

Children are as fit as endurance athletes

26th April, 2018



Have you ever wondered why children always seem to have bags of energy and never run out of steam? Researchers have discovered that children have the stamina and levels of recovery of endurance athletes. In fact, scientists say children's muscles

recover from "high-intensity exercise" a lot quicker than athletes. A study looked at the performance levels of children when they were cycling, and compared their fitness to that of athletes. Researcher 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 that their findings will help scientists better understand how the human body changes with age. It could lead to advances in the fight against diabetes and other diseases. Dr Ratel said the research was particularly important as more children were become less active. He warned: "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 added that children should maintain their fitness as they grow up and play as much as they could so they remain healthy as adults. He said: "Children seem to have the ability to play and play and play, long after adults have become tired."

Sources: newsweek.com / mirror.co.uk / smh.au

Writing

How can we get children to exercise more and use digital technology less?

Chat

Talk about these words from the article.

bags of energy / run out of steam / stamina / athletes / fitness / metabolism / adult / findings / age / diabetes / disease / important / physiological / fitness / healthy / play

True / False

- a) The article asked us about children running out or steam (or not). T / F
- b) Children's muscles recover from high-intensity exercise quickly. T / F
- c) The researchers found that children were faster than adults at cycling. T / F
- d) Children use their aerobic metabolism more than adults do. T / F
- e) The researchers said the study will help slow down the ageing process. T / F
- f) A researcher said the research will mean an end to diabetes. T / F
- g) A researcher said adults should pretend to be children and play a lot. T / F
- h) Children can play for a long time after adults get tired. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|-----------------------|------------------|
| 1. wondered | a. cautioned |
| 2. stamina | b. athleticism |
| 3. performance | c. recuperated |
| 4. fitness | d. preserve |
| 5. recovered | e. staying power |
| 6. age | f. maturity |
| 7. advances | g. thought |
| 8. warned | h. worn out |
| 9. maintain | i. functioning |
| 10. tired | j. progress |

Discussion – Student A

- a) When do you have bags of energy?
- b) When do you run out of steam?
- c) How would you describe your levels of stamina?
- d) Would you like to have the energy of a child?
- e) What kind of shape are your muscles in?
- f) What do (or should) you do about your fitness?
- g) What would it be like to be an endurance athlete?
- h) What physical activities do you like and dislike?

BreakingNewsEnglish - The Mini Lesson

Phrase Match

- | | |
|---|------------------------|
| 1. children always seem to have bags | a. changes with age |
| 2. recover from "high-intensity exercise" | b. metabolism |
| 3. the performance levels | c. have become tired |
| 4. children used more of their aerobic | d. of energy |
| 5. less tired during the high-intensity | e. inactivity |
| 6. better understand how the human body | f. a lot quicker |
| 7. It could lead to advances in the fight | g. of disease |
| 8. the rise in diseases related to physical | h. physical activities |
| 9. contribute to the risk | i. against diabetes |
| 10. long after adults | j. of children |

Discussion – Student B

- What do you think about what you read?
- How well do you understand the human body?
- How much of the human body do scientists understand?
- What are the dangers of children becoming less active?
- What physiological changes take place as we age?
- What endurance sport would you like to be good at?
- Do you have the energy to keep up with children?
- What questions would you like to ask the researchers?

Spelling

- children have the asimtna
- children's uscmels recover
- looked at the rrfpeamonce levels
- used more of their raboeic metabolism
- high-tnensitiy physical activities
- They also vcorerreed very quickly
- help nietcsists better understand
- advances in the fight against ibdteaes
- the research was luitpararcly important
- lshopgoyiiacl changes
- rntioubcte to the risk of disease
- maintain their tfeniss

Answers – Synonym Match

1. g	2. e	3. i	4. b	5. c
6. f	7. j	8. a	9. d	10. h

Role Play

Role A – Sport

You think sport is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): working, children or English.

Role B – Working

You think working is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): sport, children or English.

Role C – Children

You think children is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): working, sport or English.

Role D – English

You think English is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): working, children or sport.

Speaking – Run out of steam

Rank these with your partner. Put the things that make you run out of steam quickest at the top. Change partners often and share your rankings.

- | | |
|-------------------------|---------------|
| • playing with children | • sports |
| • no food | • working |
| • lack of sleep | • hiking |
| • studying English | • being bored |

Answers – True False

a	T	b	T	c	F	d	T	e	F	f	F	g	F	h	T
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Answers to Phrase Match and Spelling are in the text.