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Level 1 – 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-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1906/190626-team-sports-1.html>

Researchers say that training in sports teams is the best thing for all-round fitness. Team sport players have the endurance and stamina of long-distance runners, and the strength of bodybuilders. Researchers said the key to all-round fitness was to get strength, endurance and stamina. Cycling, running or swimming was best for this. Doing housework and climbing stairs was also a good way, instead of going to the gym.

The study looked at athletes aged 17 to 37. There were endurance athletes, such as cyclists; power athletes, such as bodybuilders; and team athletes who played basketball and football. The researchers tested the athletes' power, their ability to jump, and their oxygen use during hard exercise. A professor said power athletes should do endurance training and endurance athletes should do power training. Team players are 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-1.html>

PARAGRAPH ONE:

- | | |
|----------------------------|--------------------|
| 1. training in sports | a. housework |
| 2. the best thing for all- | b. runners |
| 3. long-distance | c. to the gym |
| 4. the strength | d. or swimming |
| 5. Cycling, running | e. teams |
| 6. Doing | f. stairs |
| 7. climbing | g. round fitness |
| 8. instead of going | h. of bodybuilders |

PARAGRAPH TWO:

- | | |
|-------------------------------------|------------------|
| 1. athletes aged | a. and football |
| 2. power | b. hard exercise |
| 3. athletes who played basketball | c. to do both |
| 4. researchers tested the athletes' | d. jump |
| 5. their ability to | e. training |
| 6. oxygen use during | f. athletes |
| 7. do power | g. 17 to 37 |
| 8. Team players are lucky | h. power |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1906/190626-team-sports-1.html>

Researchers (1) _____ in sports teams is the best thing (2) _____. Team sport players have the endurance (3) _____ long-distance runners, and the strength of bodybuilders. Researchers said the key to all-round fitness (4) _____ strength, endurance and stamina. Cycling, running or swimming (5) _____ this. Doing housework and climbing stairs was also a good way, (6) _____ to the gym.

The study looked (7) _____ 17 to 37. There were endurance athletes, (8) _____; power athletes, such as bodybuilders; and team athletes who played basketball and football. The researchers (9) _____ power, their ability to jump, and their oxygen use (10) _____. A professor said power athletes should do endurance training and endurance athletes (11) _____ training. Team players are lucky (12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1906/190626-team-sports-1.html>

Researchers say that training in sport teams is the best thing for all-round fitness. Team sport players have the endurance and stamina of long-distance runners, and the strength of bodybuilders. Researchers said the key to all-round fitness was to get strength, endurance and stamina. Cycling, running or swimming was best for this. Doing housework and climbing stairs was also a good way, instead of going to the gym. The study looked at athletes aged 17 to 37. There were endurance athletes, such as cyclists; power athletes, such as bodybuilders; and team athletes who played basketball and football. The researcher tested the athletes' power, their ability to jump, and their oxygen used during hard exercise. A professor said power athletes should do endurance training and endurance athletes should do power training. Team players are 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) _____

WRITING

From <https://breakingnewsenglish.com/1906/190626-team-sports-1.html>

Write about **Team sports** for 10 minutes. Read and talk about your partner's paper.
