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**Level 5** – 1st December, 2019

## Stretching may not prevent jogging injuries

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

<https://breakingnewsenglish.com/1912/191201-stretching-5.html>

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Please try Levels 4 and 6. They are (a little) harder.

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# THE READING

From <https://breakingnewsenglish.com/1912/191201-stretching-5.html>

Researchers debunked a myth about how important we think stretching before jogging is. Millions of joggers around the world stretch before going for a jog. It is a daily ritual in parks and streets everywhere. Researchers from La Trobe University in Australia say there is no evidence to show stretching improves running performance or decreases the risk of injuries. The research is in the 'British Journal of Sports Medicine'. They say there is evidence that stretching can help keep ankle, knee and hip joints flexible, but it won't help performance or keep injuries at bay.

Researcher James Alexander conducted the research after talking about stretching with joggers. He is an avid jogger and often wondered about the benefits of stretching. He told the Reuters news agency that: "Runners have...beliefs around running injury risks... and performance that are in contrast to current research evidence." He said these beliefs make runners follow "ineffective or non-optimal strategies" when training to prevent injuries or increase performance. He suggested a 5-10-minute session of walking or light jogging as the best warm-up.

Sources: <https://www.reuters.com/article/us-health-running-stretching-myth/no-evidence-stretching-prevents-running-injuries-idUSKBN1Y21ZY>  
<https://www.dailymail.co.uk/health/article-7736081/No-evidence-stretching-prevents-running-injuries.html>  
<https://bjsm.bmj.com/content/early/2019/11/06/bjsports-2019-101169>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/1912/191201-stretching-5.html>

## PARAGRAPH ONE:

- |                           |                |
|---------------------------|----------------|
| 1. Researchers debunked a | a. joints      |
| 2. stretching before      | b. bay         |
| 3. It is a daily          | c. of injuries |
| 4. there is               | d. jogging     |
| 5. decreases the risk     | e. performance |
| 6. ankle, knee and hip    | f. no evidence |
| 7. it won't help          | g. myth        |
| 8. keep injuries at       | h. ritual      |

## PARAGRAPH TWO:

- |                                   |                      |
|-----------------------------------|----------------------|
| 1. Alexander conducted            | a. jogger            |
| 2. after talking about stretching | b. injuries          |
| 3. He is an avid                  | c. warm-up           |
| 4. the benefits                   | d. performance       |
| 5. in contrast to current         | e. with joggers      |
| 6. prevent                        | f. of stretching     |
| 7. increase                       | g. research evidence |
| 8. light jogging as the best      | h. the research      |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1912/191201-stretching-5.html>

Researchers (1) \_\_\_\_\_ about how important we think stretching before jogging is. Millions (2) \_\_\_\_\_ the world stretch before going for a jog. It is (3) \_\_\_\_\_ in parks and streets everywhere. Researchers from La Trobe University in Australia say there is no (4) \_\_\_\_\_ stretching improves running performance or decreases the (5) \_\_\_\_\_. The research is in the 'British Journal of Sports Medicine'. They say there is evidence that stretching can help keep ankle, knee and (6) \_\_\_\_\_, but it won't help performance or keep injuries at bay.

Researcher James Alexander (7) \_\_\_\_\_ after talking about stretching with joggers. He is (8) \_\_\_\_\_ and often wondered about the benefits of stretching. He told the Reuters news agency that: "Runners have...beliefs around (9) \_\_\_\_\_... and performance that are in contrast to current research evidence." He said these beliefs (10) \_\_\_\_\_ "ineffective or non-optimal strategies" when training (11) \_\_\_\_\_ or increase performance. He suggested a 5-10-minute session of walking (12) \_\_\_\_\_ as the best warm-up.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1912/191201-stretching-5.html>

Researchers debunked a myth about how important we think stretching before jogging is. Millions of joggers around the world stretch before going for a jog. It is a daily ritual in parks and streets everywhere. Researchers from La Trobe University in Australia say there is no evidence to show stretching improves running performance or decreases the risk of injuries. The research is in the 'British Journal of Sports Medicine'. They say there is evidence that stretching can help keep ankle, knee and hip joints flexible, but it won't help performance or keep injuries at bay. Researcher James Alexander conducted the research after talking about stretching with joggers. He is a avid jogger and often wondered about the benefits of stretching. He told the Reuters news agency that: "Runners have... beliefs around running injury risks... and performance that are in contrast to current research evidence." He said these beliefs make runners follow "ineffective or non-optimal strategies" when training to prevent injuries or increase performance. He suggested a 5-10-minute session of walking or light jogging as the best warm-up.

# STRETCHING SURVEY

From <https://breakingnewsenglish.com/1912/191201-stretching-4.html>

Write five GOOD questions about stretching 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) \_\_\_\_\_

*Stretching may not prevent jogging injuries – 1st December, 2019*  
More free lessons at [breakingnewsenglish.com](http://breakingnewsenglish.com)

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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/1912/191201-stretching-5.html>

Write about **stretching** for 10 minutes. Read and talk about your partner’s paper.

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