

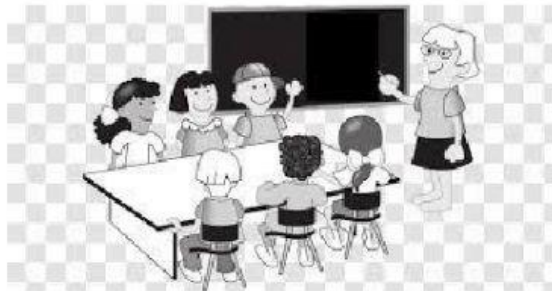
English B – listening exercise

I. The benefits of sport. Match the words and expressions with the correct definition and write a–h next to the numbers 1–8.

- | | |
|------------------------------------|---|
| 1..... despite | a. to change subject (of a conversation etc.) |
| 2..... come in handy | b. to be more important than something else |
| 3..... to negotiate | c. be useful |
| 4..... to motivate | d. difficult to do |
| 5..... at the end of the day | e. regardless of |
| 6..... to outweigh
positive way | f. to make someone want to do something in a |
| 7..... easier said than done | g. to discuss something in order to come to an
agreement with another person |
| 8..... to move on | h. in the end |

Text –A

You are going to hear a classroom conversation about the benefits of sport.



Complete the following gaps. Use **no more than three words** for each gap.

Notes on the benefits of sport

Physical benefits:
lowering [– 1 –] and the risk of [– 2 –]
making [– 3 –] stronger

Mental benefits:
Brains release [– 4 –] such as endorphins, which
makes you feel [– 5 –]
improves our [– 6 –]

English B – listening exercise

1. [- 1 -] _____

2. [- 2 -] _____

3. [- 3 -] _____

4. [- 4 -] _____

5. [- 5 -] _____

6. [- 6 -] _____

7. Choose the **five** true statements. [5]

- A. There are no real benefits associated with doing individual sport.
- B. The teacher thinks individual sport has greater advantage than team sport.
- C. It is difficult for some to have enough self-discipline to succeed in individual sport.
- D. Swimmers or tennis players are responsible for their own achievements.
- E. Being part of a team requires you to practise more regularly.
- F. People are more likely to make an effort to show up regularly when they are part of a team.
- G. Some specialists think that being a part of a group reduces the risk of developing depression since members form strong ties with one another.
- H. Collaborating with other members is essential for a team to be successful.
- I. The skills you learn in a team sport are not transferable to everyday life.
- J. It doesn't matter which sport you choose, as long as you're good at it.