

Lenguas Adicionales Inglés

3°

Formación General del Ciclo Orientado

What are the health benefits of playing sports?

Actividades para estudiantes

Serie PROFUNDIZACIÓN · NES



Buenos Aires Ciudad



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¿Cómo se navegan los textos de esta serie?

Los materiales de la serie Profundización de la NES cuentan con elementos interactivos que permiten la lectura hipertextual y optimizan la navegación.



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Para visualizar correctamente la interactividad se sugiere bajar el programa [Adobe Acrobat Reader](#) que constituye el estándar gratuito para ver e imprimir documentos PDF.

Pie de página

 [Volver a vista anterior](#) — Al clicar regresa a la última página vista.



— Ícono que permite imprimir.

 **5**  — Folio, con flechas interactivas que llevan a la página anterior y a la página posterior.

Itinerario de actividades

 **Activity 1**

Introduction to the topic

Organizador interactivo que presenta la secuencia completa de actividades.

Notas al final

¹ Símbolo que indica una nota. Al clicar se direcciona al listado final de notas.

Notas

¹ Ejemplo de nota al final.

Actividades

Activity 1 Introduction to the topic

- a. Have a look at the pictures and discuss the following questions with your partner. Then share the information with the rest of the class.

Íconos y enlaces

El color azul y el subrayado indican un [vínculo](#) a un sitio/página web o a una actividad o anexo interno del documento.

Itinerary of activities

Activity 1

Introduction to the topic

Activity 2

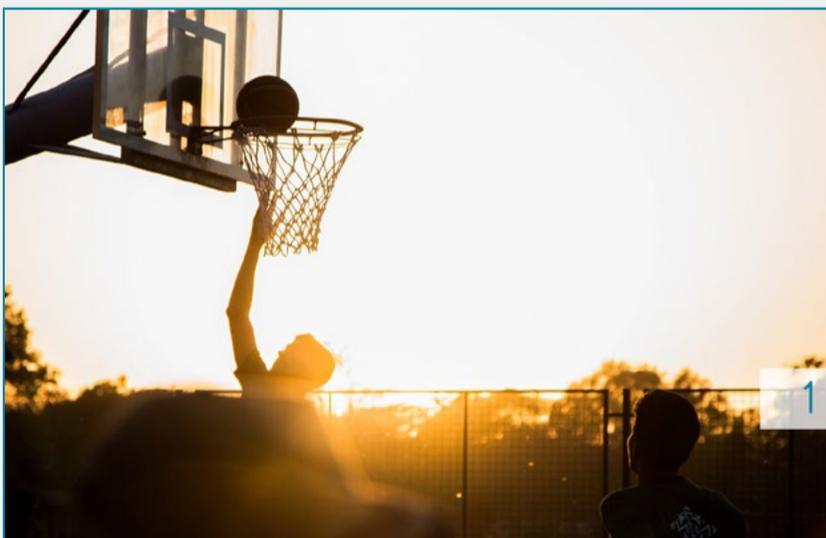
Development of the topic

Activity 3

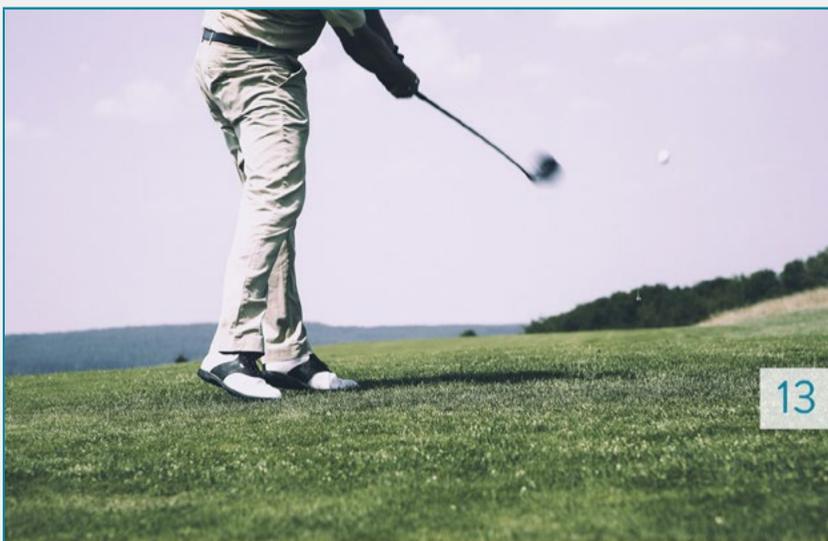
Organization of the work to prepare the final task

