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Level 3 – 26th June, 2019

Team sport training best for all-round fitness

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

<https://breakingnewsenglish.com/1906/190626-team-sports.html>

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Please try Levels 0, 1 and 2 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

Researchers from a university in Manchester in the UK have said that training as part of a sports team is the best way to improve all-round fitness. The researchers said team sport players are as good at endurance and have as much stamina as long-distance runners, and are as strong as bodybuilders. This is because of the different types of exercise team players do. The researchers said the key to all-round fitness is to combine building your strength with combining your endurance and stamina. The research team said cycling, running or swimming was best for all-round fitness. It also said energetically doing housework and climbing stairs was a good alternative to going to the gym.

The study looked at 228 athletes aged 17 to 37 who studied at the Lithuanian Sports University. There were 87 endurance athletes, such as cyclists, skiers and long-distance runners, 77 power athletes, such as sprinters and bodybuilders, and 64 team athletes who played basketball, football and volleyball. The researchers tested athletes on their muscle power and their ability to jump from a standing position. Researchers also tested the athletes' oxygen use during hard exercise to measure aerobic endurance. Professor Hans Degens said his study showed that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players have the best of both worlds.

Sources: <https://www.bbc.com/news/health-48711579>
<https://road.cc/content/news/262666-team-sport-players-training-sees-them-get-benefits-both-endurance-and-power>
<https://www.themaynepress.com/2019/06/23/top-power-and-endurance-training-key-to-all-round-fitness/>

WARM-UPS

1. TEAM SPORTS: Students walk around the class and talk to other students about team sports. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

researchers / university / training / sports team / fitness / bodybuilder / strength / endurance / athletes / muscle power / ability / measure / aerobic / beneficial / worlds

Have a chat about the topics you liked. Change topics and partners frequently.

3. STAMINA: Students A **strongly** believe stamina is more important than strength; Students B **strongly** believe strength is more important than stamina. Change partners again and talk about your conversations.

4. FITNESS: How beneficial are these things to fitness? How much do you like them? Why? Complete this table with your partner(s). Change partners often and share what you wrote.

	Benefits	How much you like this	Why
Hiking			
Housework			
The gym			
Swimming			
Cycling			
Shopping			

5. TEAM: Spend one minute writing down all of the different words you associate with the word "team". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. SPORTS: Rank these with your partner. Put the best sports at the top. Change partners often and share your rankings.

- football
- cycling
- tennis
- athletics
- basketball
- Formula 1
- golf
- skiing

VOCABULARY MATCHING

Paragraph 1

- | | |
|----------------|--|
| 1. researcher | a. The ability to do physical activity for very, very, very long periods of time. |
| 2. improve | b. A person who carries out academic or scientific studies. |
| 3. endurance | c. The power to continue through an unpleasant or difficult process or situation without stopping. |
| 4. stamina | d. Join things together. |
| 5. key | e. A possible choice for another thing. |
| 6. combine | f. Make things / something / someone better. |
| 7. alternative | g. Really, really important. |

Paragraph 2

- | | |
|----------------|---|
| 8. sprinter | h. Find out the size, length, weight, etc. of something. |
| 9. muscle | i. Favorable or advantageous; good for you. |
| 10. position | j. Exercise that improves the body's heart and cardiovascular system. |
| 11. measure | k. A way in which someone or something is placed or arranged. |
| 12. oxygen | l. A gas we need to breathe; O ₂ . |
| 13. aerobic | m. An athlete who races over short distances. |
| 14. beneficial | n. The parts of your body you can make bigger to give you more power. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. A university said individual sports are best for all-round fitness. **T / F**
- b. Researchers said team sport players have stamina and strength. **T / F**
- c. Researchers say cycling is very good for all-round fitness. **T / F**
- d. A researcher said doing the housework is a good form of exercise. **T / F**
- e. Researchers looked at over 200 different athletes. **T / F**
- f. Researchers checked how well athletes could jump from a great height. **T / F**
- g. Researchers tested the oxygen in the air athletes trained in. **T / F**
- h. A researcher said team players live in two different worlds. **T / F**

