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Level 6

Children are as fit as endurance athletes

26th April, 2018

<https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

Have you ever wondered why children always seem to have bags of energy and never run out of steam? Researchers have discovered that children have the stamina and levels of recovery of endurance athletes. In fact, scientists say children's muscles recover from "high-intensity exercise" a lot quicker than athletes. A study looked at the performance levels of children when they were cycling, and compared their fitness to that of athletes. Researcher Dr Sebastien Ratel said: "We found the children used more of their aerobic metabolism and were therefore less tired during the high-intensity physical activities. They also recovered very quickly - even faster than the well-trained adult endurance athletes."

The researchers hope that their findings will help scientists better understand how the human body changes with age. It could lead to advances in the fight against diabetes and other diseases. Dr Ratel said the research was particularly important as more children were become less active. He warned: "With the rise in diseases related to physical inactivity, it is helpful to understand the physiological changes with growth that might contribute to the risk of disease." He added that children should maintain their fitness as they grow up and play as much as they could so they remain healthy as adults. He said: "Children seem to have the ability to play and play and play, long after adults have become tired."

Sources: <http://www.newsweek.com/childrens-muscles-recover-faster-exercise-endurance-athletes-new-research-897829>
<https://www.mirror.co.uk/science/children-fit-professional-endurance-athletes-12416828>
<https://www.smh.com.au/lifestyle/health-and-wellness/why-you-re-exhausted-from-running-after-your-kids-and-they-aren-t-20180420-p4zar2.html>

WARM-UPS

1. ENDURANCE ATHLETES: Students walk around the class and talk to other students about endurance athletes. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

bags of energy / run out of steam / stamina / athletes / fitness / metabolism / adult / findings / age / diabetes / disease / important / physiological / fitness / healthy / play

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

3. ENDURANCE SPORTS: Students A **strongly** believe we should all try and do endurance activities; Students B **strongly** believe otherwise. Change partners again and talk about your conversations.

4. ENERGY: How do these things give us energy? Complete this table with your partner(s). Change partners often and share what you wrote.

	How?	Your experiences
Food		
Sleep		
Sun		
Good news		
Love		
Success		

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

6. RUN OUT OF STEAM: Rank these with your partner. Put the things that make you run out of steam quickest at the top. Change partners often and share your rankings.

- sports
- studying English
- working
- hiking
- being bored
- playing with children
- no food
- lack of sleep

VOCABULARY MATCHING

Paragraph 1

- | | |
|---------------------|--|
| 1. wondered | a. The ability to sustain prolonged physical or mental effort. |
| 2. bags of energy | b. Was curious or wanted to know more about something. |
| 3. run out of steam | c. Lose the desire or energy to do something. |
| 4. stamina | d. The condition of being healthy and in good physical shape. |
| 5. high-intensity | e. The chemical processes that occur within a living organism in order to maintain life. |
| 6. fitness | f. Lots and lots of strength and liveliness to do physical and mental activity. |
| 7. metabolism | g. Having extreme levels of force, degree or strength. |

Paragraph 2

- | | |
|-------------------|--|
| 8. findings | h. Relating to the branch of biology that deals with the normal functions of living organisms and their parts. |
| 9. advances | i. Continue to possess a particular quality or fulfill a particular role. |
| 10. diabetes | j. Cause or enable a condition or state of affairs to continue. |
| 11. physiological | k. A disease in which the body's ability to produce or respond to a hormone called insulin is damaged, meaning a person must carefully control his/her sugar levels. |
| 12. contribute | l. Help to cause or bring about. |
| 13. maintain | m. The conclusion(s) reached after an inquiry, investigation, or trial. |
| 14. remain | n. Developments or improvements in something. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

