Level: B1 Intermediate

Skill: Listening

The Power of Resilience

Watch the video and decide if the following sentences are TRUE or FALSE

1 Asha Phillip's main sport was trampolining.

2 Asha Phillip became a junior champion in double mini trampolining.

3 Asha Phillip's injury occurred during the World Championships in Quebec.

4 Asha Phillip's leg was pointing in a different direction after her injury.

5 Asha Phillip's mother was the one who believed in her during her recovery.

6 Asha Phillip never experienced any setbacks during her rehabilitation process.

7 Asha Phillip believes that mental toughness is the only thing that separates success from failure.

8 Asha Phillip finds training to be a stressful and negative experience.

9 Asha Phillip emphasizes the importance of focus and channeling distractions during a race.

10 Asha Phillip believes that balance is crucial in achieving goals.

LIVEWORKSHEETS