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Level 0 – 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-0.html>

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Please try Levels 1, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/1906/190626-team-sports-0.html>

Training in sports teams is best for all-round fitness. Team sport players have endurance and stamina. Researchers say the key to all-round fitness was strength, endurance and stamina. Cycling, running or swimming is great for this. Doing housework and climbing stairs was also good.

The study looked at 228 athletes. There were cyclists, bodybuilders, and basketball and football players. The researchers tested the athletes' power, their ability to jump, and their oxygen use. A professor said power athletes should do endurance training and endurance athletes should do power training. Team players 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-0.html>

PARAGRAPH ONE:

- | | |
|------------------------|--------------------------|
| 1. best | a. for this |
| 2. Team sport players | b. and stamina |
| 3. endurance | c. also good |
| 4. the key to all- | d. have endurance |
| 5. endurance and | e. housework |
| 6. swimming is great | f. for all-round fitness |
| 7. doing | g. stamina |
| 8. climbing stairs was | h. round fitness |

PARAGRAPH TWO:

- | | |
|-------------------------------------|---------------------|
| 1. The study looked | a. athletes |
| 2. basketball and | b. to jump |
| 3. researchers tested the athletes' | c. both |
| 4. their ability | d. football players |
| 5. oxygen | e. power |
| 6. endurance | f. training |
| 7. power | g. use |
| 8. Team players do | h. at 228 athletes |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1906/190626-team-sports-0.html>

Training in sports teams (1) _____ all-round fitness. Team (2) _____ endurance and stamina.

Researchers say (3) _____ all-round fitness was strength, _____ endurance _____ and _____ stamina. _____ Cycling,

(4) _____ is great for this.

(5) _____ climbing stairs

(6) _____.

The study (7) _____ athletes. There were cyclists, bodybuilders, (8) _____ football players.

The researchers (9) _____ power, their ability to jump, and (10) _____.

(11) _____ endurance training and endurance athletes should do power training. Team

(12) _____.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1906/190626-team-sports-0.html>

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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) _____

