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## Level 3

# Kids run more slowly than 30 years ago

22nd November, 2013

<http://www.breakingnewsenglish.com/1311/131122-fitness-levels.html>

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**Please try Levels 0, 1 and 2 (they are easier).**

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# THE ARTICLE

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

A new report from the American Heart Association says fitness levels in children are lower today than they were 30 years ago. The researchers looked at data from the past 46 years. The statistics were on more than 25 million children in 28 countries. The research team found that on average, today's children run one kilometre about one minute slower than their parents did three decades ago. The figures were roughly the same for boys and girls. The distance a child can run is decreasing by around half of one per cent every year. One of the biggest reasons for the slowdown in children's running ability is obesity. Kids are overweight because they are eating too much and not exercising enough.

The researchers say their report is worrying. If children are becoming fatter and less fit, they will be healthier in the future. Lead researcher Dr Grant Tomkinson said: "If a young person is generally unfit now, then they are more likely to develop conditions like heart disease later in life." Dr Tomkinson said: "We need to help to inspire children and youth to develop fitness habits that will keep them healthy now and into the future. They need to choose a range of physical activities they like or think they might like to try, and they need to get moving." He added: "Young people can be fit in different ways. They can be strong like a weightlifter, or flexible like a gymnast, or skillful like a tennis player."

Sources: <http://www.bbc.co.uk/news/health-24998497>  
<http://www.dailymail.co.uk/health/article-2509809/Children-today-15-fit-parents-90-seconds-longer-run-mile.html>  
<http://blog.heart.org/childrens-cardiovascular-fitness-declining-worldwide/>

# WARM-UPS

**1. FITNESS:** Students walk around the class and talk to other students about fitness. Change partners often and share your findings.

**2. CHAT:** In pairs / groups, decide which of these topics or words from the article are most interesting and which are most boring.

*report / 30 years ago / data / statistics / on average / boys and girls / obesity / eating / worrying / healthier / unfit / heart disease / inspire / physical activities / flexible*

Have a chat about the topics you liked. Change topics and partners frequently.

**3. KIDS TODAY:** How different are they? Complete this table with your partner(s). Change partners often and share what you wrote.

	Kids today	When parents were kids
Exercise		
Dreams		
Playing outside		
Manners		
Toys		
Food		

**4. HEALTHIER:** Students A **strongly** believe kids are happier today; Students B **strongly** believe kids were healthier 30 years ago. Change partners again and talk about your conversations.

**5. EXERCISE:** Rank these and share your rankings with your partner. Put the best exercise for kids at the top. Change partners often and share your rankings.

- playing outside
- exercise bike at home
- school sports classes
- club activities
- sport with family
- cycling to school
- the gym
- exercises in their room

**6. OVERWIGHT:** Spend one minute writing down all of the different words you associate with the word "overweight". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

# BEFORE READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

**1. TRUE / FALSE:** Read the headline. Guess if a-h below are true (T) or false (F).

- |  |       |
|--|-------|
| a. Kids are running more slowly because they have shorter legs.        | T / F |
| b. Researches looked at statistics on over 25 million kids worldwide.  | T / F |
| c. Boys are running much more slowly than girls.                       | T / F |
| d. Obesity is one of the biggest reasons for kids running more slowly. | T / F |
| e. The researchers are not so concerned about what they found out.     | T / F |
| f. The researchers said too many kids today have heart disease.        | T / F |
| g. A doctor said we need to inspire children to start exercising.      | T / F |
| h. The doctor suggested kids could become a gymnast or tennis player.  | T / F |

**2. SYNONYM MATCH:** Match the following synonyms from the article.

- |               |               |
|---------------|---------------|
| 1. levels     | a. figures    |
| 2. data       | b. concerning |
| 3. roughly    | c. variety    |
| 4. reasons    | d. rates      |
| 5. decreasing | e. usually    |
| 6. worrying   | f. dropping   |
| 7. generally  | g. about      |
| 8. conditions | h. talented   |
| 9. range      | i. causes     |
| 10. skillful  | j. illnesses  |