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

- a. The article asked us about children running out of steam (or not). **T / F**
- b. Children's muscles recover from high-intensity exercise quickly. **T / F**
- c. The researchers found that children were faster than adults at cycling. **T / F**
- d. Children use their aerobic metabolism more than adults do. **T / F**
- e. The researchers said the study will help slow down the ageing process. **T / F**
- f. A researcher said the research will mean an end to diabetes. **T / F**
- g. A researcher said adults should pretend to be children and play a lot. **T / F**
- h. Children can play for a long time after adults get tired. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|-----------------------|------------------|
| 1. wondered | a. cautioned |
| 2. stamina | b. athleticism |
| 3. performance | c. recuperated |
| 4. fitness | d. preserve |
| 5. recovered | e. staying power |
| 6. age | f. maturity |
| 7. advances | g. thought |
| 8. warned | h. worn out |
| 9. maintain | i. functioning |
| 10. tired | j. progress |

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

- | | |
|---|------------------------|
| 1. children always seem to have bags | a. changes with age |
| 2. recover from "high-intensity exercise" | b. metabolism |
| 3. the performance levels | c. have become tired |
| 4. children used more of their aerobic | d. of energy |
| 5. less tired during the high-intensity | e. inactivity |
| 6. better understand how the human body | f. a lot quicker |
| 7. It could lead to advances in the fight | g. of disease |
| 8. the rise in diseases related to physical | h. physical activities |
| 9. contribute to the risk | i. against diabetes |
| 10. long after adults | j. of children |

GAP FILL

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

Have you ever (1) _____ why children always seem to have bags of energy and never run out of (2) _____? Researchers have discovered that children have the stamina and levels of (3) _____ of endurance athletes. In fact, scientists say children's muscles recover from "high-(4) _____ exercise" a lot quicker than athletes. A study looked at the performance levels of children when they were cycling, and (5) _____ their fitness to that of athletes. Researcher Dr Sebastien Ratel said: "We found the children used more of their (6) _____ metabolism and were therefore less tired (7) _____ the high-intensity physical activities. They also recovered very quickly - (8) _____ faster than the well-trained adult endurance athletes."

aerobic
steam
even
intensity
wondered
during
compared
recovery

The researchers hope that their (9) _____ will help scientists better understand how the human body changes with age. It could lead to (10) _____ in the fight against diabetes and other diseases. Dr Ratel said the research was (11) _____ important as more children were become less active. He warned: "With the rise in diseases (12) _____ to physical inactivity, it is helpful to understand the physiological changes with (13) _____ that might contribute to the risk of disease." He added that children should (14) _____ their fitness as they grow up and play as much as they could so they (15) _____ healthy as adults. He said: "Children seem to have the ability to play and play and play, (16) _____ after adults have become tired."

particularly
findings
growth
remain
related
advances
long
maintain

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

- 1) children always seem to have bags of energy and never run _____
 - a. up of steam
 - b. outer steam
 - c. out off steam
 - d. out of steam
- 2) Researchers have discovered that children have the stamina and _____
 - a. levels off recovery
 - b. level of recovered
 - c. levels of recovery
 - d. levels off recovery
- 3) scientists say children's muscles recover from "high-intensity exercise" _____
 - a. a lot quickly
 - b. a lot quicker
 - c. a lots quicker
 - d. allot quicker
- 4) A study looked at the performance levels of children when _____
 - a. there were cycling
 - b. they were cycle in
 - c. they were cycling
 - d. they were cycle clean
- 5) We found the children used more of their aerobic metabolism and were _____
 - a. therefore less tired
 - b. therefore lesser tiring
 - c. henceforth less tired
 - d. henceforth lesser tiring
- 6) better understand how the human body _____
 - a. change is with age
 - b. changes with age
 - c. changes wither age
 - d. changes with ages
- 7) Dr Ratel said the research was particularly important as more children were _____
 - a. become in less active
 - b. becoming less active
 - c. becoming less actively
 - d. becoming less activity
- 8) it is helpful to understand the physiological changes _____
 - a. without growth
 - b. wither growth
 - c. with grown
 - d. with growth
- 9) maintain their fitness as they grow up and play as much as they could so _____
 - a. they remains healthy
 - b. they remain healthily
 - c. they remain healthy
 - d. they remains healthily
- 10) have the ability to play and play and play, long after adults have _____
 - a. becomes tired
 - b. became tired
 - c. becoming tired
 - d. become tired

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

Have you (1) _____ children always seem to have bags of energy and never run (2) _____? Researchers have discovered that children have the stamina and levels of recovery of endurance athletes. In fact, scientists say children's (3) _____ "high-intensity exercise" a lot quicker than athletes. A study looked at the performance levels of children when they were cycling, and compared (4) _____ that of athletes. Researcher Dr Sebastien Ratel said: "We found the children used more of their aerobic metabolism and were therefore (5) _____ the high-intensity physical activities. They also recovered very quickly - (6) _____ the well-trained adult endurance athletes."