2. SYNONYM MATCH: (The words in **bold** are from the news article.)

- | | |
|-----------------------|---------------|
| 1. improve | a. mix |
| 2. strong | b. exercise |
| 3. key | c. research |
| 4. combine | d. powerful |
| 5. alternative | e. calculate |
| 6. study | f. helpful |
| 7. tested | g. better |
| 8. measure | h. examined |
| 9. training | i. answer |
| 10. beneficial | j. substitute |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|-------------------------------------|------------------------------|
| 1. the best way to | a. to all-round fitness |
| 2. have as much stamina | b. endurance |
| 3. the key | c. doing housework |
| 4. energetically | d. aged 17 to 37 |
| 5. a good alternative to | e. a standing position |
| 6. The study looked at 228 athletes | f. improve all-round fitness |
| 7. muscle | g. best of both worlds |
| 8. their ability to jump from | h. as long-distance runners |
| 9. measure aerobic | i. going to the gym |
| 10. team players have the | j. power |

GAP FILL

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

Researchers from a university in Manchester in the UK have said that training as (1) _____ of a sports team is the best way to improve all-round (2) _____. The researchers said team sport players are as good at endurance and have as much (3) _____ as long-distance runners, and are as (4) _____ as bodybuilders. This is because of the different (5) _____ of exercise team players do. The researchers said the key to all-round fitness is to (6) _____ building your strength with combining your endurance and stamina. The research team said cycling, running or swimming was (7) _____ for all-round fitness. It also said energetically doing housework and climbing stairs was a good (8) _____ to going to the gym.

strong
combine
fitness
alternative
part
best
stamina
types

The study looked at 228 (9) _____ aged 17 to 37 who studied at the Lithuanian Sports University. There were 87 (10) _____ athletes, such as cyclists, skiers and long-distance (11) _____, 77 power athletes, such as sprinters and bodybuilders, and 64 team athletes who played basketball, football and volleyball. The researchers tested athletes on their (12) _____ power and their ability to jump from a (13) _____ position. Researchers also tested the athletes' oxygen use (14) _____ hard exercise to measure aerobic endurance. Professor Hans Degens said his study showed that "endurance training for power athletes and power training for endurance athletes" was (15) _____. He said team players have the best of both (16) _____.

endurance
standing
athletes
worlds
muscle
beneficial
runners
during

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

- 1) part of a sports team is the best way to improve _____
 - a. all-round fit nest
 - b. all-around fitness
 - c. all-round finesse
 - d. all-round fitness
- 2) good at endurance and have as much stamina as long- _____
 - a. distances runners
 - b. distance runner
 - c. distances runner
 - d. distance runners
- 3) The researchers said the key to all-round fitness is to combine _____
 - a. build in your strength
 - b. build din your strength
 - c. bill din your strength
 - d. building your strength
- 4) strength with combining your endurance _____
 - a. and stamina
 - b. end stamina
 - c. and stem in a
 - d. and stem inner
- 5) energetically doing housework and climbing stairs was _____
 - a. a goodly alternatively
 - b. a good alternative
 - c. a goodness alternative
 - d. a good alternatively
- 6) The study looked at 228 athletes _____
 - a. ages 17 to 37
 - b. age 17 to 37
 - c. ageing 17 to 37
 - d. aged 17 to 37
- 7) There were 87 endurance athletes, such as _____ ...
 - a. cyclist, skiers and
 - b. cyclists, skiers and
 - c. cyclists, skier and
 - d. cyclist, skier and
- 8) tested athletes on their muscle power and their ability to jump from _____
 - a. a stand in position
 - b. a standing position
 - c. a standing positions
 - d. the standing position
- 9) the athletes' oxygen use during hard exercise to measure _____
 - a. aerobic endurance
 - b. aerobic endure ants
 - c. aerobic endure rants
 - d. aerobic end your rants
- 10) training for power athletes and power training for endurance athletes _____
 - a. was benefits all
 - b. was beneficially
 - c. was beneficial
 - d. was been a fish all

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

Researchers from a university in Manchester in the UK have said that training (1) _____ a sports team is the best way to improve all-round fitness. The researchers said team sport players are as good at endurance and have (2) _____ as long-distance runners, and are as strong as bodybuilders. This is because of the different types of exercise team players do. The researchers said (3) _____ all-round fitness (4) _____ building your strength with combining your (5) _____. The research team said cycling, running or swimming was best for all-round fitness. It also said energetically doing housework and climbing stairs was (6) _____ to going to the gym.