**3. PHRASE MATCH:** (Sometimes more than one choice is possible.)

- |  |                               |
|--|-------------------------------|
| 1. A new report from the                 | a. habits                     |
| 2. fitness levels in children            | b. run is decreasing          |
| 3. run one kilometre about one minute    | c. are eating too much        |
| 4. The distance a child can              | d. a gymnast                  |
| 5. Kids are overweight because they      | e. of physical activities     |
| 6. children are becoming fatter          | f. slower than their parents  |
| 7. develop conditions like heart disease | g. American Heart Association |
| 8. develop fitness                       | h. and less fit               |
| 9. They need to choose a range           | i. are lower today            |
| 10. flexible like                        | j. later in life              |

# GAP FILL

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

A new report from the American Heart Association says fitness (1) \_\_\_\_\_ in children are lower today than they were 30 years ago. The researchers looked at (2) \_\_\_\_\_ from the past 46 years. The statistics were on more than 25 million children in 28 countries. The research team found that on (3) \_\_\_\_\_, today's children run one kilometre about one minute (4) \_\_\_\_\_ than their parents did three decades ago. The figures were (5) \_\_\_\_\_ the same for boys and girls. The distance a child can run is (6) \_\_\_\_\_ by around half of one per cent every year. One of the biggest reasons for the slowdown in children's running (7) \_\_\_\_\_ is obesity. Kids are overweight because they are (8) \_\_\_\_\_ too much and not exercising enough.

*ability*  
*slower*  
*data*  
*eating*  
*levels*  
*roughly*  
*average*  
*decreasing*

The researchers say their report is (9) \_\_\_\_\_. If children are becoming fatter and less fit, they will be (10) \_\_\_\_\_ in the future. Lead researcher Dr Grant Tomkinson said: "If a young person is generally unfit now, then they are more likely to (11) \_\_\_\_\_ conditions like heart disease later in life." Dr Tomkinson said: "We need to help to (12) \_\_\_\_\_ children and youth to develop fitness habits that will keep them healthy now and into the future. They need to choose a (13) \_\_\_\_\_ of physical activities they like or think they might like to try, and they need to get (14) \_\_\_\_\_." He added: "Young people can be (15) \_\_\_\_\_ in different ways. They can be strong like a weightlifter, or (16) \_\_\_\_\_ like a gymnast, or skillful like a tennis player."

*range*  
*fit*  
*moving*  
*unhealthier*  
*inspire*  
*worrying*  
*flexible*  
*develop*

## Level 3

Kids run more slowly than 30 years ago – 22<sup>nd</sup> November, 2013  
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# LISTENING – Guess the answers. Listen to check.

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

- 1) A new report from the American \_\_\_\_\_
  - a. Heart Associations
  - b. Heart Associating
  - c. Heart Association
  - d. Heart Associated
- 2) The \_\_\_\_\_ roughly the same for boys and girls
  - a. fig hours were
  - b. figures were
  - c. fig ours were
  - d. feeders were
- 3) The \_\_\_\_\_ can run is decreasing by around half
  - a. distances a child
  - b. distanced a child
  - c. distancing a child
  - d. distance a child
- 4) One of the biggest reasons for the slowdown in children's running \_\_\_\_\_
  - a. ability is oh bee city
  - b. ability is obese it is
  - c. ability is obesity
  - d. ability is so bee city
- 5) Kids are overweight because they are eating too much and \_\_\_\_\_
  - a. not exercise in enough
  - b. not exercising enough
  - c. not exercise it enough
  - d. not exercising it enough
- 6) The researchers say their report \_\_\_\_\_
  - a. is worrying
  - b. is worry in
  - c. is worry ring
  - d. is worryingly
- 7) they are more likely to develop conditions \_\_\_\_\_
  - a. like hearts disease
  - b. like heat disease
  - c. like hearth disease
  - d. like heart disease
- 8) We need to help to inspire children and youth to \_\_\_\_\_
  - a. developed fitness habits
  - b. develops fitness habits
  - c. develop fitness habits
  - d. developing fitness habits
- 9) They need to choose a range of \_\_\_\_\_
  - a. physical active teas
  - b. physical activities
  - c. physical actively
  - d. physical activates
- 10) They can be strong like a weightlifter, or flexible \_\_\_\_\_
  - a. like a gym mast
  - b. like a gymnastics
  - c. like a gymnasts
  - d. like a gymnast

