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Level 6 – 1st December, 2019

Stretching may not prevent jogging injuries

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<https://breakingnewsenglish.com/1912/191201-stretching.html>

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Please try Levels 4 and 5 (they are easier).

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THE ARTICLE

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

Researchers believe they have debunked a myth about the perceived importance of stretching before jogging. Hundreds of millions of joggers around the world perform static stretching exercises before going for a jog. It is a daily ritual that can be seen in parks and streets everywhere. However, researchers from La Trobe University in Melbourne, Australia say there is no evidence to show that stretching improves running performance or decreases the risk of injuries. Their research is published in the 'British Journal of Sports Medicine'. They say that while there is evidence that stretching can help keep ankle, knee and hip joints flexible, it won't aid performance or keep injuries at bay.

Lead researcher James Alexander conducted the research after discussions with runners about stretching. Mr Alexander is an avid jogger and often wondered what the benefits of stretching were. He told the Reuters news agency that: "Runners have certain beliefs around running injury risks, injury prevention and performance that are in contrast to current research evidence." He added: "These beliefs drive runners to continue to pursue ineffective or non-optimal strategies within their running training, whether through static stretching for injury prevention or low-load strength training for performance." He recommended a 5-10-minute session of walking or light jogging as the best warm-up.

Sources: <https://www.reuters.com/article/us-health-running-stretching-myth/no-evidence-stretching-prevents-running-injuries-idUSKBN1Y21ZY>
<https://www.dailymail.co.uk/health/article-7736081/No-evidence-stretching-prevents-running-injuries.html>
<https://bjsm.bmj.com/content/early/2019/11/06/bjsports-2019-101169>

WARM-UPS

1. STRETCHING: Students walk around the class and talk to other students about stretching. Change partners often and share your findings.

2. CHAT: In pairs / groups, talk about these topics or words from the article. What will the article say about them? What can you say about these words and your life?

myth / importance / stretching / joggers / ritual / evidence / performance / hip / joint researcher / discussion / benefit / news agency / strategy / injury / training / warm-up

Have a chat about the topics you liked. Change topics and partners frequently.

3. JOGGING: Students A **strongly** believe jogging is the best form of exercise; Students B **strongly** believe it is not. Change partners again and talk about your conversations.

4. WARM-UPS: What do you think of these warm-ups? How good are they? What sports are they best for? Complete this table with your partner(s). Change partners often and share what you wrote.

| | What Do You Think? | How Good Is It? | Sports? |
|----------------|--------------------|-----------------|---------|
| Stretching | | | |
| Meditation | | | |
| Deep breathing | | | |
| Sleep | | | |
| Light jogging | | | |
| Massage | | | |

5. RITUAL: Spend one minute writing down all of the different words you associate with the word "ritual". Share your words with your partner(s) and talk about them. Together, put the words into different categories.

6. EXERCISE: Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- jogging
- yoga
- swimming
- walking
- housework
- cycling
- dancing
- gardening

VOCABULARY MATCHING

Paragraph 1

- | | |
|--------------|---|
| 1. debunked | a. Lacking in movement, action, or change. |
| 2. myth | b. At a distance so it cannot affect or hurt you. |
| 3. perceived | c. Uncovered the falseness of an idea, or belief. |
| 4. static | d. Became aware or conscious of something. |
| 5. evidence | e. A widely held but false belief or idea. |
| 6. joint | f. The available body of facts or information indicating whether a belief is true or valid. |
| 7. at bay | g. A distinct part of a body or limb between the places at which they are connected. |

Paragraph 2

- | | |
|-----------------|--|
| 8. conducted | h. Having or showing a keen interest in or enthusiasm for something. |
| 9. avid | i. An acceptance that a statement is true or that something exists. |
| 10. belief | j. Best or most favorable. |
| 11. in contrast | k. Carried out; did. |
| 12. pursue | l. Gentle; not too hard. |
| 13. optimal | m. Engage in an activity or course of action. |
| 14. light | n. The state of being different from something else. |

BEFORE READING / LISTENING

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

1. TRUE / FALSE: Read the headline. Guess if a-h below are true (T) or false (F).

- a. Researchers suggest having to stretch before exercising is a myth. **T / F**
- b. The article says hundreds of millions of people go jogging. **T / F**
- c. Researchers say stretching can boost performance in sports. **T / F**
- d. The researchers said stretching can keep injuries at bay. **T / F**
- e. The lead researcher of this study is also a jogger. **T / F**
- f. What runners believe about stretching contrasts with current research. **T / F**
- g. The researcher said 10 seconds of walking was a great warm-up. **T / F**
- h. The researcher said light jogging was the best kind of warm-up. **T / F**

2. SYNONYM MATCH:

Match the following synonyms. The words in **bold** are from the news article.

