

UOW College Hong Kong / Community College of City University
Student English Enhancement Unit (SEE U)
Daily English Practice

Week 8

#38 How playing sports benefits your body ... and your brain

Skills/ Objectives: Listening and Writing

PART 1: Before you watch...

Preparatory questions

1. Imagine if you needed to encourage a friend of yours to exercise, what would you say to him or her?
2. Could playing sports enhance our academic performance? If so, how?

Vocabulary

1. Underdog (noun): a team which is considered to be the least likely to win in a competition
2. Montage (noun): a piece of work combined by different smaller parts
3. Pastime (noun): hobby
4. Euphoria (noun): a feeling of being extremely happy
5. Reinforce (verb): to make something stronger

PART 2: Video

This video introduces the physical and psychological benefits of playing sports.

How playing sports benefits your body ... and your brain (*click the watch the video*)

<https://ed.ted.com/lessons/how-playing-sports-benefits-your-body-and-your-brain-leah-lagos-and-iaspal-ricky-singh#watch> (3:46 minutes)

(Source: TED Ed)

PART 3: Let's discuss!

1. According to the video, what are the benefits of playing sports? How do these benefits relate to our academic study?

PART 4: Writing

Based on what you have listened to, read, and watched these three days, write a summary of the benefits of playing sports.

PART 5: Learn further

1. Exercise in Youth Makes Bones Strong in Old Age

This article discusses the benefits of exercise on bones.

<https://www.livescience.com/6407-exercise-youth-bones-strong-age.html>

2. Group exercise 'boosts happiness'

This article explores the psychological benefits of exercising together.

<http://news.bbc.co.uk/2/hi/health/8257716.stm>