9 form:

Listening Script: Sports and Fitness

“Sports and fitness have become essential parts of a healthy lifestyle. Many people enjoy playing sports like soccer, basketball, and tennis, which are not only fun but also provide great physical exercise. Playing sports helps improve strength, coordination, and teamwork skills. People of all ages can benefit from the physical activity, and many communities offer sports programs to encourage participation.

In recent years, fitness activities like running, cycling, and yoga have also become popular. Running is an excellent cardiovascular exercise that strengthens the heart and lungs. Cycling, whether outdoors or on a stationary bike, builds endurance and leg strength. Yoga, on the other hand, focuses on flexibility, balance, and mental relaxation. Many people appreciate yoga for its ability to reduce stress and improve mental well-being.

Gyms and fitness centers play an important role in promoting fitness. They provide equipment, classes, and personal training to help people reach their goals. Some people enjoy group classes like aerobics, dance, or spinning, which add a social element to working out. Others prefer to work with a personal trainer for a more customized fitness plan.

Maintaining a regular exercise routine can be challenging, especially with busy schedules. However, experts recommend at least 150 minutes of moderate exercise each week to maintain good health. Regular exercise can help control weight, boost energy, and improve sleep. Additionally, staying active can lower the risk of diseases like diabetes and heart disease.

In summary, both sports and fitness activities offer numerous health benefits. From building physical strength to improving mental health, staying active is one of the best ways to achieve a healthier and happier lifestyle.”

Task 1: True/False (12 sentences)

1. Playing sports improves teamwork skills.

2. Cycling is mostly beneficial for arm strength.

3. Yoga can help reduce stress.

4. Only young people benefit from physical activity.

5. Fitness centers only provide classes, not equipment.

6. Running is a good exercise for the heart and lungs.

7. Group classes like aerobics add a social element to working out.

8. A personal trainer creates the same plan for all clients.

9. Experts recommend 150 minutes of moderate exercise per month.

10. Regular exercise can improve sleep.

11. Staying active can lower the risk of diabetes.

12. Exercise has no effect on mental health.

Task 2: Multiple Choice (6 questions with options)

1. Which of these sports helps improve teamwork skills?

• A. Soccer

• B. Yoga

• C. Running

• D. Swimming

2. What benefit does running provide?

• A. Strengthens leg muscles only

• B. Improves heart and lung health

• C. Increases flexibility

• D. Builds arm strength

3. Why do some people prefer group classes at the gym?

• A. They don’t require any equipment

• B. They add a social aspect to working out

• C. They are only for advanced athletes

• D. They are usually very quiet

4. What do fitness experts recommend for maintaining good health?

• A. Exercising 150 minutes each week

• B. Only doing strength training

• C. Avoiding all cardio exercises

• D. Exercising once a month

5. Which activity is mentioned as being good for flexibility and balance?

• A. Cycling

• B. Running

• C. Tennis

• D. Yoga

6. What is one benefit of regular exercise?

• A. It can help you avoid all illnesses

• B. It boosts energy and improves sleep

• C. It is only beneficial for young people

• D. It replaces the need for a healthy diet