- | | |
|---------------------|-------------------|
| 1. debunked | a. away |
| 2. performed | b. proof |
| 3. ritual | c. simple |
| 4. evidence | d. follow |
| 5. at bay | e. carried out |
| 6. avid | f. best |
| 7. pursue | g. stationary |
| 8. optimal | h. poked holes in |
| 9. static | i. enthusiastic |
| 10. light | j. custom |

3. PHRASE MATCH: (Sometimes more than one choice is possible.)

- | | |
|---|-----------------------|
| 1. Researchers believe they have debunked | a. warm-up |
| 2. the perceived importance | b. joints flexible |
| 3. It is a daily | c. jogger |
| 4. decreases the risk of | d. research evidence |
| 5. keep ankle, knee and hip | e. of stretching |
| 6. Mr Alexander is an avid | f. ritual |
| 7. Runners have certain beliefs | g. optimal strategies |
| 8. in contrast to current | h. a myth |
| 9. ineffective or non- | i. around running |
| 10. walking or light jogging as the best | j. injuries |

GAP FILL

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

Researchers believe they have debunked a (1) _____ about the perceived importance of stretching before jogging. Hundreds of millions of joggers around the world perform (2) _____ stretching exercises before going for a jog. It is a daily (3) _____ that can be seen in parks and (4) _____ everywhere. However, researchers from La Trobe University in Melbourne, Australia say there is no (5) _____ to show that stretching improves running performance or decreases the (6) _____ of injuries. Their research is published in the 'British Journal of Sports Medicine'. They say that while there is evidence that stretching can help keep ankle, knee and (7) _____ joints flexible, it won't aid performance or keep injuries at (8) _____.

ritual
hip
evidence
bay
myth
static
risk
streets

Lead researcher James Alexander (9) _____ the research after discussions with runners about stretching. Mr Alexander is an avid jogger and often wondered what the (10) _____ of stretching were. He told the Reuters news agency that: "Runners have certain (11) _____ around running injury risks, injury prevention and performance that are in (12) _____ to current research evidence." He added: "These beliefs drive runners to continue to (13) _____ ineffective or non-optimal strategies within their running training, whether through static stretching for injury (14) _____ or low-load strength (15) _____ for performance." He recommended a 5-10-minute session of walking or (16) _____ jogging as the best warm-up.

benefits
prevention
light
contrast
conducted
training
beliefs
pursue

LISTENING – Guess the answers. Listen to check.

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

- 1) Researchers believe they have _____
 - a. debunked a myth
 - b. debunked a miss
 - c. debunked amiss
 - d. debunked a moth
- 2) researchers from La Trobe University in Melbourne, Australia say there _____
 - a. is non evidence
 - b. is no evidence
 - c. is know evident
 - d. is no evident
- 3) show that stretching improves running performance or _____
 - a. decrease is the risk
 - b. decreases the risky
 - c. decreases the risk
 - d. decrease the risk
- 4) evidence that stretching can help keep ankle, knee and _____
 - a. hip joint flexible
 - b. hip joints flexibly
 - c. hip joints flexible
 - d. hippy joints flexible
- 5) it won't aid performance or keep _____
 - a. injuries abbey
 - b. injuries abyss
 - c. injuries a bay
 - d. injuries at bay
- 6) Lead researcher James Alexander conducted the research after _____
 - a. discussions wither runners
 - b. discussions with a runners
 - c. discussions with runners
 - d. discussions within runners
- 7) running injury risks, injury prevention and performance that _____
 - a. are on contrast
 - b. are of contrast
 - c. are in contrast
 - d. are at contrast
- 8) drive runners to continue to pursue ineffective or _____
 - a. noon-optimal strategies
 - b. nine optimal strategies
 - c. none-optimal strategies
 - d. non-optimal strategies
- 9) whether through static stretching for injury prevention or _____ training
 - a. low-load strength
 - b. slow-load strength
 - c. allow-load strength
 - d. flow-load strength
- 10) He recommended a 5-10-minute session of walking _____
 - a. or alight jogging
 - b. or light jogging
 - c. or slight jogging
 - d. or flight jogging