The study looked at 228 athletes (7) _____ 37 who studied at the Lithuanian Sports University. There were 87 endurance athletes, such (8) _____ and long-distance runners, 77 power athletes, such as sprinters and bodybuilders, and 64 (9) _____ played basketball, football and volleyball. The researchers tested athletes on their muscle power and their (10) _____ from a standing position. Researchers also tested the athletes' (11) _____ hard exercise to measure aerobic endurance. Professor Hans Degens said his study showed that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players have the best (12) _____.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

1. From which city is the university at which this research was done?
2. Who did researchers say team sport players have the endurance of?
3. What should athletes combine with endurance and stamina for fitness?
4. What sports besides running and swimming did researchers suggest?
5. What thing did researchers suggest was good to climb for fitness?
6. How old were the athletes that researchers looked at?
7. How many power athletes did the researchers look at?
8. What ability in the athletes did the researchers test?
9. What did researchers test the athletes' use of?
10. What did the researchers say team players had the best of?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

- 1) From which city is the university at which this research was done?
 - a) London
 - b) Manchester
 - c) Boston
 - d) New York
- 2) Who did researchers say team sport players have the endurance of?
 - a) Tour de France cyclists
 - b) tri-athletes
 - c) weight lifters
 - d) long-distance runners
- 3) What should athletes combine with endurance and stamina for fitness?
 - a) strength
 - b) diet
 - c) agility
 - d) speed
- 4) What sports besides running and swimming did researchers suggest?
 - a) rugby
 - b) golf
 - c) cycling
 - d) walking
- 5) What thing did researchers suggest was good to climb for fitness?
 - a) mountains
 - b) stairs
 - c) new heights
 - d) tall buildings
- 6) How old were the athletes that researchers looked at?
 - a) 17 to 64
 - b) 17 to 87
 - c) 17 to 37
 - d) 17 to 30
- 7) How many power athletes did the researchers look at?
 - a) 64
 - b) 87
 - c) 37
 - d) 77
- 8) What ability in the athletes did the researchers test?
 - a) the ability to jump
 - b) the ability to sprint
 - c) the ability to lift weights
 - d) swimming ability
- 9) What did researchers test the athletes' use of?
 - a) oxygen
 - b) weights
 - c) gyms
 - d) their feet
- 10) What did the researchers say team players had the best of?
 - a) sport
 - b) both worlds
 - c) equipment
 - d) everything

ROLE PLAY

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

Role A – Football

You think football is the best sport. Tell the others three reasons why. Tell them what is wrong with their sport. Also, tell the others which is the most boring of these (and why): cycling, golf or Formula 1.

Role B – Cycling

You think cycling is the best sport. Tell the others three reasons why. Tell them what is wrong with their sport. Also, tell the others which is the most boring of these (and why): football, golf or Formula 1.

Role C – Golf

You think golf is the best sport. Tell the others three reasons why. Tell them what is wrong with their sport. Also, tell the others which is the most boring of these (and why): cycling, football or Formula 1.

Role D – Formula 1

You think Formula 1 is the best sport. Tell the others three reasons why. Tell them what is wrong with their sport. Also, tell the others which is the most boring of these (and why): cycling, golf or football.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'team' and 'sport'.

team	sport

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

<ul style="list-style-type: none">• part• improve• strong• types• key• stairs	<ul style="list-style-type: none">• 37• 87• tested• use• showed• both
--	--

TEAM SPORTS SURVEY

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

Write five GOOD questions about team sports 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.

TEAM SPORTS DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'team'?
3. What team sports do you like to play?
4. What team sports do you like to watch?
5. How good is your all-round fitness?
6. What do you do to improve your fitness?
7. Do you prefer individual or team sports?
8. Why might team players do more types of exercises?
9. How good is doing housework for all-round fitness?
10. What activities are a good alternative to the gym?

