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Level 5

Children are as fit as endurance athletes

26th April, 2018

<https://breakingnewsenglish.com/1804/180426-endurance-athletes-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/1804/180426-endurance-athletes-5.html>

Children always seem to have bags of energy and never run out of steam. Researchers found that children have the stamina and levels of recovery of endurance athletes. Children recover from "high-intensity exercise" a lot quicker than athletes. A study looked at the performance levels of children cycling, and compared their fitness to athletes. Dr Sebastien Ratel said: "We found the children used more of their aerobic metabolism and were therefore less tired during the high-intensity physical activities. They also recovered very quickly - even faster than the well-trained adult endurance athletes."

The researchers hope their findings will help scientists understand how the human body changes with age. It could help in the fight against diabetes and other diseases. Dr Ratel warned that children are becoming less active. He said: "With the rise in diseases related to physical inactivity, it is helpful to understand the physiological changes with growth that might contribute to the risk of disease." He said children should keep fit as they grow up and play a lot so they become healthy adults. He said: "Children seem to have the ability to play and play...long after adults have become tired."

Sources: <http://www.newsweek.com/childrens-muscles-recover-faster-exercise-endurance-athletes-new-research-897829>
<https://www.mirror.co.uk/science/children-fit-professional-endurance-athletes-12416828>
<https://www.smh.com.au/lifestyle/health-and-wellness/why-you-re-exhausted-from-running-after-your-kids-and-they-aren-t-20180420-p4zar2.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes-5.html>

PARAGRAPH ONE:

- | | |
|--|-----------------------|
| 1. bags | a. levels of recovery |
| 2. never run | b. faster |
| 3. the stamina and | c. exercise |
| 4. high-intensity | d. metabolism |
| 5. compared their fitness | e. very quickly |
| 6. children used more of their aerobic | f. of energy |
| 7. They also recovered | g. to athletes |
| 8. even | h. out of steam |

PARAGRAPH TWO:

- | | |
|---------------------------------|---------------------------|
| 1. their findings will help | a. becoming less active |
| 2. how the human body | b. against diabetes |
| 3. help in the fight | c. and play |
| 4. children are | d. have become tired |
| 5. the rise in diseases related | e. risk of disease |
| 6. contribute to the | f. scientists understand |
| 7. have the ability to play | g. to physical inactivity |
| 8. long after adults | h. changes with age |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes-5.html>

Children always (1) _____ bags of energy and never run (2) _____. Researchers found that children have the stamina and levels of recovery of endurance athletes. Children recover (3) _____ exercise" a lot quicker than athletes. A study looked at the performance levels of children cycling, and compared (4) _____ athletes. Dr Sebastien Ratel said: "We found the children used more of their aerobic metabolism and were therefore less (5) _____ high-intensity physical activities. They also recovered very quickly - even faster than (6) _____ adult endurance athletes."

The researchers (7) _____ will help scientists understand how the human body changes with age. It could help in the fight (8) _____ other diseases. Dr Ratel warned that children are becoming less active. He said: "With the rise in diseases (9) _____ inactivity, it is helpful to understand the physiological changes with growth that (10) _____ the risk of disease." He said children should (11) _____ they grow up and play a lot so they become healthy adults. He said: "Children seem to have the (12) _____ and play...long after adults have become tired."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes-5.html>

Children always seem to have bags of energy and never run out of steam. Researchers found that children have the stamina and levels of recovery of endurance athletes. Children recover from "high-intensity exercise" a lot quicker than athletes. A study looked at the performance levels of children cycling, and compared their fitness to athletes. Dr Sebastien Ratel said: "We found the children used more of their aerobic metabolism and were therefore less tired during the high-intensity physical activities. They also recovered very quickly - even faster than the well-trained adult endurance athletes." The researchers hope their findings will help scientists understand how the human body changes with age. It could help in the fight against diabetes and other diseases. Dr Ratel warned that children are becoming less active. He said: "With the rise in diseases related to physical inactivity, it is helpful to understand the physiological changes with growth that might contribute to the risk of disease." He said children should keep fit as they grow up and play a lot so they become healthy adults. He said: "Children seem to have the ability to play and play... long after adults have become tired."

ENDURANCE ATHLETES SURVEY

From <https://breakingnewsenglish.com/1804/180426-endurance-athletes-4.html>

Write five GOOD questions about endurance athletes 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) _____