LISTENING – Listen and fill in the gaps

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

Researchers believe they have (1) _____ about the perceived importance of stretching before jogging. Hundreds of millions of joggers around the (2) _____ stretching exercises before going for a jog. It is (3) _____ that can be seen in parks and streets everywhere. However, researchers from La Trobe University in Melbourne, Australia say there (4) _____ to show that stretching improves running performance or decreases the risk of injuries. Their research (5) _____ the 'British Journal of Sports Medicine'. They say that while there is evidence that stretching can help keep ankle, knee and (6) _____, it won't aid performance or keep injuries at bay.

Lead researcher James Alexander (7) _____ after discussions with runners about stretching. Mr Alexander is an avid jogger and often wondered what (8) _____ stretching were. He told the Reuters news agency that: "Runners have certain beliefs around running injury risks, (9) _____ performance that are in contrast to current research evidence." He added: "These beliefs drive runners to (10) _____ ineffective or non-optimal strategies within their running training, whether (11) _____ for injury prevention or low-load strength training for performance." He recommended a 5-10-minute session of walking (12) _____ as the best warm-up.

COMPREHENSION QUESTIONS

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

1. What did researchers say they have done to a myth?
2. How many joggers perform static stretching exercises?
3. How often does a jogging ritual take places in parks and streets?
4. What can stretching do to hip joints?
5. What does a researcher say stretching won't keep at bay?
6. What kind of jogger is James Alexander?
7. What did James Alexander often wonder about?
8. What are runners' beliefs about stretching in contrast to?
9. What kind of strategies did Mr Alexander say runners pursued?
10. What did James Alexander say light jogging was?

MULTIPLE CHOICE - QUIZ

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

- 1) What did researchers say they have done to a myth?
 - a) researched it
 - b) heightened it
 - c) added to it
 - d) debunked it
- 2) How many joggers perform static stretching exercises?
 - a) millions of hundreds
 - b) hundreds of millions
 - c) thousands of billions
 - d) hundreds of thousands
- 3) How often does a jogging ritual take places in parks and streets?
 - a) every other day
 - b) twice daily
 - c) daily
 - d) hourly
- 4) What can stretching do to hip joints?
 - a) keep them flexible
 - b) strain them
 - c) damage them
 - d) hurt them
- 5) What does a researcher say stretching won't keep at bay?
 - a) swimming
 - b) ships
 - c) injuries
 - d) running
- 6) What kind of jogger is James Alexander?
 - a) a beginner
 - b) an avid one
 - c) a fast one
 - d) a champion jogger
- 7) What did James Alexander often wonder about?
 - a) the benefits of exercise
 - b) the benefits of warm-ups
 - c) the benefits of jogging
 - d) the benefits of stretching
- 8) What are runners' beliefs about stretching in contrast to?
 - a) current research
 - b) not stretching
 - c) yoga
 - d) massages
- 9) What kind of strategies did Mr Alexander say runners pursued?
 - a) well-planned strategies
 - b) high-risk strategies
 - c) non-optimal strategies
 - d) interesting strategies
- 10) What did James Alexander say light jogging was?
 - a) fun
 - b) the best warm-up
 - c) the best cool-down
 - d) essential

ROLE PLAY

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

Role A – Jogging

You think jogging is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their forms of exercise. Also, tell the others which is the least useful form of exercise of these (and why): yoga, dancing or housework.

Role B – Yoga

You think yoga is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their forms of exercise. Also, tell the others which is the least useful form of exercise of these (and why): jogging, dancing or housework.

Role C – Dancing

You think dancing is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their forms of exercise. Also, tell the others which is the least useful form of exercise of these (and why): yoga, jogging or housework.