# LISTENING – Listen and fill in the gaps

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

A new report from the American (1) \_\_\_\_\_ fitness levels in children are lower today than they were 30 years ago. The researchers looked (2) \_\_\_\_\_ 46 years. The statistics were on more than 25 million children in 28 countries. The research team found that on average, today's children run one kilometre about one minute slower than their parents did (3) \_\_\_\_\_. The figures were roughly the same for boys and girls. The (4) \_\_\_\_\_ can run is decreasing by around half of one per cent every year. One of the biggest (5) \_\_\_\_\_ in children's running ability is obesity. Kids are overweight because they are eating too much and (6) \_\_\_\_\_.

The researchers say their report is worrying. If children are becoming fatter and (7) \_\_\_\_\_ healthier in the future. Lead researcher Dr Grant Tomkinson said: "If a young person is (8) \_\_\_\_\_, then they are more likely to (9) \_\_\_\_\_ heart disease later in life." Dr Tomkinson said: "We need to (10) \_\_\_\_\_ children and youth to develop fitness habits that will keep them healthy now and into the future. They need to (11) \_\_\_\_\_ physical activities they like or think they might like to try, and they need to get moving." He added: "Young people can be fit in different ways. They can be strong like a weightlifter, (12) \_\_\_\_\_ gymnast, or skillful like a tennis player."

# COMPREHENSION QUESTIONS

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

1. Who made the report?

---

2. How far back into the past did researchers look?

---

3. What was the difference between boys and girls?

---

4. How much does how far a child can run fall each year?

---

5. What is one of the main reasons kids aren't as fit today?

---

6. What did the researchers say about their report?

---

7. What major illness did a doctor say kids could get in the future?

---

8. What habits did the doctor say kids need to develop?

---

9. What do children need to choose a range of?

---

10. Who did the doctor say was flexible?

---



# MULTIPLE CHOICE - QUIZ

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

1. Who made the report?
  - a) Association of American Heart
  - b) Heart Association of America
  - c) American Association of Hearts
  - d) American Heart Association
2. How far back into the past did researchers look?
  - a) 36 years
  - b) 46 years
  - c) 16 years
  - d) 26 years
3. What was the difference between boys and girls?
  - a) a huge difference
  - b) as different as chalk and cheese
  - c) they were about the same
  - d) they were identical
4. How much does how far a child can run fall each year?
  - a) half a per cent
  - b) 0.75%
  - c) one per cent
  - d) 233 metres
5. What is one of the main reasons kids aren't as fit today?
  - a) shorter legs
  - b) the change from miles to kilometres
  - c) obesity
  - d) parents
6. What did the researchers say about their report?
  - a) it was fantastic
  - b) it was worrying
  - c) it was hard work
  - d) kids will never read it
7. What major illness did a doctor say kids could get in the future?
  - a) liver disease
  - b) lung disease
  - c) kidney disease
  - d) heart disease
8. What habits did the doctor say kids need to develop?
  - a) fitness habits
  - b) study habits
  - c) bad habits
  - d) relaxation habits
9. What do children need to choose a range of?
  - a) energy drinks
  - b) parents
  - c) physical activities
  - d) food
10. Who did the doctor say was flexible?
  - a) researchers
  - b) gymnasts
  - c) weightlifters
  - d) tennis players

# ROLE PLAY

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

## **Role A – Play outside**

You think playing outside is the best way for kids to keep fit. Tell the others three reasons why. Tell them things that are wrong with their ideas. Also, tell the others which is the least effective of these (and why): having no fast food, cycling everywhere or playing sport at school.

## **Role B – No fast food**

You think having no fast food is the best way for kids to keep fit. Tell the others three reasons why. Tell them things that are wrong with their ideas. Also, tell the others which is the least effective of these (and why): playing outside, cycling everywhere or playing sport at school.

## **Role C – Cycle everywhere**

You think cycling everywhere is the best way for kids to keep fit. Tell the others three reasons why. Tell them things that are wrong with their ideas. Also, tell the others which is the least effective of these (and why): having no fast food, playing outside or playing sport at school.

