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Level 1

Kids run more slowly than 30 years ago

22nd November, 2013

<http://www.breakingnewsenglish.com/1311/131122-fitness-levels-1.html>

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THE READING

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-1.html>

The American Heart Association says children are less fit today than children 30 years ago. Researchers looked at information about 25 million children in 28 countries, from the past 46 years. On average, today's boys and girls run a kilometre one minute slower than their parents could. How far a child can run is falling by five per cent every decade. One reason for this is obesity. Kids are overweight because they eat too much and do not exercise enough.

The researchers are worried. Children are fatter and less fit, so they will be unhealthier in the future. Dr Grant Tomkinson said, "they are more likely to develop...heart disease later in life". He said children needed to "get moving" and try different ways to keep fit now and in the future. They can try different activities to see which ones they like. He added: "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/>

VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------------|----------------------|
| 1. The American Heart | a. 46 years |
| 2. children are less | b. is obesity |
| 3. information about 25 million | c. fit today |
| 4. from the past | d. every decade |
| 5. one minute | e. children |
| 6. falling by five per cent | f. they eat too much |
| 7. One reason for this | g. Association |
| 8. Kids are overweight because | h. slower |

PARAGRAPH TWO:

- | | |
|-------------------------------|------------------|
| 1. The researchers | a. activities |
| 2. Children are fatter and | b. in the future |
| 3. they will be healthier | c. heart disease |
| 4. more likely to develop | d. "get moving" |
| 5. later in | e. are worried |
| 6. He said children needed to | f. a gymnast |
| 7. They can try different | g. less fit |
| 8. flexible like | h. life |

LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-1.html>

The American Heart Association (1) _____ less fit today than children 30 years ago. Researchers looked at information about (2) _____ in 28 countries, from (3) _____. On average, today's boys and girls run a kilometre (4) _____ than their parents could. How far a child can run is falling by five per cent every decade. One reason (5) _____. Kids are overweight because they (6) _____ do not exercise enough.

The (7) _____. Children are fatter and less fit, so they will be unhealthier (8) _____. Dr Grant Tomkinson said, "they are more (9) _____ ...heart disease later in life". He said children needed to "get moving" and (10) _____ to keep fit now and in the future. They can try (11) _____ to see which ones they like. He added: "They can be strong like a weightlifter, or (12) _____ gymnast, or skillful like a tennis player."

PUT A SLASH (/) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-1.html>

The American Heart Association says children are less fit today than children 30 years ago. Researchers looked at information about 25 million children in 28 countries, from the past 46 years. On average, today's boys and girls run a kilometre on a minute slower than their parents could. How far a child can run is falling by five percent every decade. One reason for this is obesity. Kids are overweight because they eat too much and do not exercise enough. The researchers are worried. Children are fatter and less fit, so they will be unhealthier in the future. Dr Grant Tomkins said, "they are more likely to develop... heart disease later in life". He said children needed to "get moving" and try different ways to keep fit now and in the future. They can try different activities to see which ones they like. He added: "They can be strong like a weightlifter, or flexible like a gymnast, or skillful like a tennis player."

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a)

b)

c)

d)

e)

f)

g)

h)