Role D – Housework

You think housework is the best form of exercise. Tell the others three reasons why. Tell them what is wrong with their forms of exercise. Also, tell the others which is the least useful form of exercise of these (and why): yoga, dancing or jogging.

AFTER READING / LISTENING

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

1. WORD SEARCH: Look in your dictionary / computer to find collocates, other meanings, information, synonyms ... for the words 'stretching' and 'jogging'.

| stretching | jogging |
|------------|---------|
| | |

- Share your findings with your partners.
- Make questions using the words you found.
- Ask your partner / group your questions.

2. ARTICLE QUESTIONS: Look back at the article and write down some questions you would like to ask the class about the text.

- Share your questions with other classmates / groups.
- Ask your partner / group your questions.

3. GAP FILL: In pairs / groups, compare your answers to this exercise. Check your answers. Talk about the words from the activity. Were they new, interesting, worth learning...?

4. VOCABULARY: Circle any words you do not understand. In groups, pool unknown words and use dictionaries to find their meanings.

5. TEST EACH OTHER: Look at the words below. With your partner, try to recall how they were used in the text:

| | |
|--|---|
| <ul style="list-style-type: none">• myth• perform• ritual• no• published• bay | <ul style="list-style-type: none">• discussions• avid• certain• beliefs• low• best |
|--|---|

STRETCHING SURVEY

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

Write five GOOD questions about stretching in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

| | STUDENT 1 _____ | STUDENT 2 _____ | STUDENT 3 _____ |
|------|--------------------|--------------------|--------------------|
| Q.1. | | | |
| Q.2. | | | |
| Q.3. | | | |
| Q.4. | | | |
| Q.5. | | | |

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

STRETCHING DISCUSSION

STUDENT A's QUESTIONS (Do not show these to student B)

1. What did you think when you read the headline?
2. What images are in your mind when you hear the word 'stretching'?
3. What do you think of stretching?
4. What do you think of jogging?
5. Why is jogging so popular?
6. What do you think when you see joggers?
7. How can people improve their running performance?
8. How can we avoid injury while exercising?
9. What injuries have you had?
10. What do you do to keep injuries or illness at bay?

Stretching may not prevent jogging injuries – 1st December, 2019
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STRETCHING DISCUSSION

STUDENT B's QUESTIONS (Do not show these to student A)

11. Did you like reading this article? Why/not?
12. What do you think of when you hear the word 'jogging'?
13. What do you think about what you read?
14. How important is stretching?
15. Who is stretching important for?
16. What is the best form of exercise?
17. What exercise do you do?
18. What stretching exercises do you like and dislike?
19. How can we get more people to exercise?
20. What questions would you like to ask a sports trainer?

DISCUSSION (Write your own questions)

STUDENT A's QUESTIONS (Do not show these to student B)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

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DISCUSSION (Write your own questions)

STUDENT B's QUESTIONS (Do not show these to student A)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

LANGUAGE - CLOZE

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

Researchers believe they have (1) _____ a myth about the perceived importance of stretching before jogging. Hundreds of millions of joggers around the world perform (2) _____ stretching exercises before going for a jog. It is a daily (3) _____ that can be seen in parks and streets everywhere. However, researchers from La Trobe University in Melbourne, Australia say there is no evidence to show that stretching improves running performance or decreases the (4) _____ of injuries. Their research is published in the 'British Journal of Sports Medicine'. They say that while there is evidence that stretching can help keep ankle, knee and hip joints (5) _____, it won't aid performance or keep injuries at (6) _____.

Lead researcher James Alexander (7) _____ the research after discussions with runners about stretching. Mr Alexander is an (8) _____ jogger and often wondered what the benefits of stretching were. He told the Reuters news agency that: "Runners have (9) _____ beliefs around running injury risks, injury prevention and performance that are (10) _____ contrast to current research evidence." He added: "These beliefs drive runners to continue to pursue ineffective or non-optimal strategies within their running training, whether through static stretching for injury prevention or low-(11) _____ strength training for performance." He recommended a 5-10-minute (12) _____ of walking or light jogging as the best warm-up.

Put the correct words from the table below in the above article.