Activity 1 Introduction to the topic

- a. Have a look at the pictures and discuss the following questions with your partner. Then share the information with the rest of the class.
1. What sports can you identify in the pictures?
 2. Can you mention any sportspeople that play these sports?
 3. Do you play any of these sports?
 4. Would you like to play any of these sports? Why? Why not?
 5. What sports do you play?
 6. How often do you play sports?
 7. What's your favourite sport?
 8. Are you a member of a sports club?
 9. Would you like to play a sport for a living?
 10. What sports do you like watching on TV?







13



14



15



16

Digital resources 

You can write the information for all the activities from this guide on your copybook or create a document using [OpenOffice Writer](#) or [Google Docs](#) (you can check a [tutorial on Google Docs](#) and a [tutorial on OpenOffice Writer](#) on the Virtual Campus of Digital Education).

- b. Practise the pronunciation of the sports in the pictures with this tool: [Pronunciation Checker](#).
- c. Classify the sports in the pictures in the correct column. You may classify some sports in more than one column. You can also add more sports.

Individual Sports	Team Sports	Ball Sports	Water, Snow, and Ice Sports	Track and Endurance Sports

- d. You're going to read some interesting quotations about sports. Follow these steps to analyze the quotations.

Individual work

1. Underline the transparent words in the quotations. Here are some examples of transparent words in English and in Spanish: student/*estudiante*, music/*música*, culture/*cultura*, etc. Can you think of other transparent words in English?
2. Look up the words that you don't know in a dictionary. You can use the following online dictionaries: [Word Reference](#), [Cambridge Dictionary](#), [Oxford Dictionary](#), [Collins](#) and [Merriam-Webster](#).
3. Make a list of the benefits of doing sports mentioned in the quotations. You can write the key words associated with the benefits. For example: preserver of health, fun, etc.

Quotations

“Sport is a preserver of health.” Hippocrates.

“Sports should always be fun.” Charles Mann.

“Sports do not build character. They reveal it.” John Wooden.

“If you want to achieve something in life, you have to take risks.” Dipa Karmakar.

“The only person who can stop you from reaching your goals is you.” Jackie Joyner Kersee.

“I'd rather regret the risks that didn't work out than the chances I didn't take at all.” Simone Biles.

“Coaches shouldn't have to push you to work hard. You should push yourself to work hard because you want to be a great player.” Bobby Montgomery Knight.

“To me, it doesn't matter how good you are. Sport is all about playing and competing. Whatever you do in cricket and in sport, enjoy it, be positive and try to win.” Ian Botham.

“It doesn't matter whether you are pursuing success in business, sports, the arts, or life in general: The bridge between wishing and accomplishing is discipline.” Harvey Mackay.

“Sports build good habits, confidence, and discipline. They make players into community leaders and teach them how to strive for a goal, handle mistakes, and cherish growth opportunities.” Julie Foudy.

Group work

1. Do you agree with the ideas expressed in the quotations? Why? Why not?
 2. What’s your favourite quotation? Why?
 3. Share your opinions with the rest of the class.
- e. Let’s play a game! Follow these steps to play a guessing game.
1. Choose five sports and two sportspeople for each sport together with your classmates. Then, in groups, search for information on the web about these sportspeople and write two sentences for each person with the aspects of his/her life that you would like to highlight.
 2. Use the following structure to write the sentences: “*Did you know that Lionel Messi was born in Rosario?*”.
 3. Hand in the sentences to your teacher so that she can check that the information is not repeated.
 4. To play the game in class, read the sentences out loud in this way “*Did you know that this person was born in Rosario?*” The first student who guesses the name of the person gets one point for his/her team. The team that scores the most points is the winner.
 5. After you finish playing the game, you can create a quiz with the information about the sportspeople for other students to participate. You can upload the quiz on the digital magazine. [Crowdsignal](#) is an interesting tool to design quizzes, polls, surveys, etc. With this tool, users can check their answers at the end of the quizzes. Here’s an example of a possible format for the quizzes.

