercise routines can be just as effective as team sports in improving well-being.

LIVEWORKSHEETS