Getting To Know

THE HEALTH BENEFITS OF SPORTS

In 30 seconds, answer the following questions:

1. What are your favorite sports?

2. Do you often play sports? Why?
Watch the video and answer the following question in 60 seconds.

What are the benefits of sports for children?

Source: http://www.dailymotion.com/video/x49rsd3
Wear Your Words

Listen and repeat. Then, choose a word to define.

1. Leadership (n) /ˈliːdərɪp/
2. Mental (adj) /ˈmentl/
3. Challenge (n) /ˈtʃælɪndʒ/
4. Stimulate (v) /ˈstɪmjuleɪt/
5. Stamina (n) /ˈstæmɪnə/
6. Confidently (adv) /ˈkɒnfɪdəntli/

Make a sentence using that word.

Example: It takes a lot of stamina to run a marathon.
Wear Your Words

Explanation of useful phrasal verbs.

**Work off**  
To get rid of something, especially a strong feeling, by using physical effort.

**Try out for**  
To compete for a position or place in something, or to be a member of a team.

**Examples:**

✓ She **worked off** her anger by going for a walk.

✓ I’m **trying out for** a football club.

Make a sentence using one of the given phrasal verbs.
Make a sentence using the given structure:

Structure:
It + be + necessary + for + Sb + to + V.

Example: It’s necessary for you to exercise at least 3 times a week.

Suggestions: give up smoking, help save endangered species, be a good father, choose a good school for your children, eat healthy food, ...
Pair Work: Discuss the benefits of playing sports with your partner in 180 seconds.

Suggestions:

- Improve your mood, your concentration.
- Reduce stress and depression.
- Improve sleep habits.
- Maintain a healthy weight.
- Boost your self-confidence.
- Develop teamwork and leadership skills.
- Lower Cholesterol Levels, improve blood circulation.
- Etc.
Assessment Form

Here are some comments on your performance

<table>
<thead>
<tr>
<th>Students</th>
<th>Pronunciation</th>
<th>Vocabulary</th>
<th>Grammar</th>
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Feel free to ask if you have any questions!
What We Gained

✓ Vocabulary related to the health benefits of sports.
✓ **Two phrasal verbs:**
  - Work off
  - Try out for
✓ **Structure:**
  - It’s + be + necessary + for + Sb + to + V.
✓ Discussion about the benefits of playing sports.

Please do your homework in the downloadable outline from the website!
## Homework

**Complete your mission and find more in related lessons**

<table>
<thead>
<tr>
<th>Your mission</th>
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<tbody>
<tr>
<td>✓ Take note of what you need to improve (Vocabulary, Grammar and Pronunciation)</td>
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<tr>
<td>✓ Search for related lessons in the course browser</td>
</tr>
<tr>
<td>✓ Take those lessons</td>
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<tr>
<th>Recommendation</th>
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<tr>
<td>✓ 100-learn adverbs (#0225)</td>
</tr>
<tr>
<td>✓ 178-fill in the blank: tag questions (#0809)</td>
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