## **Role D – Sport at school**

You think playing sport at school is the best way for kids to keep fit. Tell the others three reasons why. Tell them things that are wrong with their ideas. Also, tell the others which is the least effective of these (and why): having no fast food, cycling everywhere or playing outside.

# AFTER READING / LISTENING

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

**1. WORD SEARCH:** Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'fitness' and 'level'.

<b>fitness</b>	<b>level</b>
----------------	--------------

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

**2. ARTICLE QUESTIONS:** Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

**3. GAP FILL:** In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

**4. VOCABULARY:** Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

**5. TEST EACH OTHER:** Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none"><li>• report</li><li>• 46</li><li>• 28</li><li>• three</li><li>• half</li><li>• eating</li></ul>	<ul style="list-style-type: none"><li>• less</li><li>• young</li><li>• later</li><li>• habits</li><li>• try</li><li>• gymnast</li></ul>
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# FITNESS SURVEY

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

Write five GOOD questions about fitness in the table. Do this in pairs. Each student must write the questions on his / her own paper. When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

## **FITNESS DISCUSSION**

STUDENT A's QUESTIONS (Do not show these to student B)

- a) What did you think when you read the headline?
- b) What springs to mind when you hear the word 'fitness'?
- c) How fit are you?
- d) What exercise did you like and dislike when you were younger?
- e) Why are kids not as fit as their parents were at the same age?
- f) Who is more responsible for less-fit kids – parents, schools or the government?
- g) Do you like exercise?
- h) Do you think this trend will turn around in the future?
- i) Is exercise for children in danger of disappearing?
- j) Will obesity get worse in the future? How much worse?

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## **FITNESS DISCUSSION**

STUDENT B's QUESTIONS (Do not show these to student A)

- a) Did you like reading this article? Why/not?
- b) Are you worried about this report?
- c) Will (do) you make sure your kids get a lot of exercise?
- d) Which is more enjoyable, a video game or playing a team sport?
- e) How fit are children in your country?
- f) Should local communities start fitness programmes for kids?
- g) How can we make kids exercise more?
- h) How can you get fitter by studying English?
- i) What sport would you like to be really good at?
- j) What would you like to ask a fitness expert about kids' health?

# DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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# DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# LANGUAGE - CLOZE

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

A new report from the American Heart Association says fitness levels (1) \_\_\_\_\_ children are lower today than they were 30 years ago. The researchers looked at data from the (2) \_\_\_\_\_ 46 years. The statistics were on more than 25 million children in 28 countries. The research team found that (3) \_\_\_\_\_ average, today's children run one kilometre about one minute slower than their parents did three decades ago. The figures were (4) \_\_\_\_\_ the same for boys and girls. The distance a child can run is decreasing by around half of one per cent every year. One of the biggest (5) \_\_\_\_\_ for the slowdown in children's running ability is (6) \_\_\_\_\_. Kids are overweight because they are eating too much and not exercising enough.

The researchers say their report is (7) \_\_\_\_\_. If children are becoming fatter and less fit, they will be healthier (8) \_\_\_\_\_ the future. Lead researcher Dr Grant Tomkinson said: "If a young person is (9) \_\_\_\_\_ unfit now, then they are more likely to develop conditions like heart disease later in life." Dr Tomkinson said: "We need to help to inspire children and youth to develop fitness (10) \_\_\_\_\_ that will keep them healthy now and into the future. They need to choose a range of physical activities they like or think they might like to try, and they need to (11) \_\_\_\_\_ moving." He added: "Young people can be fit in different ways. They can be strong like a weightlifter, or flexible like a (12) \_\_\_\_\_, or skillful like a tennis player."

## Put the correct words from the table below in the above article.

- |     |               |                |                |                |
|-----|---------------|----------------|----------------|----------------|
| 1.  | (a) on        | (b) in         | (c) by         | (d) as         |
| 2.  | (a) parsed    | (b) past       | (c) passing    | (d) passed     |
| 3.  | (a) in        | (b) of         | (c) by         | (d) on         |
| 4.  | (a) rough     | (b) roughly    | (c) roughness  | (d) roughed    |
| 5.  | (a) motives   | (b) reasons    | (c) cause      | (d) excuse     |
| 6.  | (a) adversity | (b) university | (c) obesity    | (d) complexity |
| 7.  | (a) worried   | (b) worries    | (c) worrying   | (d) worrier    |
| 8.  | (a) on        | (b) of         | (c) in         | (d) by         |
| 9.  | (a) privately | (b) captained  | (c) corporal   | (d) generally  |
| 10. | (a) stuff     | (b) routine    | (c) businesses | (d) habits     |
| 11. | (a) get       | (b) move       | (c) stop       | (d) try        |
| 12. | (a) pensioner | (b) rock       | (c) gymnast    | (d) steel bar  |

