

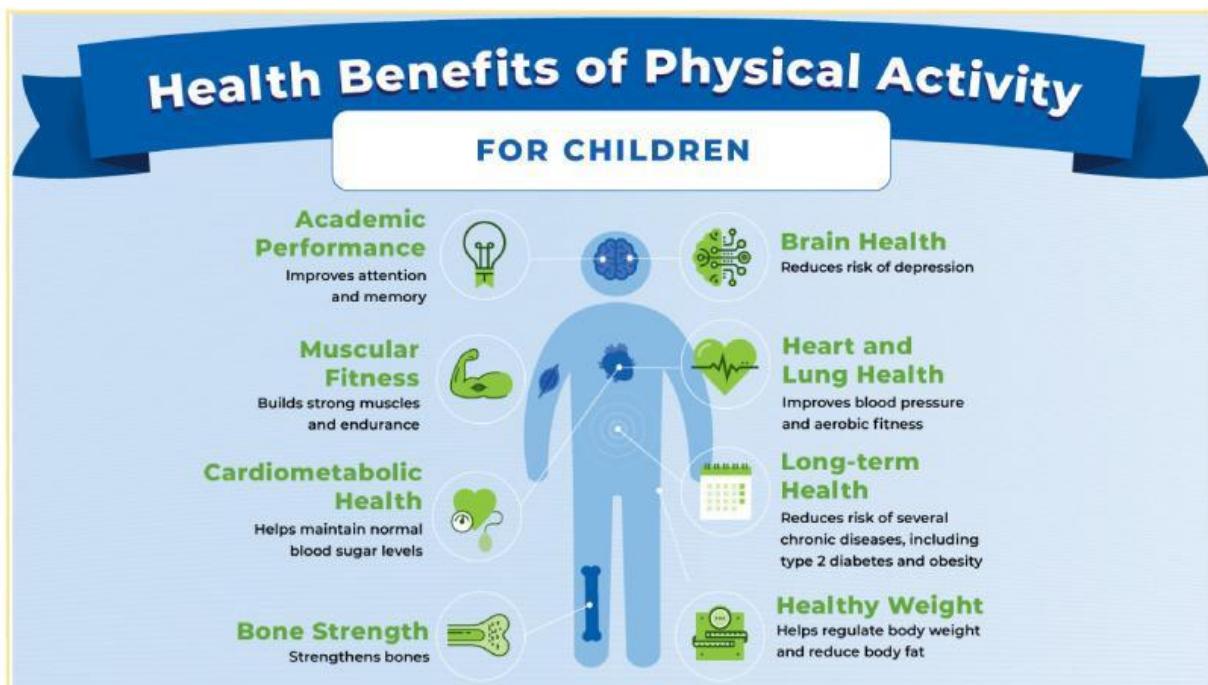
Listen to this piece of news on fitness levels, and choose the correct answers.

Kids run more slowly than 30 years ago



1. According to the report, modern children show a decline in /cardiovascular endurance/ or /musculoskeletal strength/?
2. The slowdown in children's running ability is primarily linked to /excess adiposity/ or /reduced flexibility/?
3. Reduced aerobic activity in children may increase the risk of /metabolic syndrome/ or /osteoporosis/?
4. Dr. Tomkinson warns that unfit children are more likely to develop /respiratory insufficiency/ or /cardiovascular disease/?
5. Developing lifelong fitness habits can improve /VO₂ max/ or /joint hypermobility/?
6. Children can achieve fitness through /strength, flexibility, or skill development/ or /only endurance running/?
7. Physical inactivity in youth contributes to /reduced aerobic capacity/ or /increased bone density/?
8. Encouraging enjoyable and varied activities supports /musculoskeletal health/ or /cardiorespiratory and metabolic health/?

Read and reflect...



Today's Focus: Conditionals

Today we'll review some conditionals — specifically the zero, first, and second conditionals. These help us talk about facts, possible future situations, and imaginary situations.

Grammar Focus: Zero, First, and Second Conditionals

Type	Structure	Example	Use
Zero Conditional	If + Present Simple, Present Simple	If children exercise, they stay healthy.	General truths or scientific facts.
First Conditional	If + Present Simple, will + base verb	If kids play sports, they will feel happier.	Real or possible future situations.
Second Conditional	If + Past Simple, would + base verb	If children did more exercise, they would have more energy.	Imaginary or unlikely situations.

Choose the correct option

1. If children (do / will do) enough exercise, they stay healthier.
2. If kids (eat / will eat) well, they will have more energy for sports.
3. If a child (plays / played) football every day, they get stronger legs.
4. If schools offer more PE lessons, students (would spend / spend) less time sitting.
5. If children (are / were) more active, they would concentrate better at school.
6. If kids (don't drink / won't drink) enough water, they will feel tired during training.
7. If parents (encourage / encouraged) outdoor games, children would be happier.
8. If children (exercise / exercised) regularly, they reduce the risk of obesity.