The researchers hope (7) _____ will help scientists better understand how the human body changes with age. It could lead to advances in (8) _____ diabetes and other diseases. Dr Ratel said the research was particularly important as more children were become less active. He warned: "With the (9) _____ related to physical inactivity, it is helpful to understand the physiological changes with growth (10) _____ to the risk of disease." He added that children should maintain their fitness as they grow up and play as much as they could so they (11) _____ adults. He said: "Children seem to have the ability to play and play and play, (12) _____ have become tired."

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

1. What did the article say children have bags of?
2. What recovers more quickly in children than in adults?
3. What activity did researchers get children and adults to do?
4. What did children use more of than adults?
5. What did children do faster than adults?
6. What disease could the research help the fight of?
7. What are more children becoming?
8. What changes is it helpful to understand?
9. What did a researcher say children should maintain?
10. What can children do long after adults become tired?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

- 1) What did the article say children have bags of?
 - a) bananas
 - b) energy
 - c) shopping
 - d) school books
- 2) What recovers more quickly in children than in adults?
 - a) cuts
 - b) a broken heart
 - c) muscles
 - d) baldness
- 3) What activity did researchers get children and adults to do?
 - a) walking
 - b) swimming
 - c) jogging
 - d) cycling
- 4) What did children use more of than adults?
 - a) anabolic membrane
 - b) aerobic metabolism
 - c) aero-bikes
 - d) acrobatic mats
- 5) What did children do faster than adults?
 - a) recover
 - b) sleep
 - c) run
 - d) sweat
- 6) What disease could the research help the fight of?
 - a) diabetes
 - b) cancer
 - c) influenza
 - d) athlete's foot
- 7) What are more children becoming?
 - a) health conscious
 - b) fit
 - c) athletes
 - d) less active
- 8) What changes is it helpful to understand?
 - a) pterodactyl changes
 - b) psychological changes
 - c) physiological changes
 - d) pyrotechnical changes
- 9) What did a researcher say children should maintain?
 - a) a situation
 - b) their studies
 - c) standards
 - d) their fitness
- 10) What can children do long after adults become tired?
 - a) watch TV
 - b) play
 - c) sleep
 - d) cycle

ROLE PLAY

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

Role A – Sport

You think sport is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): working, children or English.

Role B – Working

You think working is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): sport, children or English.

Role C – Children

You think children is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): working, sport or English.

Role D – English

You think English is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): working, children or sport.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

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

endurance	athlete
------------------	----------------

- 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">• steam• stamina• quicker• cycling• during• faster	<ul style="list-style-type: none">• better• lead• warned• growth• grow• long
---	---

ENDURANCE ATHLETES SURVEY

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

Write five GOOD questions about endurance athletes 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.

ENDURANCE ATHLETES DISCUSSION

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

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'endurance'?
3. When do you have bags of energy?
4. When do you run out of steam?
5. How would you describe your levels of stamina?
6. Would you like to have the energy of a child?
7. What kind of shape are your muscles in?
8. What do (or should) you do about your fitness?
9. What would it be like to be an endurance athlete?
10. What physical activities do you like and dislike?

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ENDURANCE ATHLETES DISCUSSION

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

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'athlete'?
13. What do you think about what you read?
14. How well do you understand the human body?
15. How much of the human body do scientists understand?
16. What are the dangers of children becoming less active?
17. What physiological changes take place as we age?
18. What endurance sport would you like to be good at?
19. Do you have the energy to keep up with children?
20. What questions would you like to ask the researchers?

