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## Level 4

### Children are as fit as endurance athletes

26th April, 2018

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

Children always have bags of energy and never run out of steam. Researchers said children are as fit as endurance athletes. Children recover from "high-intensity exercise" a lot quicker than athletes. Researchers compared the performance levels of children cycling to athletes cycling. They found the children used more of their aerobic metabolism and so were less tired during high-intensity physical exercise. The children recovered faster than the athletes."

The researchers' findings could help us understand how our body changes with age. It could help fight many diseases. A researcher said children were becoming less active and there was a rise in diseases related to this physical inactivity. Understanding the changes in our body as we grow might reduce disease. Children should play a lot and keep fit as they grow up so they become healthy adults. Children 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-4.html>

## PARAGRAPH ONE:

- |                              |                       |
|------------------------------|-----------------------|
| 1. Children always have bags | a. levels of children |
| 2. never run                 | b. intensity exercise |
| 3. children are as fit as    | c. faster             |
| 4. high-                     | d. out of steam       |
| 5. the performance           | e. tired              |
| 6. aerobic                   | f. of energy          |
| 7. and so were less          | g. metabolism         |
| 8. The children recovered    | h. endurance athletes |

## PARAGRAPH TWO:

- |                                    |                       |
|------------------------------------|-----------------------|
| 1. The researchers' findings could | a. they grow up       |
| 2. how our body changes            | b. diseases           |
| 3. It could help fight many        | c. in diseases        |
| 4. children were becoming          | d. inactivity         |
| 5. there was a rise                | e. help us understand |
| 6. related to this physical        | f. have become tired  |
| 7. keep fit as                     | g. with age           |
| 8. long after adults               | h. less active        |

# LISTEN AND FILL IN THE GAPS

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

Children always have (1) \_\_\_\_\_ and never run out of steam. Researchers said children (2) \_\_\_\_\_ as endurance athletes. Children recover from "high-intensity exercise" (3) \_\_\_\_\_ than athletes. Researchers compared the performance levels of children cycling (4) \_\_\_\_\_. They found the children used more of their aerobic metabolism and so (5) \_\_\_\_\_ during high-intensity physical exercise. The children (6) \_\_\_\_\_ the athletes."

The researchers' (7) \_\_\_\_\_ us understand how our body changes with age. It could (8) \_\_\_\_\_ diseases. A researcher said children were becoming less active and there (9) \_\_\_\_\_ in diseases related to this physical inactivity. Understanding the changes in our body (10) \_\_\_\_\_ might reduce disease. Children should play a lot and keep fit as they (11) \_\_\_\_\_ they become healthy adults. Children play (12) \_\_\_\_\_ have become tired.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

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

Children always have bags of energy and never run out of steam. Researchers said children are as fit as endurance athletes. Children recover from "high-intensity exercise" a lot quicker than athletes. Researchers compared the performance levels of children cycling to athletes cycling. They found the children used more of their aerobic metabolism and so were less tired during high-intensity physical exercise. The children recovered faster than the athletes. "The researchers' findings could help us understand how our body changes with age. It could help fight many diseases. As researchers said children were becoming less active and there was a rise in diseases related to this physical inactivity. Understanding the changes in our body as we grow might reduce disease. Children should play a lot and keep fit as they grow up so they become healthy adults. Children 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) \_\_\_\_\_

*Children are as fit as endurance athletes – 26th April, 2018*  
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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) \_\_\_\_\_