- | | | | | |
|-----|---------------|---------------|--------------|--------------|
| 1. | (a) debarked | (b) debutant | (c) debunked | (d) debited |
| 2. | (a) static | (b) elastic | (c) plastic | (d) stoic |
| 3. | (a) ritual | (b) virtual | (c) habitual | (d) vital |
| 4. | (a) risk | (b) risky | (c) risqué | (d) risible |
| 5. | (a) agreeable | (b) compliant | (c) bendable | (d) flexible |
| 6. | (a) bay | (b) inlet | (c) cove | (d) gulf |
| 7. | (a) conducted | (b) traded | (c) embarked | (d) engulfed |
| 8. | (a) ovary | (b) aviary | (c) void | (d) avid |
| 9. | (a) certain | (b) sure | (c) course | (d) destined |
| 10. | (a) of | (b) in | (c) by | (d) at |
| 11. | (a) goad | (b) load | (c) road | (d) toad |
| 12. | (a) session | (b) track | (c) aerobic | (d) active |

SPELLING

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

Paragraph 1

1. they have ueneddkb a myth
2. the ireceevpd importance of stretching
3. perform taisct stretching exercises
4. It is a daily itraul
5. there is no nciedvee to show that
6. keep ankle, knee and hip joints eeilbfxl

Paragraph 2

7. Alexander is an advj jogger
8. Runners have certain efisble
9. in ostcrant to current research
10. ineffective or non-optimal stteegasri
11. stretching for injury tvronenepi
12. a 5-10-minute einssos of walking

PUT THE TEXT BACK TOGETHER

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

Number these lines in the correct order.

- (**1**) Researchers believe they have debunked a myth about the perceived importance of stretching
- () before jogging. Hundreds of millions of joggers around the world perform static stretching exercises before
- () help keep ankle, knee and hip joints flexible, it won't aid performance or keep injuries at bay.
- () from La Trobe University in Melbourne, Australia say there is no evidence to show that stretching
- () through static stretching for injury prevention or low-load strength training for performance." He
- () going for a jog. It is a daily ritual that can be seen in parks and streets everywhere. However, researchers
- () published in the 'British Journal of Sports Medicine'. They say that while there is evidence that stretching can
- () contrast to current research evidence." He added: "These beliefs drive runners to continue
- () Lead researcher James Alexander conducted the research after discussions with runners
- () recommended a 5-10-minute session of walking or light jogging as the best warm-up.
- () about stretching. Mr Alexander is an avid jogger and often wondered what the benefits of stretching were. He told
- () to pursue ineffective or non-optimal strategies within their running training, whether
- () the Reuters news agency that: "Runners have certain beliefs around running injury risks, injury prevention and performance that are in
- () improves running performance or decreases the risk of injuries. Their research is

PUT THE WORDS IN THE RIGHT ORDER

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

1. debunked a have believe myth . they Researchers
2. world . of millions of joggers the Hundreds around
3. daily parks . seen ritual is in A that
4. is can joints . help that stretching evidence There
5. injuries or keep performance at bay . Aid
6. conducted discussions Alexander the with runners . research after
7. benefits stretching Wondered were . the of what
8. injury certain risks . around Runners beliefs running have
9. drive to He beliefs runners continue . said these
10. a of recommended walking . 5-10-minute He session

CIRCLE THE CORRECT WORD (20 PAIRS)

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

Researchers believe they have debunked a *mythical* / *myth* about the perceived *importance* / *important* of stretching before jogging. Hundreds of millions of joggers around the world perform *statistic* / *static* stretching exercises before going for a jog. It is a daily *ritual* / *virtual* that can be seen in parks and streets *somewhere* / *everywhere*. However, researchers from La Trobe University in Melbourne, Australia say there is no evidence *to* / *for* show that stretching *reproves* / *improves* running performance or decreases the *risk* / *risky* of injuries. Their research is published in the 'British Journal of Sports Medicine'. They say that *while* / *which* there is evidence that stretching can help keep ankle, knee and hip joints flexible, it won't aid performance or keep injuries *in* / *at* bay.

