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**Level 2** – 26th June, 2019

## Team sport training best for all-round fitness

**FREE** online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/1906/190626-team-sports-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/1906/190626-team-sports-2.html>

Researchers from a university in the UK say that training in a sports team is the best way to improve all-round fitness. They said team sport players have the endurance and stamina of long-distance runners, and the strength of bodybuilders. This is because of the different types of exercise that team players do. The researchers said the key to all-round fitness is to combine strength with endurance and stamina. Cycling, running or swimming was best for all-round fitness. In addition, energetically doing housework and climbing stairs was a good alternative to the gym.

The study looked at 228 athletes aged 17 to 37. There were endurance athletes, such as cyclists, skiers and long-distance runners; power athletes, such as sprinters and bodybuilders; and team athletes who played basketball, football and volleyball. The researchers tested the athletes' muscle power, their ability to jump, and the athletes' oxygen use during hard exercise. A professor said his study showed that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players were lucky to do both.

Sources: <https://www.bbc.com/news/health-48711579>  
<https://road.cc/content/news/262666-team-sport-players-training-sees-them-get-benefits-both-endurance-and-power>  
<https://www.themaynepress.com/2019/06/23/top-power-and-endurance-training-key-to-all-round-fitness/>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1906/190626-team-sports-2.html>

## PARAGRAPH ONE:

- |                            |                         |
|----------------------------|-------------------------|
| 1. the best way to improve | a. exercise             |
| 2. endurance               | b. housework            |
| 3. the strength            | c. to the gym           |
| 4. different types of      | d. to all-round fitness |
| 5. the key                 | e. was best             |
| 6. running or swimming     | f. all-round fitness    |
| 7. doing                   | g. of bodybuilders      |
| 8. a good alternative      | h. and stamina          |

## PARAGRAPH TWO:

- |                            |                      |
|----------------------------|----------------------|
| 1. 228 athletes            | a. distance runners  |
| 2. endurance               | b. power             |
| 3. long-                   | c. to do both        |
| 4. team athletes who       | d. training          |
| 5. muscle                  | e. hard exercise     |
| 6. oxygen use during       | f. aged 17 to 37     |
| 7. endurance               | g. played basketball |
| 8. team players were lucky | h. athletes          |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1906/190626-team-sports-2.html>

Researchers from a university in the UK (1) \_\_\_\_\_ in a sports team is the best (2) \_\_\_\_\_ all-round fitness. They said team sport players have the endurance and (3) \_\_\_\_\_ runners, and the strength of bodybuilders. This is because of the different (4) \_\_\_\_\_ that team players do. The researchers said the key to all-round fitness is to (5) \_\_\_\_\_ endurance and stamina. Cycling, running or swimming was best for all-round fitness. In addition, energetically doing housework and (6) \_\_\_\_\_ a good alternative to the gym.

The study looked at (7) \_\_\_\_\_ 17 to 37. There were endurance athletes, (8) \_\_\_\_\_, skiers and long-distance runners; power athletes, such as sprinters and bodybuilders; (9) \_\_\_\_\_ who played basketball, football and volleyball. The researchers tested the athletes' muscle power, their (10) \_\_\_\_\_, and the athletes' oxygen use (11) \_\_\_\_\_. A professor said his study showed that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players (12) \_\_\_\_\_ do both.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1906/190626-team-sports-2.html>

Researchers from a university in the UK say that training in a sport team is the best way to improve all-round fitness. They said team sport players have the endurance and stamina of long-distance runners, and the strength of bodybuilders. This is because of the different types of exercise that team players do. The researchers said the key to all-round fitness is to combine strength with endurance and stamina. Cycling, running or swimming was best for all-round fitness. In addition, energetically doing housework and climbing stairs was a good alternative to the gym. The study looked at 228 athletes aged 17 to 37. There were endurance athletes, such as cyclists, skiers and long-distance runners; power athletes, such as sprinters and bodybuilders; and team athletes who played basketball, football and volleyball. The researcher tested the athletes' muscle power, their ability to jump, and the athletes' oxygen used during hard exercise. A professor said his study showed that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players were lucky to do both.

# TEAM SPORTS SURVEY

From <https://breakingnewsenglish.com/1906/190626-team-sports-4.html>

Write five GOOD questions about Team sports 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.

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

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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) \_\_\_\_\_

