

**Listening skills practice: Help others, help yourself – answers****Answers to Help others, help yourself – exercises****Preparation**

- |      |      |
|------|------|
| 1. b | 5. f |
| 2. h | 6. e |
| 3. d | 7. g |
| 4. c | 8. a |

**1. Check your understanding: grouping****Debbie**

table tennis

football

cricket

marathon running

**Liam**

Parkour

skateboarding

kick scooter

BMX biking

**Not mentioned**

modern dance

tennis

**2. Check your understanding: multiple choice**

- |      |      |
|------|------|
| 1. c | 4. a |
| 2. c | 5. b |
| 3. b | 6. d |