Team sport training best for all-round fitness – 26th June, 2019
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TEAM SPORTS DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'sport'?
13. What do you think about what you read?
14. What team sports do you dislike?
15. How much stamina do you have?
16. Would you prefer long-distance cycling, swimming or running?
17. How much do you like exercise?
18. Who is your favourite sports star?
19. What is your favourite sports team?
20. What questions would you like to ask the researchers?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

Researchers from a university in Manchester in the UK have said that training (1) _____ part of a sports team is the best way to (2) _____ all-round fitness. The researchers said team sport players are as good at endurance and have as much stamina as long-distance runners, and are as (3) _____ as bodybuilders. This is because of the different types of exercise team players do. The researchers said the (4) _____ to all-round fitness is to combine building your strength with combining your endurance and stamina. The research team said cycling, running or swimming was best (5) _____ all-round fitness. It also said energetically doing housework and climbing stairs was a good (6) _____ to going to the gym.

The study looked at 228 athletes (7) _____ 17 to 37 who studied at the Lithuanian Sports University. There were 87 endurance athletes, such as cyclists, skiers and long-distance runners, 77 power athletes, (8) _____ as sprinters and bodybuilders, and 64 team athletes who played basketball, football and volleyball. The researchers tested athletes (9) _____ their muscle power and their ability to jump from a standing position. Researchers also tested the athletes' oxygen (10) _____ during hard exercise to measure aerobic endurance. Professor Hans Degens said his study (11) _____ that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players have the best of both (12) _____.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|-----------------|---------------|-----------------|----------------|
| 1. | (a) was | (b) has | (c) past | (d) as |
| 2. | (a) improvise | (b) improves | (c) improvement | (d) improve |
| 3. | (a) strength | (b) strong | (c) strongly | (d) strongish |
| 4. | (a) lock | (b) padlock | (c) key | (d) solve |
| 5. | (a) of | (b) at | (c) for | (d) to |
| 6. | (a) alternative | (b) alternate | (c) alter | (d) alternator |
| 7. | (a) age | (b) aged | (c) ageing | (d) ageless |
| 8. | (a) such | (b) much | (c) touch | (d) pouch |
| 9. | (a) at | (b) on | (c) off | (d) up |
| 10. | (a) abuse | (b) misuse | (c) use | (d) user |
| 11. | (a) showing | (b) shower | (c) showed | (d) show |
| 12. | (a) wards | (b) words | (c) wields | (d) worlds |

SPELLING

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

Paragraph 1

1. the best way to ipemrvo all-round fitness
2. sport players are as good at audcerenn
3. have as much anaismt
4. long-nitacsed runners
5. Ineigeyrtaelc doing housework
6. a good eitlvnaarte to going to the gym

Paragraph 2

7. athletes such as citysscl
8. their mesucl power
9. jump from a standing tsioiopn
10. tested the athletes' xygeno use
11. during hard exercise to usmraee
12. was lefcabeiin

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

Number these lines in the correct order.

- () because of the different types of exercise team players do. The researchers said the key to all-
- () way to improve all-round fitness. The researchers said team sport players are as good
- () oxygen use during hard exercise to measure aerobic endurance. Professor Hans Degens
- () doing housework and climbing stairs was a good alternative to going to the gym.
- () and stamina. The research team said cycling, running or swimming was best for all-round fitness. It also said energetically
- () power and their ability to jump from a standing position. Researchers also tested the athletes'
- (**1**) Researchers from a university in Manchester in the UK have said that training as part of a sports team is the best
- () The study looked at 228 athletes aged 17 to 37 who studied at the Lithuanian Sports University. There were 87
- () bodybuilders, and 64 team athletes who played basketball, football and volleyball. The researchers tested athletes on their muscle
- () said his study showed that "endurance training for power athletes and power training
- () for endurance athletes" was beneficial. He said team players have the best of both worlds.
- () endurance athletes, such as cyclists, skiers and long-distance runners, 77 power athletes, such as sprinters and
- () round fitness is to combine building your strength with combining your endurance
- () at endurance and have as much stamina as long-distance runners, and are as strong as bodybuilders. This is

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

1. sports team . part Training a of as
2. best way to fitness . The all-round improve
3. of types of exercise . is This because the
4. all-round was fitness . for Swimming best
5. alternative A going good gym . to to the
6. at athletes 17 to 37 study . aged The looked
7. from to jump standing Their ability a position .
8. oxygen Researchers the tested also use . athletes'
9. endurance Power for was beneficial . athletes training
10. players best both have Team worlds . the of

