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## **Level 2**

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

**22nd November, 2013**

<http://www.breakingnewsenglish.com/1311/131122-fitness-levels-2.html>

## **Contents**

The Reading	2
Matching	3
Listening Gap Fill	4
No Spaces	5
Discussion	6
Writing	7

**Please try Levels 0 and 1 (easier) and the 26–page Level 3 (harder).**

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# THE READING

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-2.html>

The American Heart Association says fitness levels in children are lower today than 30 years ago. The researchers looked at information about 25 million children in 28 countries, from the past 46 years. They found that on average, boys and girls today run one kilometre a minute slower than their parents when they were kids. The distance a child can run is decreasing by around five per cent every decade. One of the biggest reasons for this slowdown in children's running ability is obesity. Kids are overweight because they eat too much and do not exercise enough.

The researchers are worried. Children are fatter and less fit, which means they will be healthier in the future. Researcher Dr Grant Tomkinson said, "they are more likely to develop conditions like heart disease later in life". He said people needed to get children to develop fitness habits that will keep them healthy now and in the future. They can try many different physical activities to see if they like them. He added: "They need to get moving. Young people can be fit in different ways. 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/>

# MATCHING

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-2.html>

## PARAGRAPH ONE:

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1. The American Heart                | a. overweight                |
| 2. fitness levels                    | b. children                  |
| 3. information about 25 million      | c. can run                   |
| 4. run one kilometre a minute slower | d. Association               |
| 5. The distance a child              | e. reasons for this slowdown |
| 6. One of the biggest                | f. in children               |
| 7. Kids are                          | g. too much                  |
| 8. they eat                          | h. than their parents        |

## PARAGRAPH TWO:

- |                            |                          |
|----------------------------|--------------------------|
| 1. The researchers         | a. now and in the future |
| 2. Children are fatter     | b. heart disease         |
| 3. develop conditions like | c. habits                |
| 4. develop fitness         | d. get moving            |
| 5. keep them healthy       | e. are worried           |
| 6. physical                | f. a gymnast             |
| 7. They need to            | g. and less fit          |
| 8. flexible like           | h. activities            |

# LISTEN AND FILL IN THE GAPS

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-2.html>

The American (1) \_\_\_\_\_ says fitness levels in children are (2) \_\_\_\_\_ 30 years ago. The researchers looked at information about 25 million children in 28 countries, (3) \_\_\_\_\_ years. They found that on average, boys and (4) \_\_\_\_\_ kilometre a minute slower than their parents when they were kids. The distance a child can run is decreasing by around five per cent every decade. One of the (5) \_\_\_\_\_ slowdown in children's running ability is obesity. Kids (6) \_\_\_\_\_ they eat too much and do not exercise enough.

The (7) \_\_\_\_\_. Children are fatter and less fit, which means they will (8) \_\_\_\_\_ future. Researcher Dr Grant Tomkinson said, "they are more likely to develop conditions like heart (9) \_\_\_\_\_ ". He said people needed to get children to develop fitness habits that will keep them healthy now (10) \_\_\_\_\_. They can try many different physical activities to see if they like them. He added: "They (11) \_\_\_\_\_. Young people can be fit in different ways. They can be strong like a weightlifter, or (12) \_\_\_\_\_, or skillful like a tennis player."

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <http://www.breakingnewsenglish.com/1311/131122-fitness-levels-2.html>

The American Heart Association says fitness levels in children are lower today than 30 years ago. The researchers looked at information about 25 million children in 28 countries, from the past 46 years. They found that on average, boys and girls today run one kilometre a minute slower than their parents when they were kids. The distance each child can run is decreasing by around five percent every decade. One of the biggest reasons for this slowdown in children's running ability is obesity. Kids are overweight because they eat too much and do not exercise enough. The researchers are worried. Children are fatter and less fit, which means they will be unhealthier in the future. Researcher Dr Grant Tomkinson said, "they are more likely to develop conditions like heart disease later in life". He said people needed to get children to develop fitness habits that will keep them healthy now and in the future. They can try many different physical activities to see if they like them. He added: "They need to get moving. Young people can benefit in different ways. They can be strong like a weightlifter, 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)

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b)

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c)

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d)

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e)

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f)

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g)

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h)

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*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)

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b)

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c)

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d)

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e)

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f)

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g)

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h)

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