



# BENEFITS OF SPORTS



Scan to review worksheet

Expemo code:  
1363-N7TC-L3Z7

1

Video



## Watch for main idea

You are going to watch the full talk, which has three main points and a conclusion. First watch the talk and put the items in each section in the order that you hear them mentioned (1-3).

Point 1:

- \_\_\_\_\_ positive effect on mood and memory
- \_\_\_\_\_ smaller risk of serious health problems
- \_\_\_\_\_ stronger bones

Point 2:

- \_\_\_\_\_ decreased rates of depression
- \_\_\_\_\_ giving and receiving help
- \_\_\_\_\_ working with other people to reach a shared goal

Point 3:

- \_\_\_\_\_ the importance of practice
- \_\_\_\_\_ working with a coach
- \_\_\_\_\_ what you learn about yourself when you fail

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## Comprehension

Watch again and decide if these statements are true, false or not given.

1. All types of exercise offer both physical and mental benefits.
2. Team sports offer exactly the same benefits as individual exercise.
3. When team players trust and help each other, their team wins more often.
4. Growth mindset is not just important for sports.
5. It's easy to find a sport that suits you.

## Vocabulary

Read these phrases from the TED talk. Match and record each word in bold next to its meaning, 1-8.

- Increased endorphins and **consistent** physical activity in general can sharpen your focus...
  - Some ... benefits come from the **communal** experience of being on a team, ...
  - In addition, **commitment** to a team and doing something fun can also make it easier to establish a regular habit of exercise.
  - Meanwhile, your **self-esteem** and confidence can get a big boost.
  - Just by working and working at skills ... you **reinforce** a **growth mindset** within yourself.
  - The experience of coming to terms with defeat can build the **resilience** and self-awareness necessary to manage academic, social, and physical hurdles.
  - Be a part of a supportive community, ... and you'll be **nurturing** your mind, not to mention having fun.
1. always happening in a similar way (positive) =
  2. the belief that basic abilities can be developed through hard work =
  3. confidence and belief in your own value =
  4. make something stronger =
  5. a promise to do something regularly =
  6. regaining positive feelings after a difficult experience =
  7. relating to something that is shared by a group of people =
  8. taking care of something and helping it develop =