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 <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

Have you ever (1) _____ why children always seem to have bags of energy and never run out of (2) _____? Researchers have discovered that children have the stamina and levels of recovery of endurance athletes. In fact, scientists say children's (3) _____ recover from "high-intensity exercise" a lot quicker than athletes. A study looked at the performance levels of children when they were cycling, and compared their fitness to (4) _____ of athletes. Researcher Dr Sebastien Ratel said: "We found the children used more of their aerobic metabolism and were (5) _____ less tired during the high-intensity physical activities. They also recovered very quickly - even faster than the well-(6) _____ adult endurance athletes."

The researchers hope that their findings will help scientists (7) _____ understand how the human body changes with age. It could lead (8) _____ advances in the fight against diabetes and other diseases. Dr Ratel said the research was (9) _____ important as more children were become less active. He warned: "With the (10) _____ in diseases related to physical inactivity, it is helpful to understand the physiological changes with growth that might contribute (11) _____ the risk of disease." He added that children should maintain their fitness as they grow up and play as much as they could (12) _____ they remain healthy as adults. He said: "Children seem to have the ability to play and play and play, long after adults have become tired."

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

- | | | | | |
|-----|----------------|---------------|------------------|-------------------|
| 1. | (a) wondered | (b) winded | (c) wondered | (d) wandering |
| 2. | (a) vapor | (b) mist | (c) steam | (d) haze |
| 3. | (a) muscular | (b) muscled | (c) muscles | (d) muscling |
| 4. | (a) this | (b) those | (c) them | (d) that |
| 5. | (a) therefore | (b) so | (c) though | (d) however |
| 6. | (a) trainer | (b) trained | (c) training | (d) trains |
| 7. | (a) nicer | (b) nice | (c) good | (d) better |
| 8. | (a) of | (b) to | (c) at | (d) by |
| 9. | (a) particular | (b) particles | (c) particularly | (d) particularity |
| 10. | (a) advanced | (b) higher | (c) up | (d) rise |
| 11. | (a) on | (b) by | (c) of | (d) to |
| 12. | (a) as | (b) so | (c) is | (d) for |

SPELLING

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

Paragraph 1

1. children have the asimtna
2. children's uscmels recover
3. looked at the rffpeamonce levels
4. used more of their raboeic metabolism
5. high-tnensitiy physical activities
6. They also vcorereed very quickly

Paragraph 2

7. help nietcsists better understand
8. advances in the fight against ibdteaes
9. the research was luitpararcly important
10. lshopgoyiacl changes
11. rntioubcte to the risk of disease
12. maintain their tfeniss

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

Number these lines in the correct order.

- () than athletes. A study looked at the performance levels of children when they were cycling, and compared
- () The researchers hope that their findings will help scientists better understand how the human body
- () their fitness to that of athletes. Researcher Dr Sebastien Ratel said: "We found the children used
- () of endurance athletes. In fact, scientists say children's muscles recover from "high-intensity exercise" a lot quicker
- () activities. They also recovered very quickly - even faster than the well-trained adult endurance athletes."
- () of steam? Researchers have discovered that children have the stamina and levels of recovery
- () particularly important as more children were becoming less active. He warned: "With the rise in diseases related
- () changes with age. It could lead to advances in the fight against diabetes and other diseases. Dr Ratel said the research was
- (**1**) Have you ever wondered why children always seem to have bags of energy and never run out
- () to physical inactivity, it is helpful to understand the physiological changes with growth that might contribute to the risk of
- () more of their aerobic metabolism and were therefore less tired during the high-intensity physical
- () up and play as much as they could so they remain healthy as adults. He said: "Children seem to have
- () disease." He added that children should maintain their fitness as they grow
- () the ability to play and play and play, long after adults have become tired."

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

1. bags Children of seem always to have energy .
2. muscles high-intensity Children's from exercise . recover
3. metabolism . of more Children aerobic their used
4. the Less tired during high-intensity activities . physical
5. than adult well-trained athletes . Even endurance the faster
6. human the Understand how with age . changes body
7. to fight against the in Lead advances diabetes .
8. understand helpful It to is the physiological changes .
9. should fitness their maintain as Children they grow .
10. long after adults have Play become tired .