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

Researchers from a university in Manchester in the UK have said that training *was / as* part of a sports team is the best way to *improve / improvement* all-round fitness. The researchers said team sport players are as good at *endure / endurance* and have as much stamina *as / has* long-distance *runs / runners*, and are as strong as bodybuilders. This is because of the different *types / typical* of exercise team players do. The researchers said the *key / lock* to all-round fitness is to combine building your strength with *combining / combing* your endurance and stamina. The research team said cycling, running or swimming was *best / beset* for all-round fitness. It also said energetically doing housework and climbing stairs was a good *alternatively / alternative* to going to the gym.

The study looked at 228 *athletics / athletes* aged 17 to 37 who studied at the Lithuanian Sports University. There were 87 endurance athletes, such as cyclists, *skis / skiers* and long-distance runners, 77 power athletes, such as *sprinters / sprints* and bodybuilders, and 64 team athletes who played basketball, football and volleyball. The researchers *testing / tested* athletes on their muscle power and their *able / ability* to jump from a *standing / stood* position. Researchers also tested the athletes' oxygen *use / breath* during hard exercise to *measure / measurement* aerobic endurance. Professor Hans Degens said his study showed that "endurance training for power athletes *and / also* power training for endurance athletes" was beneficial. He said team players have the best of both *words / worlds*.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

R_s__ r c h_r s f r_m _ _ n_v_r s_t y _n M_n c h_s t_r
n t h U K h_v_ s__ d t h_ t r__ n_n g _s p_r t
_f _ s p_r t s t__ m _s t h_ b_s t w_y t_ _m p_r_v_
_l l - r__ n d f_t n_s s . T h_ r_s__ r c h_r s s__ d
t__ m s p_r t p l_y_r s _r_ s g__ d _t _n d_r_n c_ _n
d h_v_ s m_c h s t_m_n_ s l_n g - d_s t_n c_ r_n
n_r s , _n d _r_ s s t_r_n g _s b_d y b__ l d_r s . T
h_s _s b_c__ s _f t h_ d_f f_r_n t t y p_s _f _x_r
c_s_ t__ m p l_y_r s d_ . T h_ r_s__ r c h_r s s__ d
t h_ k_y t_ _l l - r__ n d f_t n_s s _s t_ c_m b_n_
b__ l d_n g y__ r s t_r_n g t h w_t h c_m b_n_n g
y__ r _n d_r_n c_ _n d s t_m_n_ . T h_ r_s__ r c h t__
m s__ d c y c l_n g , r_n n_n g _r s w_m m_n g w_s
b_s t f_r _l l - r__ n d f_t n_s s . I t _l s_ s__ d _n_r
g_t_c_l l y d__ n g h__ s_w_r k _n d c_l_m b_n g s
t__ r_s w_s _ g__ d _l t_r_n t_v_ t_ g__ n g t_ t h_
g y m .

T h_ s t_d y l__ k_d _t 2 2 8 _t h l_t_s _g_d 1 7 t_
3 7 w h_ s t_d__ d _t t h_ L_t h__ n__ n S p_r t s U
n_v_r s_t y . T h_r_ w_r_ 8 7 _n d_r_n c_ _t h l_t_s ,
s_c h _s c y c l_s t_s , s k__ r_s _n d l_n g - d_s t_n c_
r_n n_r s , 7 7 p_w_r _t h l_t_s , s_c h _s s p_r_n t_r
s _n d b_d y b__ l d_r s , _n d 6 4 t__ m _t h l_t_s
w h_ p l_y_d b_s k_t b_l l , f__ t b_l l _n d v_l l_y b_l
l . T h_ r_s__ r c h_r s t_s t_d _t h l_t_s _n t h__ r
m_s c l_ p_w_r _n d t h__ r _b_l_t y t_ j_m p f_r_m
_ s t_n d_n g p_s t__ n . R_s__ r c h_r s _l s_ t_s t_d
t h_ _t h l_t_s ' _x y g_n _s_ d_r_n g h_r d _x_r c_s_
t_ m__ s_r_ __ r_b_c _n d_r_n c_ . P_r_f_s s_r H_n s
D_g_n s s__ d h_s s t_d y s h_w_d t h_ t " _n d_r_n
c_ t_r__ n_n g f_r p_w_r _t h l_t_s _n d p_w_r t_r__
n_n g f_r _n d_r_n c_ _t h l_t_s " w_s b_n_f_c__ l .
H_ s__ d t__ m p l_y_r s h_v_ t h_ b_s t _f b_t h
w_r l d s .