# SPELLING

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

## Paragraph 1

1. the American Heart isictAasoon
2. The atscissitt were on more than 25 million children
3. The figures were rhugylo the same for boys and girls
4. The siacdtne a child can run
5. Kids are ivrweeothg because they are eating too much
6. not exercising eohgnu

## Paragraph 2

7. The researchers say their report is ogrrwnyi
8. a young person is aenyrglel unfit
9. develop conditions like heart sdsaiee later in life
10. We need to help to ipnersi children
11. a range of hicyplsa activities
12. lbexiefl like a gymnast



# PUT THE TEXT BACK TOGETHER

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

**Number these lines in the correct order.**

- ( ) today than they were 30 years ago. The researchers looked at data from the past
- ( **1** ) A new report from the American Heart Association says fitness levels in children are lower
- ( ) of one per cent every year. One of the biggest reasons for the slowdown in children's running
- ( ) is generally unfit now, then they are more likely to develop conditions like heart disease later in life." Dr Tomkinson said: "We need
- ( ) The researchers say their report is worrying. If children are becoming fatter and less
- ( ) decades ago. The figures were roughly the same for boys and girls. The distance a child can run is decreasing by around half
- ( ) strong like a weightlifter, or flexible like a gymnast, or skillful like a tennis player."
- ( ) average, today's children run one kilometre about one minute slower than their parents did three
- ( ) to help to inspire children and youth to develop fitness habits that will keep them healthy now and
- ( ) to get moving." He added: "Young people can be fit in different ways. They can be
- ( ) 46 years. The statistics were on more than 25 million children in 28 countries. The research team found that on
- ( ) ability is obesity. Kids are overweight because they are eating too much and not exercising enough.
- ( ) fit, they will be unhealthier in the future. Lead researcher Dr Grant Tomkinson said: "If a young person
- ( ) into the future. They need to choose a range of physical activities they like or think they might like to try, and they need

# PUT THE WORDS IN THE RIGHT ORDER

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

1. new Heart report Association from the A American.

---

2. from the past 46 years The researchers looked at data.

---

3. children statistics more million The on 25 were than.

---

4. roughly the same for boys and girls The figures were.

---

5. exercising not and much too Eating enough.

---

6. report say The is their researchers worrying.

---

7. develop conditions More like likely heart to disease.

---

8. develop children fitness and habits youth to Inspire.

---

9. activities need a physical They choose of to range.

---

10. in people different can ways be fit Young.

---

# CIRCLE THE CORRECT WORD (20 PAIRS)

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

A new report from the American Heart Association says fitness *level / levels* in children are lower today than they were 30 years ago. The researchers looked at data from the *past / passed* 46 years. The statistics were *in / on* more than 25 million children in 28 countries. The research team found that *on average / avenge*, today's children run one kilometre about one minute *slower / slowly* than their parents did three decades ago. The figures were *rough / roughly* the same for boys and girls. The *distance / far* a child can run is *decreasing / decreased* by around half of one per cent every year. One of the biggest reasons for the slowdown in children's running *able / ability* is obesity. Kids are overweight because they are eating too much and not *exercising / exercises* enough.

The researchers say their report is *worrying / worried*. If children are becoming fatter and less *fitting / fit*, they will be healthier in the future. Lead researcher Dr Grant Tomkinson said: "If a young person is *general / generally* unfit now, then they are more likely to develop *condition / conditions* like heart disease later in *living / life*." Dr Tomkinson said: "We need to help to *inspire / inspiration* children and *youthful / youth* to develop fitness habits that will keep them healthy now and into the future. They need to *choice / choose* a range of physical activities they like or think they might like to try, and they need to get *moving / moved*." He added: "Young people can be fit in different ways. They can be strong like a weightlifter, or flexible like a gymnast, or *skillful / skill* like a tennis player."

