

**Listening comprehension 1**  
**"Fitness & academic results"**  
<https://www.youtube.com/watch?v=g8sL-x4DbqY>

**1. Fill in the blanks:**

- a) "It's a good way to get the kids \_\_\_\_\_ in the morning."
- b) " (...)health officials are concerned about rising rates of \_\_\_\_\_ and type II \_\_\_\_\_ in children as young as eight..."
- c) "We find that following a bout of \_\_\_\_\_, children have higher academic achievement \_\_\_\_\_ in reading and mathematics."
- d) "The children don't know it but the purpose is to help \_\_\_\_\_ childhood obesity and improve fitness."
- e) "A study by the US Centers for Disease Control shows that most American children are \_\_\_\_\_."

**2. Tick the correct answer:**

Children who have regular physical activity do better :

- ☐ professionally                      ☐ personally                      ☐ academically

**3. Tick the school subjects which are NOT mentioned:**

- ☐ Listening                      ☐ Mathematics                      ☐ Reading                      ☐ Writing

**4. What is the name of the programme? \_\_\_\_\_**

**5. Say if these statements are "TRUE" or "FALSE" according to the document:**

- a) Children are less concentrated after a physical activity: ☐ true ☐ false
- b) Children between the age of 5 and 17 should do less than 60 minutes of physical activity each day: ☐ true ☐ false

**6. Which of the following subjects are mentioned in the document? Tick the correct answer(s):**

- ☐ Childhood obesity in Africa  
☐ Link between physical activity and school results  
☐ Childhood obesity in America  
☐ Link between physical activity and sports results