Lead researcher James Alexander conducted *a* / *the* research after discussions with *runners* / *runs* about stretching. Mr Alexander is an *avoid* / *avid* jogger and often wondered what the benefits of stretching were. He told the Reuters news agency that: "Runners have *certainly* / *certain* beliefs around running injury risks, injury *precaution* / *prevention* and performance that are in contrast *of* / *to* current research evidence." He added: "These beliefs drive runners to continue to *pursue* / *peruse* ineffective or non-optimal strategies within their running training, *weather* / *whether* through static stretching for injury prevention or low-load strength training for performance." He *recommendation* / *recommended* a 5-10-minute session of walking or *light* / *lit* jogging as the best warm-up.

Talk about the connection between each pair of words in italics, and why the correct word is correct.

INSERT THE VOWELS (a, e, i, o, u)

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

R_s__ r c h_r s b_l__ v_ t h_y h_v_ d_b_n k_d _ m y t
h _b__ t t h_ p_r c__ v_d _m p_r t_n c_ _f s t r_t c h_n
g b_f_r_ j_g g_n g . H_n d r_d s _f m_l l__ n s _f
j_g g_r s _r__ n d t h_ w_r l_d p_r f_r m s t_t_c s t
r_t c h_n g _x_r c_s_s b_f_r_ g__ n g f_r _ j_g . I t
_s _ d__ l_y r_t__ l t h_t c_n b_ s__ n _n p_r k s
_n d s t r__ t s _v_r y w h_r_ . H_w_v_r , r_s__ r c h_r
s f_r_m L_ T_r_b_ U_n_v_r s_t_y _n M_l b__ r_n_ , A_s
t_r_l__ s_y t h_r_ s _n _v_d_n c_ t_ s h_w t h_t s
t_r_t c h_n g _m p_r_v_s r_n n_n g p_r f_r m_n c_ _r
d_c_r__ s_s t h_ r_s k _f _n j_r__ s . T h__ r r_s__ r
c h _s p_b_l_s h_d _n t h_ 'B_r_t_s h J__ r_n_l _f S
p_r t s M_d_c_n_' . T h_y s_y t h_t w h_l_ t h_r_ _s
_v_d_n c_ t h_t s t r_t c h_n g c_n h_l p k__ p _n k
l_ , k n__ _n d h_p j__ n t s f_l_x_b_l_ , _t w_n 't
__ d p_r f_r m_n c_ _r k__ p _n j_r__ s _t b_y .

L__ d r_s__ r c h_r J_m_s A_l_x_n d_r c_n d_c t_d t
h_ r_s__ r c h _f t_r d_s c_s s__ n s w_t h r_n n_r s
_b__ t s t r_t c h_n g . M_r A_l_x_n d_r _s _n _v_d
j_g g_r _n d _f t_n w_n d_r_d w h_t t h_ b_n_f_t s _f
s t r_t c h_n g w_r_ . H_ t_l_d t h_ R__ t_r s n_w s
_g_n c_y t h_t : " R_n n_r s h_v_ c_r t__ n b_l__ f s
_r__ n d r_n n_n g _n j_r_y r_s k s , _n j_r_y p_r_v_n
t__ n _n d p_r f_r m_n c_ t h_t _r_ _n c_n t_r_s t t_
c_r r_n t r_s__ r c h _v_d_n c_ . " H__ d d_d : " T h_s_
b_l__ f s d_r_v_ r_n n_r s t_ c_n t_n__ t_ p_r s__
_n f_f_c t_v_ _r n_n _p t_m_l s t r_t_g__ s w_t h_n t
h__ r r_n n_n g t_r__ n_n g , w h_t h_r t h_r__ g h s
t_t_c s t r_t c h_n g f_r _n j_r_y p_r_v_n t__ n _r l_w
- l__ d s t r_n g t h t_r__ n_n g f_r p_r f_r m_n c_ . "
H_ r_c_m m_n d_d _ 5 - 1 0 - m_n t_ s_s s__ n _f w_l
k_n g _r l_g h t j_g g_n g _s t h_ b_s t w_r m _p .

