

Listening Practice Year 9

How sports benefits your body and your brain?

Watch a video about playing sports and decide which type of definition (A-I) corresponds with each description and write your answers in boxes 1-6 on your answer sheet.



- 1 The team/player who is less likely to win the match
- 2 A disease that is related to the related to the amount of sugar in the blood
- 3 An objective
- 4 Respect for one self
- 5 An attitude or particular way of thinking
- 6 Having a strong desire to win or be the best at something (adj)

A Anger
B Diabetes
C Euphoria
D Exhaustion
E Self-esteem
F Underdog
G Mindset
H Competitive
I Goal