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

Have you ever *wondered / wandered* why children always seem to have bags of energy and never run out of *stream / steam*? Researchers have discovered that children have the stamina and levels of *recovered / recovery* of endurance athletes. In fact, scientists say children's *muscular / muscles* recover from "high-intensity exercise" a lot *quicker / quickly* than athletes. A study looked at the performance levels of children when they were cycling, and *compared / comparison* their fitness to that of athletes. Researcher Dr Sebastien Ratel said: "We found the children used more of *that / their* aerobic metabolism and were therefore *less / lesser* tired during the high-intensity physical activities. They *also / addition* recovered very quickly - even faster than *the / a* well-trained adult endurance athletes."

The researchers hope that their findings will help scientists better understand how the human body changes *for / with* age. It could lead to advances *in / on* the fight against diabetes and *another / other* diseases. Dr Ratel said the research was particularly *importance / important* as more children were become less active. He warned: "With the rise *on / in* diseases related to physical inactivity, it is helpful to understand the physiological changes with *growth / grown* that might contribute to the risk of disease." He added that children should *maintenance / maintain* their fitness as they grow up and play as much as they could so they remain healthy *was / as* adults. He said: "Children seem to have the ability to play and *pray / play* and play, *long / longingly* after adults have become tired."

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 <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

H_v_ y__ _v_r w_n d_r_d w h y c h_l d r_n _l w_y s
s__ m t_ h_v_ b_g s _f _n_r g_y _n d _n_v_r r_n __ t
_f s t__ m? R_s__ r c h_r s h_v_ d_s c_v_r_d t h_t
c h_l d r_n h_v_ t h_ s t_m_n_ _n d l_v_l s _f r_c_v_r
y _f _n d_r_n c_ _t h_l_t_s. I n f_c t, s c__ n t_s t_s
s_y c h_l d r_n 's m_s c_l_s r_c_v_r f r_m " h_g h -
_n t_n s_t y _x_r c_s_" _ l_t q__ c_k_r t h_n _t h_l_t_s
. A s t_d y l__ k_d _t t h_ p_r f_r m_n c_ l_v_l s _f
c h_l d r_n w h_n t h_y w_r_ c y c_l_n g, _n d c_m
p_r_d t h__ r f_t n_s s t_ t h_t _f _t h_l_t_s. R_s__
r c h_r D r S_b_s t__ n R_t_l s__ d: " W_ f__ n d
t h_ c h_l d r_n _s_d m_r_ _f t h__ r __ r_b_c
m_t_b_l_s m _n d w_r_ t h_r f_r l_s s t_r_d d_r_n g
t h_ h_g h -n t_n s_t y p h y s_c_l _c t_v_t__ s. T h_y
_l_s_ r_c_v_r_d v_r y q__ c_k_l y - _v_n f_s t_r t
h_n t h_ w_l l - t r__ n_d _d_l t _n d_r_n c_ _t h_l_t_s.
"

T h_ r_s__ r c h_r s h_p_ t h_t t h__ r f_n d_n g s
w_l l h_l p s c__ n t_s t_s b_t t_r _n d_r s_t_n d h_w
t h_ h_m_n b_d y c h_n g_s w_t h _g_. I t c__ l d
l__ d t_ _d v_n c_s _n t h_ f_g h t _g__ n s t d__
b_t_s _n d _t h_r d_s__ s_s. D r R_t_l s__ d t h_
r_s__ r c h_w_s p_r t_c_l_r_l y _m p_r t_n t _s m_r_ c
h_l d r_n w_r_ b_c_m_ l_s s _c t_v_. H_ w_r_n_d: "
W_t h t h_ r_s_ _n d_s__ s_s r_l_t_d t_ p h y s_c_l
_n_c t_v_t_y, _t _s h_l p_f_l t_ _n d_r s_t_n d t h_ p
h y s__ l_g_c_l c h_n g_s w_t h g_r_w_t h t h_t m_g h
t c_n t_r_b_t_ t_ t h_ r_s_k _f d_s__ s_." H_ _d_d_d
t h_t c h_l d r_n s h__ l d m__ n t__ n t h__ r f_t
n_s s _s t h_y g_r_w_ p _n d p_l_y _s m_c h _s t
h_y c__ l d s_ t h_y r_m__ n h__ l t h_y _s _d_l t_s.
H_ s__ d: " C h_l d r_n s__ m t_ h_v_ t h_ b_l_t y
t_ p_l_y _n d p_l_y _n d p_l_y, l_n g _f_t_r _d_l t_s
h_v_ b_c_m_ t_r_d."

