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Level 4 – 1st December, 2019

Stretching may not prevent jogging injuries

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

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Please try Levels 5 and 6. They are (a little) harder.

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THE READING

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

Researchers believe it is a myth that we must stretch before jogging. Millions of joggers around the world do this. It is a daily ritual in many parks and streets. Researchers 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'. There is evidence that stretching can keep our joints flexible, but it won't help performance or prevent injuries.

A researcher conducted the research after talking about stretching with joggers. He jogs and often wonders about the benefits of stretching. He said: "Runners have...beliefs around running injury risks... and performance that are in contrast to current research evidence." He said runners follow ineffective strategies to prevent injuries or increase performance. He said a 5-10-minute session of walking or light jogging was 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-4.html>

PARAGRAPH ONE:

- | | |
|--------------------------------|---------------------|
| 1. Researchers believe it is a | a. ritual |
| 2. we must stretch | b. of injuries |
| 3. It is a daily | c. injuries |
| 4. stretching improves running | d. myth |
| 5. decreases the risk | e. help performance |
| 6. keep our joints | f. performance |
| 7. it won't | g. before jogging |
| 8. prevent | h. flexible |

PARAGRAPH TWO:

- | | |
|---------------------------|------------------|
| 1. A researcher conducted | a. jogging |
| 2. the benefits | b. research |
| 3. running injury | c. up |
| 4. in contrast to current | d. of stretching |
| 5. prevent | e. session |
| 6. a 5-10-minute | f. risks |
| 7. walking or light | g. the research |
| 8. the best warm- | h. injuries |

LISTEN AND FILL IN THE GAPS

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

Researchers believe it (1) _____ that we must stretch before jogging. Millions (2) _____ the world do this. It is a daily ritual in many (3) _____. Researchers say there is no (4) _____ stretching improves running performance or decreases the (5) _____. The research is in the 'British Journal of Sports Medicine'. There is evidence that stretching can keep our joints flexible, but it won't help performance (6) _____.

A researcher (7) _____ after talking about stretching with joggers. He (8) _____ wonders about the benefits of stretching. He said: "Runners have... (9) _____ injury risks... and performance that are (10) _____ current research evidence." He said runners follow ineffective (11) _____ injuries or increase performance. He said a 5-10-minute session of walking (12) _____ was the best warm-up.

PUT A SLASH (/) WHERE THE SPACES ARE

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

Researchers believe it is a myth that we must stretch before jogging. Millions of joggers around the world do this. It is a daily ritual in many parks and streets. Researchers 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'. There is evidence that stretching can keep your joints flexible, but it won't help performance or prevent injuries. A researcher conducted the research after talking about stretching with joggers. He jogs and often wonders about the benefits of stretching. He said: "Runners have...beliefs around running injury risks...and performance that are in contrast to current research evidence." He said runners follow ineffective strategies to prevent injuries or increase performance. He said a 5-10-minute session of walking or light jogging was 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) _____

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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) _____