PUNCTUATE THE TEXT AND ADD CAPITALS

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

researchers believe they have debunked a myth about the perceived importance of stretching before jogging hundreds of millions of joggers around the world perform static stretching exercises before going for a jog it is a daily ritual that can be seen in parks and streets everywhere however researchers from la trobe university in melbourne australia say there is no evidence to show that stretching improves running performance or decreases the risk of injuries their research is published in the british journal of sports medicine they say that while there is evidence that stretching can help keep ankle knee and hip joints flexible it wont aid performance or keep injuries at bay

lead researcher james alexander conducted the research after discussions with runners about stretching mr alexander is an avid jogger and often wondered what the benefits of stretching were he told the reuters news agency that runners have certain beliefs around running injury risks injury prevention and performance that are in contrast to current research evidence he added these beliefs drive runners to continue to pursue ineffective or nonoptimal strategies within their running training whether through static stretching for injury prevention or lowload strength training for performance he recommended a 510minute session of walking or light jogging as the best warmup.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/1912/191201-stretching.html>

Researchers believe they have debunked a myth about the perceived importance of stretching before jogging. Hundreds of millions of joggers around the world perform static stretching exercises before going for a jog. It is a daily ritual that can be seen in parks and streets everywhere. However, researchers from La Trobe University in Melbourne, Australia say there is no evidence to show that stretching improves running performance or decreases the risk of injuries. Their research is published in the 'British Journal of Sports Medicine'. They say that while there is evidence that stretching can help keep ankle, knee and hip joints flexible, it won't aid performance or keep injuries at bay. Lead researcher James Alexander conducted the research after discussions with runners about stretching. Mr Alexander is a avid jogger and often wondered what the benefits of stretching were. He told the Reuters news agency that: "Runners have certain beliefs around running injury risks, injury prevention and performance that are in contrast to current research evidence." He added: "These beliefs drive runners to continue to pursue ineffective or non-optimal strategies within their running training, whether through static stretching for injury prevention or low-load strength training for performance." He recommended a 5-10-minute session of walking or light jogging as the best warm-up.

HOMework

1. VOCABULARY EXTENSION: Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

2. INTERNET: Search the Internet and find out more about this news story. Share what you discover with your partner(s) in the next lesson.

3. STRETCHING: Make a poster about stretching. Show your work to your classmates in the next lesson. Did you all have similar things?

4. JOGGING: Write a magazine article about jogging being better than any other form of exercise. Include imaginary interviews with people who are for and against this.

Read what you wrote to your classmates in the next lesson. Write down any new words and expressions you hear from your partner(s).

5. WHAT HAPPENED NEXT? Write a newspaper article about the next stage in this news story. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

6. LETTER: Write a letter to an expert on stretching. Ask him/her three questions about it. Give him/her three of your ideas on stretching. Read your letter to your partner(s) in your next lesson. Your partner(s) will answer your questions.

ANSWERS

VOCABULARY (p.4)

1. c 2. e 3. d 4. a 5. f 6. g 7. b
8. k 9. h 10. i 11. n 12. m 13. j 14. l

TRUE / FALSE (p.5)

- a T b T c F d F e T f T g F h T

SYNONYM MATCH (p.5)

| | | | | |
|------|------|------|------|-------|
| 1. h | 2. e | 3. j | 4. b | 5. a |
| 6. i | 7. d | 8. f | 9. g | 10. c |

COMPREHENSION QUESTIONS (p.9)

1. Debunked it
2. Hundreds of millions
3. Daily
4. Keep them flexible
5. Injuries
6. An avid jogger
7. The benefits of stretching
8. Current research
9. Non-optimal strategies
10. The best warm-up

WORDS IN THE RIGHT ORDER (p.20)

1. Researchers believe they have debunked a myth.
2. Hundreds of millions of joggers around the world.
3. A daily ritual that is seen in parks.
4. There is evidence that stretching can help joints.
5. Aid performance or keep injuries at bay.
6. Alexander conducted the research after discussions with runners.
7. Wondered what the benefits of stretching were.
8. Runners have certain beliefs around running injury risks.
9. He said these beliefs drive runners to continue.
10. He recommended a 5-10-minute session of walking.

MULTIPLE CHOICE - QUIZ (p.10)

1. d 2. b 3. c 4. a 5. c 6. b 7. d 8. a 9. c 10. b

ALL OTHER EXERCISES

Please check for yourself by looking at the Article on page 2.
(It's good for your English ;-)