**Talk about the connection between each pair of words in italics, and why the correct word is correct.**

# INSERT THE VOWELS (a, e, i, o, u)

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

\_ n\_w r\_p\_r\_t fr\_m th\_ \_m\_r\_c\_n H\_\_rt \_ss\_c\_\_t\_\_n  
s\_ys f\_tn\_ss l\_v\_ls \_n ch\_ldr\_n \_r\_l\_w\_r\_t\_d\_y th\_n  
th\_y w\_r\_ 30 y\_\_rs \_g\_. Th\_ r\_s\_\_rch\_rs l\_\_k\_d\_t  
d\_t\_ fr\_m th\_ p\_st 46 y\_\_rs. Th\_ st\_t\_st\_cs w\_r\_ \_n  
m\_r\_ th\_n 25 m\_ll\_\_n ch\_ldr\_n \_n 28 c\_\_ntr\_\_s. Th\_  
r\_s\_\_rch t\_\_m f\_\_nd th\_t \_n \_v\_r\_g\_, t\_d\_y's ch\_ldr\_n  
r\_n \_n\_ k\_l\_m\_tr\_ \_b\_\_t \_n\_ m\_n\_t sl\_w\_r th\_n  
th\_\_r p\_r\_nts d\_d thr\_\_ d\_c\_d\_s \_g\_. Th\_ f\_g\_r\_s  
w\_r\_ r\_\_ghly th\_ s\_m\_ f\_r b\_ys \_nd g\_rls. Th\_  
d\_st\_nc\_ \_ ch\_ld c\_n r\_n \_s d\_cr\_\_s\_ng by \_r\_\_nd h\_lf  
\_f\_n\_p\_r\_c\_nt \_v\_ry y\_\_r. \_n\_ f th\_ b\_gg\_st r\_\_s\_ns  
f\_r th\_ sl\_wd\_wn \_n ch\_ldr\_n's r\_nnng \_b\_l\_ty \_s  
\_b\_s\_ty. K\_ds \_r\_ \_v\_rw\_\_ght b\_c\_\_s th\_y \_r\_  
\_\_t\_ng t\_\_m ch\_\_nd n\_t\_x\_rc\_s\_ng \_n\_\_gh.

Th\_ r\_s\_\_rch\_rs s\_y th\_\_r r\_p\_r\_t \_s w\_rryng. \_f  
ch\_ldr\_n \_r\_b\_c\_m\_ng f\_ttr\_nd l\_ss f\_t, th\_y w\_ll b\_  
\_nh\_\_lth\_\_r \_n th\_ f\_t\_r\_. L\_\_d r\_s\_\_rch\_r Dr Gr\_nt  
T\_mk\_ns\_n s\_\_d: "f \_y\_\_ng p\_rs\_n \_s g\_n\_r\_lly  
\_nf\_t\_n\_w, th\_n th\_y \_r\_m\_r\_l\_k\_ly t\_d\_v\_l\_p  
c\_nd\_t\_ns l\_k\_ h\_\_rt d\_s\_\_s l\_t\_r\_n l\_f\_." Dr  
T\_mk\_ns\_n s\_\_d: "W\_n\_\_d t\_h\_l\_p t\_\_nsp\_r\_ch\_ldr\_n  
\_nd y\_\_th t\_d\_v\_l\_p f\_tn\_ss h\_b\_ts th\_t w\_ll k\_\_p  
th\_m h\_\_lthy n\_w \_nd \_nt th\_ f\_t\_r\_. Th\_y n\_\_d t\_  
ch\_\_s\_\_r\_ng \_f phys\_c\_l\_ct\_v\_t\_\_s th\_y l\_k\_\_r  
th\_nk th\_y m\_ght l\_k\_ t\_ try, \_nd th\_y n\_\_d t\_g\_t  
m\_v\_ng." H\_\_dd\_d: "Y\_\_ng p\_\_pl\_ c\_n b\_ f\_t \_n  
d\_ff\_r\_nt w\_ys. Th\_y c\_n b\_ strng l\_k\_\_  
w\_\_ghtl\_ft\_r, \_r fl\_x\_bl\_ l\_k\_\_ gymnst, \_r sk\_llf\_l  
l\_k\_\_t\_nn\_s pl\_y\_r."

