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Level 2 – 31st October 2024

Standing on one leg can tell us about our age

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<https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-2.html>

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Please try Levels 0, 1 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-2.html>

We can count the number of rings on a tree to find its age. Scientists have now found we can measure the age of people by getting them to stand on one leg. Dr Kenton Kaufman said standing on one leg shows how well a person can balance, and balance becomes more difficult as we age. He said balance was important because, "it requires input from vision, the [hearing] system, and the [senses]". He added: "Good balance provides the ability to carry out activities of daily living without the fear of falling, and this leads to improved quality of life and healthy ageing."

Researchers tested forty people over the age of 50. They did tests for walking and balance. Each participant had to balance on their dominant and non-dominant leg for 30 seconds. They did this with their eyes closed, and with their eyes open. Kaufman found that standing on the non-dominant leg showed the highest rate of decline with age. The rate for the non-dominant leg was half a second higher per decade. Kaufman concluded: "Standing on one leg is a good measure of your overall health because balance reflects how the body's systems are working 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-2.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|-------------------|
| 1. count the number of rings | a. out activities |
| 2. we can measure the | b. as we age |
| 3. it requires input | c. of life |
| 4. how well a person | d. of falling |
| 5. balance becomes more difficult | e. from vision |
| 6. the ability to carry | f. on a tree |
| 7. without the fear | g. can balance |
| 8. this leads to improved quality | h. age of people |

PARAGRAPH TWO:

- | | |
|-------------------------------|----------------------|
| 1. Each participant | a. of decline |
| 2. They did this with their | b. health |
| 3. the highest rate | c. higher per decade |
| 4. The rate for the non- | d. working together |
| 5. half a second | e. eyes closed |
| 6. Standing on one leg is a | f. dominant leg |
| 7. your overall | g. had to balance |
| 8. how the body's systems are | h. good measure |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-2.html>

We can count the (1) _____ on a tree to find its age. Scientists have now found we can (2) _____ of people by getting them to stand on one leg. Dr Kenton Kaufman said standing on one leg shows (3) _____ person can balance, and balance becomes more difficult as we age. He said balance was important because, "it (4) _____ vision, the [hearing] system, and the [senses]". He added: "Good balance provides the (5) _____ out activities of daily living without the fear of falling, and this leads to improved (6) _____ and healthy ageing."

Researchers tested (7) _____ the age of 50. They did tests for walking and balance. Each participant had to balance (8) _____ and non-dominant leg for 30 seconds. They did this with their eyes closed, and with (9) _____. Kaufman found that standing on the non-dominant leg showed the highest rate of (10) _____. The rate for the non-dominant leg was half a second higher per decade. Kaufman concluded: "Standing on one leg is a good (11) _____ overall health because balance reflects how the body's systems (12) _____."

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-2.html>

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STANDING ON ONE LEG SURVEY

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-2.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) _____

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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) _____

