

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.

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

1. Check your understanding: multiple selection

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

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|-------|---|
| | reduced risk of diabetes |
| | lower blood pressure |
| | improved muscle tone |
| | stronger heart and lungs |
| | stronger bones |
| | increased feeling of calm and tranquillity |
| | improved mood |
| | improved concentration |
| | increased motivation |
| | makes people less competitive |
| | improved communication and negotiation skills |

2. Check your understanding: true or false

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

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

Discussion

Do you like playing sport?

What are the biggest benefits for you?