1. Who was born in Rosario?
 - a. Lionel Messi
 - b. Sergio Agüero
 - c. Javier Mascherano

Final task - Part A

Group work. You’re going to design a digital magazine with articles about the health benefits of playing sports. Also, you’re going to write pieces of advice to achieve a healthy lifestyle by doing sports and make a list of the physical activities that you can do for free in the Autonomous City of Buenos Aires.

Assessment

You're going to have a journal to keep track of your learning process. You can use a copybook or create an online journal with these tools: [Google Docs](#) or [OpenOffice Writer](#) (you can check a [tutorial on Google Docs](#) and a [tutorial on OpenOffice Writer](#) on the Virtual Campus of Digital Education). Your teacher is going to follow your learning process by reading your journal and giving you some feedback.

- f. Watch the video [“Using Your Learning Journal”](#) and make a list of the tips suggested in the video. Discuss with your partner which tips you find useful and why. Share your opinions with your classmates.

Activity 2 Development of the topic

- a. Watch the videos [“English Vocabulary Words - Sports Equipment”](#) and [“English Vocabulary Words - Sports Locations”](#) and classify the vocabulary for each sport in the correct column.

Sports	Objects and equipment	People	Expressions	Locations
Soccer (American) Football (British)	Goal, ball, goal posts, crossbar, cleat, shin guards	Players, goalkeeper	Score a goal	Field

- b. Practise the pronunciation of the sports vocabulary with this tool: [Pronunciation checker](#).

Grammar spot

Have a look at the following quotations about sports from activity 1:

- “Sports **should** always be fun.” Charles Mann.
- “Coaches **shouldn’t** have to push you to work hard. You **should** push yourself to work hard because you want to be a great player.” Bobby Montgomery Knight.

In English, we use the modal verbs **should** and **shouldn’t** to give advice. On the web page of the [BBC](#) you will find more expressions to give advice. For further practice, you can also do the exercises on these web pages: [Test English](#) and [Oxford University Press](#).

- c. Have a look at the speaking activities about giving advice published on [Teach This](#). Ask your teacher what activities are suitable for your level and choose the ones that you would like to do with your partner. In some cases, your teacher can also adapt the instructions of the activities to your level.
- d. You're going to read an article about sports. Before you read the article, analyze the paratext of the main text and answer the questions below the table.

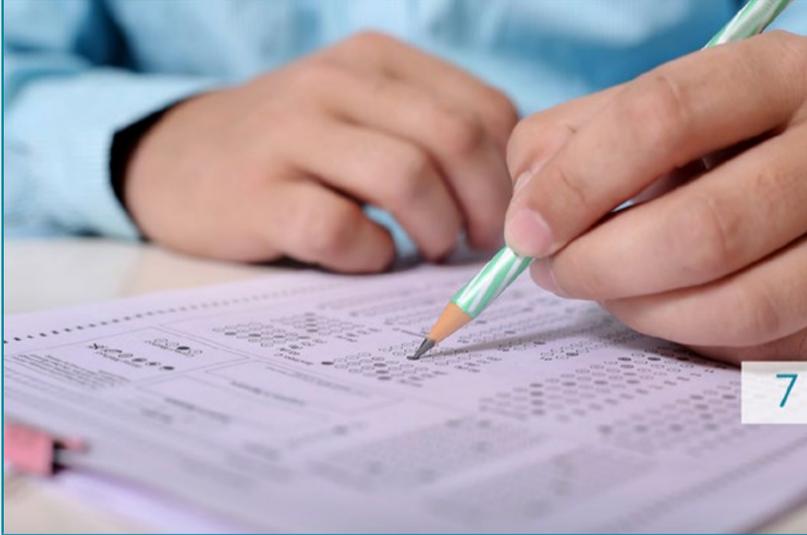
Vocabulary



The term “paratext” refers to the different elements that accompany the main text of a work such as the title, subtitle, preface, pictures, footnotes, table of contents, etc. These added elements form a framework for the main text and can help the reader understand the main text of the work.

1. What is the title of the article?
2. Does the article have a preface?
3. What are the titles of the different sections of the article?
4. What is the source of the article?
5. Does the article have an author?
6. What pictures can you associate with the titles of the different sections of the article? You can make more than one association for each title. Be ready to account for your answers.





Benefits of Sports for Adolescents

Organized, well-structured youth sports and on-going physical activities can provide many benefits for children and adolescents. Positive experiences that sports and an active lifestyle bring play an important role in a young person's life.