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

researchers from a university in manchester in the uk have said that training as part of a sports team is the best way to improve allround fitness the researchers said team sport players are as good at endurance and have as much stamina as longdistance runners and are as strong as bodybuilders this is because of the different types of exercise team players do the researchers said the key to allround fitness is to combine building your strength with combining your endurance and stamina the research team said cycling running or swimming was best for allround fitness it also said energetically doing housework and climbing stairs was a good alternative to going to the gym

the study looked at 228 athletes aged 17 to 37 who studied at the lithuanian sports university there were 87 endurance athletes such as cyclists skiers and longdistance runners 77 power athletes such as sprinters and bodybuilders and 64 team athletes who played basketball football and volleyball the researchers tested athletes on their muscle power and their ability to jump from a standing position researchers also tested the athletes oxygen use during hard exercise to measure aerobic endurance professor hans degens said his study showed that endurance training for power athletes and power training for endurance athletes was beneficial he said team players have the best of both worlds

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1906/190626-team-sports.html>

Researchers from a university in Manchester in the UK have said that training as part of a sport team is the best way to improve all-round fitness. The researchers said team sport players are as good at endurance and have as much stamina as long-distance runners, and are as strong as bodybuilders. This is because of the different types of exercise team players do. The researchers said the key to all-round fitness is to combine building your strength with combining your endurance and stamina. The research teams said cycling, running or swimming was best for all-round fitness. It also said energetically doing housework and climbing stairs was a good alternative to going to the gym. The study looked at 228 athletes aged 17 to 37 who studied at the Lithuanian Sports University. There were 87 endurance athletes, such as cyclists, skiers and long-distance runners, 77 power athletes, such as sprinters and bodybuilders, and 64 team athletes who played basketball, football and volleyball. The researcher tested the athletes on their muscle power and their ability to jump from a standing position. Researchers also tested the athletes' oxygen used during hard exercise to measure aerobic endurance. Professor Hans Degens said his study showed that "endurance training for power athletes and power training for endurance athletes" was beneficial. He said team players have the best of both worlds.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. FITNESS: Make a poster about fitness. Show your work to your classmates in the next lesson. Did you all have similar things?

4. TEAM SPORTS: Write a magazine article about team sports being better than individual sports. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on team sports. Ask him/her three questions about team sports. Give him/her three of your ideas on fitness. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. b 2. f 3. c 4. a 5. g 6. d 7. e
8. m 9. n 10. k 11. h 12. l 13. j 14. i

TRUE / FALSE (p.5)

- a F b T c T d T e T f F g F h F

SYNONYM MATCH (p.5)

- | | |
|----------------|---------------|
| 1. improve | a. better |
| 2. strong | b. powerful |
| 3. key | c. answer |
| 4. combine | d. mix |
| 5. alternative | e. substitute |
| 6. study | f. research |
| 7. tested | g. examined |
| 8. measure | h. calculate |
| 9. training | i. exercise |
| 10. beneficial | j. helpful |

COMPREHENSION QUESTIONS (p.9)

1. Manchester
2. Long-distance runners
3. Strength
4. Cycling
5. Stairs
6. 17 to 37
7. 77
8. Their ability to jump
9. Oxygen
10. Both worlds

WORDS IN THE RIGHT ORDER (p.20)

1. Training as part of a sports team.
2. The best way to improve all-round fitness.
3. This is because of the types of exercise.
4. Swimming was best for all-round fitness.
5. A good alternative to going to the gym.
6. The study looked at athletes aged 17 to 37.
7. Their ability to jump from a standing position.
8. Researchers also tested the athletes' oxygen use.
9. Power training for endurance athletes was beneficial.
10. Team players have the best of both worlds.

MULTIPLE CHOICE - QUIZ (p.10)

1. b 2. d 3. a 4. c 5. b 6. c 7. d 8. a 9. a 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)