Seconde

ANGLAIS

CÔTE D'IVOIRE – ÉCOLE NUMÉRIQUE



UNIT 7: SPORT
LESSON 2: READING

Lead - in

Answer the following questions

1. *Do you practice any sport?*
2. *What are the benefits of sport?*

LEARNING CONTEXT:
The students of 2nd C 1 of Lycée Municipal 1 Attécoubé are reading an article from a Ghanaian sport magazine in order to learn more about the advantages of sport.

Vocabulary	Language Function	Structure
stick with, conditions, biking, overweight, key, joints, enable, involves	None	None

Read the text and do all the activities that follow it.

ACTIVITY 1: Read the text and answer the question below.

What is the text about?

……

Sports and physical activities both fall under the category of exercise. Any time you move your body in a repetitive fashion for any length of time, you are performing physical activity. To gain the benefits of sport and activity, you should stick with something you enjoy. This will keep you motivated to continually participate.

When you are inactive, you are highly susceptible to a number of chronic conditions, such as high blood pressure, high triglycerides, diabetes and high cholesterol. Aerobic physical activity can help eliminate or reduce all of these risk factors, according to the American Heart Association. Aerobic activity is the same as cardiovascular activity. Running, biking, elliptical training, swimming, rowing and walking are examples.

Being overweight or obese is a contributor to chronic diseases as well as a lower self-esteem. Sport and physical activity can help you reduce your weight, because they burn calories efficiently. The key thing is to work out at a moderate or higher pace and to exercise long enough. The American College of Sports Medicine recommends 150 to 250 minutes of moderate-intensity

physical activity weekly to achieve weight loss. As an added benefit, losing weight will take excess stress off your joints and enable you to move more efficiently.

Sport and physical activity have more than just a physical impact on the body. During the course of a game or exercise session, your brain releases chemicals that can put you at ease and make you feel more relaxed. This is beneficial, especially if you have a stressful job or personal life and you need a distraction.

20 Yoga is a form of physical activity that involves holding your body in a fixed position for an extended period of time. This type of activity helps improve your flexibility. Having better flexibility will help you get around with more ease. Any type of stretching will also have this effect

by KEVIN RAIL

http://www.livestrong.com/article/346320-what-are-the-benefits-of-sport-physical-activities/

ACTIVITY 2: Read the text below and find the words whose meanings are given below. Write your answers like in the example.

Example: 1. c

1. The expression stick with (L. 3) means
a. reject **b.** check **c.** conserve

2. the word conditions **(L. 5)** means
a. diseases b. situations c. obstacles

3. the word biking **(L. 8)** means
a. going on horseback b. going on bicycle c. going on foot

4. The word overweight **(L. 10)** can be replaced by
a. excessively heavy b. excessively slow c. excessively light

5. The word key **(L. 12)** means
a. most important b. most dangerous c. less important

6. The word joints **(L. 15)** can be replaced by
a. cells b. articulations muscles

7. The word enable (L. 15) means
a. prevent b. permit c. inform

8. The word involves (L.20) means
a. implies **b.** excludes **c.** ignores

ACTIVITY 3: Write short answers to these questions. (2 – 3 lines)

1. What is the link between sports and physical activities?
2. What is the condition to gain benefits of sport and activity?
3. List three consequences of lack of activity mentioned in paragraph 2.
4. What are the advantages of Aerobic physical activity?
5. Find out two examples of Aerobic activity in the text.
6. What are the risks of overweight or obese according to the writer?
7. What are the American College of Sport Medicine's recommendations for losing weight?

8. Is the impact of Sport and physical activity limited to the body? Justify your answer with details from the text.
9. Which physical activity is recommended to the people looking for more flexibility?
10. Suggest a title to the text.

ACTIVITY 4: COMMUNICATION

In a letter you recently received from your Liberian pen friend Connor,
you learn that he has just left hospital for a heart attack. In your reply,

- Tell him the possible causes of his sickness,
- Give your friend some advice to avoid similar problem in the future
- -Show him some practical activities to do to stay in good health

HOMEWORK:

During your last English club session you discussed how lack of sport Practice is damageable for a good health .Back to your class you are asked To make report to your mate
-Tell them why sport is important for their health
- show them the advantages of practicing sport
-Cite some sickness we can avoid while practicing sport

https://www.bbc.com/sport/tennis/58446098

1- Who is Naomi Osaka?
2- What happened to her?