# PUNCTUATE THE TEXT AND ADD CAPITALS

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

a new report from the american heart association says fitness levels in children are lower today than they were 30 years ago the researchers looked at data from the past 46 years the statistics were on more than 25 million children in 28 countries the research team found that on average today's children run one kilometre about one minute slower than their parents did three decades ago the figures were roughly the same for boys and girls the distance a child can run is decreasing by around half of one per cent every year one of the biggest reasons for the slowdown in children's running ability is obesity kids are overweight because they are eating too much and not exercising enough

the researchers say their report is worrying if children are becoming fatter and less fit they will be healthier in the future lead researcher dr grant tomkinson said "if a young person is generally unfit now then they are more likely to develop conditions like heart disease later in life" dr tomkinson said "we need to help to inspire children and youth to develop fitness habits that will keep them healthy now and into the future they need to choose a range of physical activities they like or think they might like to try and they need to get moving" he added "young people can be fit in different ways they can be strong like a weightlifter or flexible like a gymnast or skillful like a tennis player"

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

A new report from the American Heart Association says fitness levels in children are lower today than they were 30 years ago. The researchers looked at data from the past 46 years. The statistics were on more than 25 million children in 28 countries. The research team found that on average, today's children run one kilometre about one minute slower than their parents did three decades ago. The figures were roughly the same for boys and girls. The distance each child can run is decreasing by around half of one percent every year. One of the biggest reasons for the slowdown in children's running ability is obesity. Kids are overweight because they are eating too much and not exercising enough. The researchers say their report is worrying. If children are becoming fatter and less fit, they will be unhealthier in the future. Lead researcher Dr Grant Tomkinson said: "If a young person is generally unfit now, then they are more likely to develop conditions like heart disease late in life." Dr Tomkinson said: "We need to help to inspire children and youth to develop fitness habits that will keep them healthy now and into the future. They need to choose a range of physical activities they like or think they might like to try, and they need to get moving." He added: "Young people can benefit in different ways. They can be strong like a weightlifter, or flexible like a gymnast, or skillful like a tennis player."

# FREE WRITING

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

Write about **fitness** for 10 minutes. Comment on your partner's paper.

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# ACADEMIC WRITING

From <http://www.BreakingNewsEnglish.com/1311/131122-fitness-levels.html>

*All children should do one hour of exercise every day at school. Discuss.*

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# HOMework

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET:** Search the Internet and find out more about fitness in children. Share what you discover with your partner(s) in the next lesson.

**3. FITNESS:** Make a poster about fitness and how children can be fitter. Show your work to your classmates in the next lesson. Did you all have similar things?

**4. FITNESS LEVELS:** Write a magazine article about the fall in fitness levels in today's children. Include imaginary interviews with parents and children

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

**5. WHAT HAPPENED NEXT?** Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**6. LETTER:** Write a letter to a fitness expert. Ask him/her three questions about fitness for children. Give him/her three of your opinions on how to make children fitter. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

# ANSWERS

## TRUE / FALSE (p.4)

a F    b T    c F    d T    e F    f F    g T    h T

## SYNONYM MATCH (p.4)

- |               |               |
|---------------|---------------|
| 1. levels     | a. rates      |
| 2. data       | b. figures    |
| 3. roughly    | c. about      |
| 4. reasons    | d. causes     |
| 5. decreasing | e. dropping   |
| 6. worrying   | f. concerning |
| 7. generally  | g. usually    |
| 8. conditions | h. illnesses  |
| 9. range      | i. variety    |
| 10. skillful  | j. talented   |

## COMPREHENSION QUESTIONS (p.8)

1. The American Heart Association
2. 46 years
3. They were roughly the same
4. 1/2%
5. Obesity
6. It was worrying
7. Heart disease
8. Fitness habits
9. Physical activities
10. Gymnasts

## MULTIPLE CHOICE - QUIZ (p.9)

1. d    2. b    3. c    4. a    5. c    6. b    7. d    8. a    9. c    10. b

## ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.  
(It's good for your English ;-)