At University of Missouri Health Care, our adolescent medicine team encourages all children to participate in sports or other regular physical activity. Physical exercise is good for the mind, body and spirit. Team sports help teach adolescents accountability, dedication, leadership and other skills.

Many athletes do better academically

Playing a sport requires a lot of time and energy. Some people may think this would distract student-athletes from schoolwork. However, the opposite is true. Sports require memorization, repetition and learning — skillsets that are directly relevant to class work. Also, the determination and goal-setting skills a sport requires can be transferred to the classroom.

Sports teach teamwork and problem-solving skills

Fighting for a common goal with a group of players and coaches teaches you how to build teamwork and effectively communicate to solve problems. This experience is helpful when encountering problems at work or at home.

Physical health benefits of sports

Clearly, sports can help you reach your fitness goals and maintain a healthy weight. However, they also encourage healthy decision-making such as not smoking and not drinking. Sports also have hidden health benefits such as lowering the chance of osteoporosis or breast cancer later in life.

Sports boost self-esteem

Watching your hard work pay off develops self-confidence. Achieving a sport or fitness goal encourages you to achieve other goals you set. This is a rewarding and exciting learning process.

Reduce pressure and stress with sports

Exercising is a natural way to loosen up and let go of stress. You can also make new friends who can be there for you as a support system. When you feel under pressure or stressed, call up a teammate, head to the gym to talk and play it out.

Source: [Health Care](#).(Adapted version).

- e. Read the article “Benefits of Sports for Adolescents” and find phrases or sentences that express the ideas mentioned in the following sentences. Then write the correct title of the section next to the sentences. Remember to underline the information in the text to justify your answers.

Example: If you want to get fit, you should do sports. *Physical health benefits of sports.*
(See the underlined information in the article).

1. If you play sports, you probably won't smoke.
2. If you want to feel relaxed, you should do sports.
3. You can apply your sports skills to your work at school.
4. Friendship is an important aspect of playing team sports.
5. You need to devote time and energy to practise a sport.
6. Motivation is an important aspect of playing team sports.
7. If you achieve your goals, you will feel motivated and confident.
8. Doing sports helps you develop social skills to work in groups.
9. You can use your sports skills to solve problems in different contexts.
10. If you play sports, you can reduce the risk of developing some illnesses.

Grammar spot

Have a look at the following sentences from the previous exercise:

- If you play sports, you probably won't smoke.
- If you achieve your goals, you will feel motivated and confident.

We use the first conditional to talk about a situation that is possible and probable in the future. You can find some examples of conditional sentences on this web page: [Woodward English](#). When you finish reading the information, you can also do the exercises published on [Oxford University Press](#) and [Test-English](#).

- f. Have a look at some first conditional games and activities published on [Teach This](#). Ask your teacher what activities or games are suitable for your level and choose the ones that you would like to do with your partner. In some cases, your teacher can also adapt the instructions of the activities to your level.
- g. On the webpage of the British Council, there is an [interesting video about women's football](#) in England. If you feel ready, you can do the exercises based on the video.

h. In the digital magazine about the health benefits of playing sports, you're going to create hypertexts with the articles that you're going to write. So let's have some practice on how to create hypertexts, shall we? Follow these steps to get organized:

1. Read the following definition and choose ten key words or phrases from the article "Benefits of Sports for Adolescents" that you would like to turn into links.

Vocabulary



Hypertext: A way of joining a word or image to another page, document, etc. on the internet or in another computer program so that you can move from one to the other easily. (Source: [Cambridge Dictionary](#))

2. Find a page, document, etc, on the internet that you can associate with each word or phrase in particular. Remember that the pages or documents have to be related to the main topic of the article.
3. If you choose, for example, the word **leadership** to create the link, you can write **team sports + leadership + UK** in the search box of Google to fine-tune the search.
4. Click on [Google Search](#) and analyze the different options. Then choose the link that you prefer to create the hypertext. The final result of the search could be **leadership + [MultiSports - Sports Leader Course](#)**.
5. [Yahoo Search](#) is another useful tool to look for information on the web. You can check a [tutorial on "How to use the Yahoo Search Engine"](#) on the Virtual Campus of Digital Education.
6. Remember that you can also search for videos, images, audio files, etc, to create the links. The idea is that you include a wide variety of options for the key words or phrases.
7. Send the ten key words or phrases with the corresponding links to your teacher.

