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Level 1 – 31st October 2024

Standing on one leg can tell us about our age

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-1.html>

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Please try Levels 0, 2 and 3. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-1.html>

We count the rings on a tree to find its age. Scientists have now found we can measure the age of people by getting them to stand on one leg. This shows how well a person can balance, and balance becomes more difficult as we get older. A researcher said balance was important because it requires input from vision, hearing and other senses. He said: "Good balance...leads to improved quality of life and healthy ageing."

Researchers tested the balance of people over the age of 50. Each person had to balance on their stronger and weaker leg for 30 seconds. They did this with their eyes both closed and open. People who stood on their weaker leg showed the highest rate of decline with age. The rate for the weaker leg was half a second higher per decade. The researchers said balance was a sign of health because "it reflects how the body's systems are working together".

Sources: <https://scitechdaily.com/how-long-can-you-stand-on-one-leg-according-to-the-mayo-clinic-it-could-reveal-your-true-age/>
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0310764>
<https://edition.cnn.com/2024/10/23/health/balance-one-leg-old-age-wellness/index.html>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-1.html>

PARAGRAPH ONE:

- | | |
|---------------------------|--------------------|
| 1. count the rings | a. senses |
| 2. we can measure the age | b. difficult |
| 3. getting them to stand | c. quality of life |
| 4. how well a person | d. older |
| 5. balance becomes more | e. of people |
| 6. as we get | f. on a tree |
| 7. hearing and other | g. can balance |
| 8. leads to improved | h. on one leg |

PARAGRAPH TWO:

- | | |
|----------------------------|----------------------|
| 1. their stronger and | a. how |
| 2. with their eyes both | b. higher per decade |
| 3. People who stood on | c. weaker leg |
| 4. The rate for the weaker | d. working together |
| 5. half a second | e. their weaker leg |
| 6. balance was a sign | f. leg |
| 7. it reflects | g. of health |
| 8. the body's systems are | h. closed and open |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-1.html>

We (1) _____ on a tree to find its age. Scientists have now found we can (2) _____ of people by getting them to stand on one leg. This shows (3) _____ person can balance, and balance becomes (4) _____ we get older. A researcher said balance was important because it requires input from vision, hearing (5) _____. He said: "Good balance...leads (6) _____ of life and healthy ageing."

Researchers (7) _____ of people over the age of 50. Each person had to balance on their (8) _____ leg for 30 seconds. They did this with their eyes both (9) _____. People who stood on their weaker leg showed the (10) _____ decline with age. The rate for the weaker leg was half a second (11) _____. The researchers said balance was a sign of health because "it reflects how the body's (12) _____ together".

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-1.html>

We count the rings on a tree to find its age. Scientists have now found we can measure the age of people by getting them to stand on one leg. This shows how well a person can balance, and balance becomes more difficult as we get older. A researcher said balance was important because it requires input from vision, hearing and other senses. He said: "Good balance... leads to improved quality of life and healthy ageing." Researcher tested the balance of people over the age of 50. Each person had to balance on their stronger and weaker leg for 30 seconds. They did this with their eyes both closed and open. People who stood on their weaker leg showed the highest rate of decline with age. The rate for the weaker leg was half a second higher per decade. The researcher said balance was a sign of health because it reflects how the body's systems are working together".

STANDING ON ONE LEG SURVEY

From <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-4.html>

Write five GOOD questions about standing on one leg 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.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

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

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

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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 <https://breakingnewsenglish.com/2410/241031-standing-on-one-leg-1.html>

Write about **standing on one leg** for 10 minutes. Read and talk about your partner's paper.
