**How playing sports benefits your body… and your brain**

Watch this video: <https://www.ted.com/talks/leah_lagos_and_jaspal_ricky_singh_how_playing_sports_benefits_your_body_and_your_brain?hasProgress=true>

Read the questions below and write an answer.

1. What are some of the health benefits?

strengthening bones, clearing bad cholesterol, decreasing risk of stroke, high blood pressure and diabetes

1. What can an increase in endorphins and regular exercise do?

feelings of euphoria (runner’s high), sharpen focus, improve mood and memory

1. What becomes easier when you are committed to a team and having fun?

learning to trust and depend on other, accept and give help, work together towards a common goal; establish a regular habit of exercise

1. According to the video, what is a growth mindset?

“Even if I can’t do something today, I can improve myself through practice and achieve it eventually”

1. Which aspect of sport has a long-term, transformative benefit?

learning through failure (trial and error)

Find definitions for the following vocabulary:

* the underdog: a competitor thought to have little chance of winning a fight or contest.
* to cheer: shout for joy or in praise or encouragement.
* to sharpen: improve or cause to improve.
* self-awareness: conscious knowledge of one's own character and feelings.
* a hurdle: a problem or difficulty that must be overcome.