Final task - Part B

Group work. Go over the previous activities from this guide and write down the information that you find useful to write an article about the health benefits of playing sports. Read the article [Writing an article: a step-by-step guide](#) to get some useful tips to organize your writing process. Remember that you're going to write different drafts of the article based on the feedback from your teacher until you get to the final version. You can use [Google Docs](#) or [OpenOffice Writer](#) to write the article in a collaborative way.

- i. In the digital magazine, apart from the articles and pieces of advice, you can also add images, videos and audio files. [Creative Commons Search](#) is a useful tool to look for material under Creative Commons or Public Domain licenses. In the case of images under Creative Commons license, you will need to check the terms of use, for example, give appropriate credit, provide a link to the license, indicate if changes were made, etc. You can check a tutorial on [“How to search for contents under Creative Commons license using Google”](#) on the Virtual Campus of Digital Education.

Activity 3 Organization of the work to prepare the final task

- a. You're going to watch a video about the benefits of playing sports. Before you watch the video, go to the [platform](#) and answer these questions.
 1. What is the title of the video?
 2. What is the name of the platform?
 3. Who uploaded the video on the platform?
 4. When did the user upload the video?
 5. What two questions are included in the summary of the video?
 6. What are the names of the speakers that deliver the lesson?
 7. Are there any comments below the video?
 8. Did the user upload other videos on the platform?
- b. Watch the video [“How playing sports benefits your body ... and your brain”](#) and do the following exercises.

Part A: Watch from the beginning to 0:35

1. Describe the first scenes of the video. For example: *In the first scene, there are two girls. They are wearing basketball clothes. One of them is holding a basketball.*
2. Write down the three questions that are mentioned in the first part of the video.

Part B: Watch from 0:35 to 2:16

3. Put these sentences in order.
 - _____ Exercise is good for our bodies and minds.
 - _____ Our brains release a number of chemicals when we work out.
 - _____ Exercising, especially when we are young, has all sorts of health benefits.
 - _____ Increased endorphins and consistent physical activity in general can sharpen your focus and improve your mood and memory.

- _____ Strengthening our bones, clearing out bad cholesterol from our arteries and decreasing the risk of stroke, high blood pressure and diabetes (are some of the health benefits of doing exercise).
4. Before you do exercise 5, look up the following words in an [online dictionary](#): *term, trust, help, goal, commitment, risk, self-esteem, confidence and boost*.
 5. Make a list of the benefits of doing team sports mentioned in the video. Then discuss the ideas with your partner and add more benefits.

Part C: Watch from 2:16 to the end

6. Before you answer the questions below, look up the following words in [an online dictionary](#): *skills, mindset, improve, achieve, failure, defeat, resilience, hurdle, strength, body and mind*.
7. What will happen if you train a lot, especially with a good coach?
8. What are the benefits of learning through failure?
9. What will happen if you spend some time looking for a team sport?
10. What benefits will you get if you find a team sport that you like?

Final task - Part C

Group work. Go over the exercises from activity 3 and write down the information that you find useful to write an article about the health benefits of playing sports. Write different drafts of the article based on the feedback from your teacher until you get to the final version. Remember to choose ten key words or phrases from your article to turn them into links. Revise the steps given in activity 2 about the process of creating a hypertext.

- c. Here are some tools to design digital magazines:
 - [Lucidpress](#)
 - [Flipsnack](#)
 - [Canva](#)
 - [Joomag](#)
 - [Madmagz](#)
 - [Issuu](#)

Explore the different options suggested and choose one tool to upload all the information. When the digital magazine is ready, share the link with the students from the other courses and invite them to make comments and take the quiz on sportspeople. You can check a [tutorial on Issuu](#) and a [tutorial on Joomag](#) on the Virtual Campus of Digital Education. To get information about the different sports and physical activities that you can do for free in Buenos Aires, visit the [webpage of the Autonomous City of Buenos Aires](#).

Images

- Page 6. Sport 1, tortugadacorp, Pixabay, [bit.ly/2IMsRfX](https://www.pixabay.com/photo/animals/reptiles/turtle-2115847/).
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Sheet of paper, F1Digitals, Pixabay, [bit.ly/2mcghXt](https://www.pixabay.com/photo/people/boy/27707/).
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