

## Listening skills practice: The benefits of sport – exercises

Listen to the classroom conversation about the benefits of sport and do the exercises to practise and improve your listening skills.

### Preparation

Match the words and expressions with the correct definition and write a–h next to the numbers 1–8.

- |                                       |  |
|---------------------------------------|--|
| 1..... despite <b>e</b>               | a. to change subject (of a conversation etc.)                                |
| 2..... come in handy <b>c</b>         | b. to be more important than something else                                  |
| 3..... to negotiate <b>g</b>          | c. be useful   |
| 4..... to motivate <b>f</b>           | d. difficult to do   |
| 5..... at the end of the day <b>h</b> | e. regardless of   |
| 6..... to outweigh <b>b</b>           | f. to make someone want to do something in a positive way                    |
| 7..... easier said than done <b>d</b> | g. to discuss something in order to come to an agreement with another person |
| 8..... to move on <b>a</b>            | h. in the end  |

### 1. Check your understanding: multiple selection

Which benefits of doing sport are mentioned? Tick (✓) seven.

<input checked="" type="checkbox"/>	.....	reduced risk of diabetes
<input checked="" type="checkbox"/>	.....	lower blood pressure
<input type="checkbox"/>	.....	improved muscle tone
<input type="checkbox"/>	.....	stronger heart and lungs
<input checked="" type="checkbox"/>	.....	stronger bones
<input type="checkbox"/>	.....	increased feeling of calm and tranquillity
<input checked="" type="checkbox"/>	.....	improved mood
<input checked="" type="checkbox"/>	.....	improved concentration
<input checked="" type="checkbox"/>	.....	increased motivation
<input type="checkbox"/>	.....	makes people less competitive
<input checked="" type="checkbox"/>	.....	improved communication and negotiation skills

## 2. Check your understanding: true or false

Circle *True* or *False* for these sentences.

- |    |   |             |              |
|----|---|-------------|--------------|
| 1. | The class have already talked about at least three of the physical effects sport has on the human body. | <b>True</b> | <i>False</i> |
| 2. | Doing sport can slow down the production of chemicals in the brain that make us feel good.              | <i>True</i> | <b>False</b> |
| 3. | There are no real benefits associated with doing individual sport.                                      | <i>True</i> | <b>False</b> |
| 4. | Swimmers or tennis players are responsible for their own achievements.                                  | <b>True</b> | <i>False</i> |
| 5. | Being part of a team requires you to practise more regularly.   | <i>True</i> | <b>False</b> |
| 6. | Collaborating with other members is essential for a team to be successful.                              | <b>True</b> | <i>False</i> |
| 7. | The skills you learn in a team sport are transferable to everyday life.                                 | <b>True</b> | <i>False</i> |
| 8. | It doesn't matter which sport you choose, as long as you're good at it.                                 | <i>True</i> | <b>False</b> |

### Discussion

Do you like playing sport?

*I enjoy practicing sports because I push my body to the limit, and that feeling is incredible.*

What are the biggest benefits for you?

*What benefits me the most in sports is my health and physical condition, as well as appearance.*