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

have you ever wondered why children always seem to have bags of energy and never run out of steam researchers have discovered that children have the stamina and levels of recovery of endurance athletes in fact scientists say childrens muscles recover from highintensity exercise a lot quicker than athletes a study looked at the performance levels of children when they were cycling and compared their fitness to that of athletes researcher dr sebastien ratel said we found the children used more of their aerobic metabolism and were therefore less tired during the highintensity physical activities they also recovered very quickly even faster than the welltrained adult endurance athletes

the researchers hope that their findings will help scientists better understand how the human body changes with age it could lead to advances in the fight against diabetes and other diseases dr ratel said the research was particularly important as more children were become less active he warned with the rise in diseases related to physical inactivity it is helpful to understand the physiological changes with growth that might contribute to the risk of disease he added that children should maintain their fitness as they grow up and play as much as they could so they remain healthy as adults he said children seem to have the ability to play and play and play long after adults have become tired

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes.html>

Have you ever wondered why children always seem to have bags of energy and never run out of steam? Researchers have discovered that children have the stamina and level of recovery of endurance athletes. In fact, scientists say children's muscles recover from "high-intensity exercise" a lot quicker than athletes. A study looked at the performance levels of children when they were cycling, and compared their fitness to that of athletes. Researcher Dr Sebastien Ratel said: "We found the children used more of their aerobic metabolism and were therefore less tired during the high-intensity physical activities. They also recovered very quickly - even faster than the well-trained adult endurance athletes." The researchers hope that their findings will help scientists better understand how the human body changes with age. It could lead to advances in the fight against diabetes and other diseases. Dr Ratel said the research was particularly important as more children were becoming less active. He warned: "With the rise in diseases related to physical inactivity, it is helpful to understand the physiological changes with growth that might contribute to the risk of disease." He added that children should maintain their fitness as they grow up and play as much as they could so they remain healthy as adults. He said: "Children seem to have the ability to play and play and play, long after adults have become tired."

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 this news story. Share what you discover with your partner(s) in the next lesson.

3. ENDURANCE ATHLETES: Make a poster about endurance athletes. Show your work to your classmates in the next lesson. Did you all have similar things?

4. CHILDREN: Write a magazine article about requiring children to engage in strenuous physical activity for at least two hours every day at school. Include imaginary interviews with people who are for and against this.

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 an expert on endurance athletes. Ask him/her three questions about them. Give him/her three of your ideas on how we can become fitter as a nation. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. b 2. f 3. c 4. a 5. g 6. d 7. e
8. m 9. n 10. k 11. h 12. l 13. j 14. i

TRUE / FALSE (p.5)

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

SYNONYM MATCH (p.5)

- | | |
|----------------|------------------|
| 1. wondered | a. thought |
| 2. stamina | b. staying power |
| 3. performance | c. functioning |
| 4. fitness | d. athleticism |
| 5. recovered | e. recuperated |
| 6. age | f. maturity |
| 7. advances | g. progress |
| 8. warned | h. cautioned |
| 9. maintain | i. preserve |
| 10. tired | j. worn out |

COMPREHENSION QUESTIONS (p.9)

- Energy
- Muscles
- Cycling
- Aerobic metabolism
- Recover
- Diabetes
- Less active
- Physiological changes
- Their fitness
- Play

WORDS IN THE RIGHT ORDER (p.20)

- Children always seem to have bags of energy.
- Children's muscles recover from high-intensity exercise.
- Children used more of their aerobic metabolism.
- Less tired during the high-intensity physical activities.
- Even faster than the well-trained adult endurance athletes.
- Understand how the human body changes with age.
- Lead to advances in the fight against diabetes.
- It is helpful to understand the physiological changes.
- Children should maintain their fitness as they grow.
- Play long after adults have become tired.

MULTIPLE CHOICE - QUIZ (p.10)

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

ALL OTHER EXERCISES

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