

School students do not shower after sports class

18th January, 2015



A report has found that more than half of high school boys and two-thirds of girls never shower after a physical education class. Researchers suggest that students don't want to sweat and take a shower, so they are less active in sports classes.

The researchers questioned almost 4,000 children in schools in Essex, England. Lead researcher Dr Gavin Sandercock said he was surprised at how rarely students showered. He said: "We know that children aren't getting enough physical activity because we have seen their fitness declining; if the unwillingness to shower is a barrier to working up a sweat or playing sport, it's something we need to tackle to promote activity at schools."

The BBC says the study did not look at the exact reasons why the students did not shower after PE. There are other studies that point out the fear of bullying and humiliation may be behind the reluctance of some students to shower. Undressing in front of peers may be too much for some children. Pamela Naylor, spokeswoman for a health organisation in England, said many children had concerns about their body image and that schools needed to address this. She said: "Schools, workplaces and local authorities all have a role to play in shifting attitudes so that physical activity, and what comes with it, like sweating and the need for showering, is encouraged and accommodated."

Sources: BBC / Daily Mirror

Writing

The hours of physical education in school should double. Discuss.

Chat

Talk about these words from the article.

report / two-thirds / sweat / sports classes / surprised / physical activity / fitness / exact reasons / bullying / humiliation / reluctance / health organization / encouraged

True / False

- More girls than boys do not shower after physical education classes. T / F
- Kids do not want to shower so they don't try hard in sports. T / F
- Researchers asked questions to 40,000 kids in England. T / F
- A researcher said kids get more than enough exercise. T / F
- The BBC suggested we needed to know more about this research. T / F
- A woman said children don't mind undressing in front of classmates. T / F
- The woman said most kids have no problem with their body image. T / F
- The woman said only schools should encourage physical activity. T / F

Synonym Match

- | | |
|---------------|------------------|
| 1. suggest | a. obstacle |
| 2. rarely | b. changing |
| 3. barrier | c. unwillingness |
| 4. tackle | d. indicate |
| 5. promote | e. encourage |
| 6. exact | f. worries |
| 7. reluctance | g. seldom |
| 8. concerns | h. necessity |
| 9. shifting | i. address |
| 10. need | j. precise |

Discussion – Student A

- What do you think of showering?
- What do you think about the children not showering?
- Which is better, a shower or a bath?
- What did you think of PE at school?
- How can teachers get students to be active and shower?
- What do you think of working up a sweat?
- How much do you like taking a shower?
- How often should we shower?

Phrase Match

- | | |
|------------------------------|-----------------------------|
| 1. two- | a. image |
| 2. researchers questioned | b. to tackle |
| 3. the unwillingness | c. reasons |
| 4. it's something we need | d. thirds of girls |
| 5. promote | e. of some students |
| 6. look at the exact | f. almost 4,000 children |
| 7. studies that point | g. to play |
| 8. behind the reluctance | h. activity at schools |
| 9. concerns about their body | i. out the fear of bullying |
| 10. a role | j. to shower |

Discussion – Student B

- Should school showers have individual cubicles?
- Should schools be more understanding of body image?
- Is it OK to ask students to shower with other students?
- How can schools address the problem of body image?
- Should schools be stricter and tell students to sweat?
- Do you like sweating?
- What kind of showers do you like?
- What questions would you like to ask the researchers?

Spelling

- shrrareesce questioned almost 4,000 children
- we have seen their fitness dgecnlii
- the nglisiuwnlnes to shower
- a irberra to working up a sweat
- it's something we need to laekct
- oterpmo activity at schools
- look at the xteca reasons why
- the fear of bullying and mhnuloiati
- the etreclaunc of some students to shower
- a health rsoaotangii (UK) / ntnoaigzaroi (USA)
- local riahitsoteu
- rogenucaed and accommodated

Answers – Synonym Match

1. d	2. g	3. a	4. i	5. e
6. j	7. c	8. f	9. b	10. h

Role Play

Role A – Separate shower cubicles

You think separate shower cubicles is the best way to get kids to shower after sports. Tell the others 3 reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): having more time to shower, less energetic sports or punishment for not showering.

Role B – More time to shower

You think having more time to shower is the best way to get kids to shower after sports. Tell the others 3 reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): separate shower cubicles, less energetic sports or punishment for not showering.

Role C – Less energetic sports

You think less energetic sports is the best way to get kids to shower after sports. Tell the others 3 reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): having more time to shower, separate shower cubicles or punishment for not showering.

Role D – Punishment for not showering

You think punishment for not showering is the best way to get kids to shower after sports. Tell the others 3 reasons why. Tell them why their things aren't so good. Also, tell the others which is the least useful of these (and why): having more time to shower, less energetic sports or separate shower cubicles.

Speaking – P.E.

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- | | |
|--------------|-------------------------|
| • swimming | • 100 metres |
| • skiing | • soccer |
| • basketball | • gymnastics |
| • long jump | • long-distance running |

Answers – True False

a	T	b	T	c	F	d	F	e	T	f	F	g	F	h	F
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Answers to Phrase Match and Spelling are in the text.