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**Level 0 – 31st October 2024**

## **Standing on one leg can tell us about our age**

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

<https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-0.html>

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**Please try Levels 1, 2 and 3. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-0.html>

Scientists have found we can measure someone's age by getting them to stand on one leg. This shows how well a person can balance, and balance is more difficult as we get older. Balance needs input from vision, hearing and other senses. Good balance means we have a better quality of life.

Researchers tested the balance of people over the age of 50. Each person had to balance for 30 seconds. They did this with their eyes both closed and open. People who stood on their weaker leg showed more about ageing. Researchers said balance was a sign of health. It showed how the body's systems work well together.

Sources: <https://scitechdaily.com/how-long-can-you-stand-on-one-leg-according-to-the-mayo-clinic-it-could-reveal-your-true-age/>  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0310764>  
<https://edition.cnn.com/2024/10/23/health/balance-one-leg-old-age-wellness/index.html>

# PHRASE MATCHING

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-0.html>

## PARAGRAPH ONE:

- |                          |                     |
|--------------------------|---------------------|
| 1. we can measure        | a. of life          |
| 2. getting them to       | b. we get older     |
| 3. This shows how        | c. balance          |
| 4. a person can          | d. other senses     |
| 5. more difficult as     | e. well             |
| 6. Balance needs input   | f. stand on one leg |
| 7. hearing and           | g. from vision      |
| 8. have a better quality | h. someone's age    |

## PARAGRAPH TWO:

- |                               |                        |
|-------------------------------|------------------------|
| 1. Researchers tested         | a. open                |
| 2. people over the            | b. for 30 seconds      |
| 3. Each person had to balance | c. well together       |
| 4. They did this with their   | d. age of 50           |
| 5. both closed and            | e. of health           |
| 6. People who stood           | f. the balance         |
| 7. balance was a sign         | g. on their weaker leg |
| 8. the body's systems work    | h. eyes                |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-0.html>

Scientists (1) \_\_\_\_\_ can measure someone's age by (2) \_\_\_\_\_ stand on one leg. This shows how (3) \_\_\_\_\_ can balance, and balance is more difficult (4) \_\_\_\_\_ older. Balance needs input from vision, (5) \_\_\_\_\_ senses. Good balance means we have a better (6) \_\_\_\_\_.

Researchers (7) \_\_\_\_\_ of people over the age of 50. (8) \_\_\_\_\_ to balance for 30 seconds. They did this with (9) \_\_\_\_\_ closed and open. People who stood (10) \_\_\_\_\_ leg showed more about ageing. Researchers said balance was a (11) \_\_\_\_\_. It showed how the (12) \_\_\_\_\_ well together.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-0.html>

Scientists have found we can measure someone's age by getting them to stand on one leg. This shows how well a person can balance, and balance is more difficult as we get older. Balance needs input from vision, hearing and other senses. Good balance means we have a better quality of life. Researchers tested the balance of people over the age of 50. Each person had to balance for 30 seconds. They did this with their eyes both closed and open. People who stood on their weaker leg showed more about ageing. Researchers said balance was a sign of health. It showed how the body's systems work well together.

# STANDING ON ONE LEG SURVEY

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-0.html>

Write five GOOD questions about standing on one leg 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) \_\_\_\_\_

*Standing on one leg can tell us about our age – 31st October 2024*  
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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) \_\_\_\_\_

