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## **Level 0**

# **Kids run more slowly than 30 years ago**

**22nd November, 2013**

<http://www.breakingnewsenglish.com/1311/131122-fitness-levels-0.html>

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**Please try Levels 1, 2 and 3. They are (a little) harder.**

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# THE READING

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-0.html>

The American Heart Association says children are less fit today than 30 years ago. Researchers looked at 25 million children worldwide. Today's kids run a kilometre one minute slower than their parents could. How far a child can run is falling every year. One reason for this is kids are too fat. They eat too much and do not exercise.

Doctors are worried. Fatter children will be unhealthier in the future. One doctor said children might have heart disease later in life. He said children needed to "get moving". They must try different activities to keep fit. "They can be strong like a weightlifter, or flexible like a gymnast, or skillful like a tennis player."

Sources: <http://www.bbc.co.uk/news/health-24998497>  
<http://www.dailymail.co.uk/health/article-2509809/Children-today-15-fit-parents-90-seconds-longer-run-mile.html>  
<http://blog.heart.org/childrens-cardiovascular-fitness-declining-worldwide/>

# VOCABULARY MATCHING

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-0.html>

## PARAGRAPH ONE:

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1. The American Heart           | a. ago                        |
| 2. children are less            | b. for this                   |
| 3. 30 years                     | c. fit today                  |
| 4. Researchers looked at 25     | d. one minute slower          |
| 5. Today's kids run a kilometre | e. Association                |
| 6. How far a child              | f. and do not exercise        |
| 7. One reason                   | g. can run                    |
| 8. They eat too much            | h. million children worldwide |

## PARAGRAPH TWO:

- |                                     |                        |
|-------------------------------------|------------------------|
| 1. Doctors are                      | a. a gymnast           |
| 2. Fatter children                  | b. future              |
| 3. in the                           | c. disease             |
| 4. heart                            | d. worried             |
| 5. later                            | e. "get moving"        |
| 6. children needed to               | f. will be unhealthier |
| 7. try different activities to keep | g. in life             |
| 8. flexible like                    | h. fit                 |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-0.html>

The American (1) \_\_\_\_\_ says children are less fit today than 30 years ago. Researchers (2) \_\_\_\_\_ children worldwide. (3) \_\_\_\_\_ kilometre one minute slower than their parents could. (4) \_\_\_\_\_ can run is falling every year. One reason for (5) \_\_\_\_\_ too fat. They (6) \_\_\_\_\_ and do not exercise. (7) \_\_\_\_\_. Fatter children will be unhealthier in the future. One doctor said children might (8) \_\_\_\_\_ later in life. He said children needed to "(9) \_\_\_\_\_. They must (10) \_\_\_\_\_ to keep fit. "They (11) \_\_\_\_\_ weightlifter, (12) \_\_\_\_\_ gymnast, or skillful like a tennis player."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-0.html>

The American Heart Association says children are less fit today than 30 years ago. Researchers looked at 25 million children worldwide. Today 'skids run a kilometre oneminutes lower than their parents could. How far a child can run is falling every year. One reason for this is kids are too fat. They eat too much and do not exercise. Doctors are worried. Fatter children will be unhealthier in the future. One doctor said children might have heart disease later in life. He said children needed to "get moving". They must try different activities to keep fit. "They can be strong like a weight lifter, or flexible like a gymnast, or skillful like a tennis player."

## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

*Kids run more slowly than 30 years ago – 22<sup>nd</sup> November, 2013*  
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## WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_

d) \_\_\_\_\_

e) \_\_\_\_\_

f) \_\_\_\_\_

# WRITING

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-0.html>

Write about **fitness** for 10 minutes. Read and talk about your partner's paper.

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