

# Children are as fit as endurance athletes

Sources: [newsweek.com/](http://newsweek.com/) / [mirror.co.uk](http://mirror.co.uk/) / [smh.au](http://smh.au)

Have you ever wondered why children always seem to have bags of energy and never run out of steam? Researchers have discovered that children have the stamina and levels of recovery of endurance athletes. In fact, scientists say children's muscles recover from "high-intensity exercise" a lot quicker than athletes. A study looked at the performance levels of children when they were cycling, and compared their fitness to that of athletes. Researcher Dr Sebastien Ratel said: "We found the children used more of their aerobic metabolism and were therefore less tired during the high-intensity physical activities. They also recovered very quickly - even faster than the well-trained adult endurance athletes. "The researchers hope that their findings will help scientists better understand how the human body changes with age. It could lead to advances in the fight against diabetes and other diseases. Dr Ratel said the research was particularly important as more children were become less active. He warned: "With the rise in diseases related to physical inactivity, it is helpful to understand the physiological changes with growth that might contribute to the risk of disease. "He added that children should maintain their fitness as they grow up and play as much as they could so they remain healthy as adults. He said: "Children seem to have the ability to play and play and play, long after adults have become tired."

## True / False

- a) The article asked us about children running out of steam(or not). T / F
- b) Children's muscles recover from high-intensity exercise quickly. T / F
- c) The researchers found that children were faster than adults at cycling. T / F
- d) Children use their aerobic metabolism more than adults do. T / F
- e) The researchers said the study will help slow down the ageing process. T / F
- f) A researcher said the research will mean an end to diabetes. T / F
- g) A researcher said adults should pretend to be children and play a lot. T / F
- h) Children can play for a long time after adults get tired. T / F

## Synonym Match

(The words in **bold** are from the news article.)

- 1. **wondered**
- 2. **stamina**
- 3. **performance**
- 4. **fitness**
- 5. **recovered**
- 6. **age**
- 7. **advances**
- 8. **warned**
- 9. **maintain**
- 10. **tired**

- a. cautioned
- b. athleticism
- c. recuperated
- d. preserve
- e. staying power
- f. maturity
- g. thought
- h. worn out
- i. functioning
- j. progress

## Spelling

1. children have the asimtna
2. children's uscmelsrecover
3. looked at the rrfpeamonce levels
4. used more of their raboeic metabolism
5. high-tnensitiy physical activities
6. They also vcorereed very quickly
7. help nietcsists better understand
8. advances in the fight against ibdteaes
9. the research was luitpararcly important
10. Ishopgoyiacl changes
11. ntioubcteto the risk of disease
12. maintain their tfeniss

## Phrase Match

- |   |                        |
|---|------------------------|
| 1. children always seem to have bags        | a. changes with age    |
| 2 recover from "high-intensity exercise"    | b. metabolism          |
| 3. the performance levels                   | c. have become tired   |
| 4. children used more of their aerobic      | d. of energy           |
| 5. less tired during the high-intensity     | e. inactivity          |
| 6. better understand how the human body     | f. a lot quicker       |
| 7. It could lead to advances in the fight   | g. of disease          |
| 8. the rise in diseases related to physical | h. physical activities |
| 9. contribute to the risk                   | i. against diabetes    |
| 10. long after adults                       | j. of children         |

## Chat

Talk about these words from the article.

*bags of energy / run out of steam / stamina / athletes / fitness / metabolism / adult / findings / age / diabetes / disease / important / physiological / fitness / healthy / play*

## Speaking—Run out of steam

Rank these with your partner. Put the things that make you run out of steam quickest at the top. Change partners often and share your rankings.

- playing with children • no food • lack of sleep • studying English • sports • working • hiking
- being bored

Discussion–Student A	Discussion–Student B
a) When do you have bags of energy? b) When do you run out of steam? c) How would you describe your levels of stamina? d) Would you like to have the energy of a child? e) What kind of shape are your muscles in? f) What do (or should) you do about your fitness? g) What would it be like to be an endurance athlete? h) What physical activities do you like and dislike?	a) What do you think about what you read? b) How well do you understand the human body? c) How much of the human body do scientists understand? d) What are the dangers of children becoming less active? e) What physiological changes take place as we age? f) What endurance sport would you like to be good at? g) Do you have the energy to keep up with children? h) What questions would you like to ask the researchers?

## Role Play

### Role A – Sport

You think sport is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): working, children or English.

### Role B –Working

You think working is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): sport, children or English.

### Role C –Children

You think children is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): working, sport or English.

### Role D –English

You think English is the thing that makes you run out of steam quickest. Tell the others three reasons why. Tell them why their things don't make you as tired. Also, tell the others which is the least exhausting of these (and why): working, children or sport.

## Writing

How can we get children to exercise more and use digital technology less?

## Linking Arguments for Role Play

First of all, I think ...  
 Not only that, but I also think that ...  
 Not only are they ..., they are also ...  
 They are not ..., nor are they ...  
 There are various/several/many reasons for this.  
 First, ... / Firstly, ...  
 Second, ... / Secondly, ...  
 Moreover, ... / Furthermore, ... / In addition, ...  
 Another significant point is that ...  
 Finally, ...  
 On the one hand, ... On the other hand, ...  
 In contrast to this is ...  
 Because of ...  
 That is why ...  
 After all, ...  
 The reason is that ...  
 In that respect ...  
 The result of this is that ...  
 Another aspect/point is that ...  
 It is because ...  
 Although it is true that ... it would be wrong to claim that ...  
 That may sometimes be true, but ...  
 One could argue that ..., but ...

## Providing Examples

Take for example (the case of) ...  
 Look at ...  
 For instance ... / For example ...  
 Let me give you an example.

## Additions and Conclusion

Most probably ...  
 It appears to be ...  
 It is important to mention that...  
 As I already indicated ...  
 In other words, ...  
 I am most concerned about ...  
 I should like to repeat once again that ...  
 I should like to emphasise that ...  
 I would (just) like to add ...  
 So all in all I believe that...  
 (In) summing up it can be said that ...  
 Weighing the pros and cons, I come to the conclusion that ...

## Answers –Synonym Match

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

## Answers –True False

- A T  
B T  
C F  
D T  
E F  
F F  
G F  
H T

Answers to Phrase Match and Spelling are in the text.

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