



Unit 4 Team Sports

Compréhension à partir d'une vidéo

Comprendre des arguments – Niveau B1

Titre de la vidéo* : Benefits of Sports

Lien vers la vidéo: <http://www.youtube.com/watch?v=Qq10hOyveEI>

Durée : 1'00"

Sous-titres : non

* à rentrer dans le moteur de recherche si le lien ne fonctionne plus

PART 1 Watch the video without the sound.

1. Répondez aux questions suivantes en anglais.

- What is it about? **It seems to be about sports.**
- What can you see? **We can see several people practising sports.**

2. Numérotez ces descriptions d'images dans l'ordre chronologique de la vidéo.

People in a fitness club doing press-ups	n°4
A man running outside, in a forest	n°2
A man running on a machine in a flat	n°1
People in a fitness club doing fitness activities	n°5
A man running in meadows with mountains in the background	n°3

PART 2 Watch the first 36 seconds of the video

Entourez les termes médicaux que vous entendez.

blood glucose level – **blood pressure** – **cholesterol** – allergies – **heart rate** – asthma – **heart disease** – pain – **immune system** – arthritis

PART 3 Watch the video: 0'37" – 1'00"

Ecrivez en français les bienfaits du sport cités dans la vidéo.

- **baisse d'anxiété et de dépression.**
- **amélioration de la gestion personnelle / maîtrise de soi.**
- **meilleure estime de soi, meilleure apparence et meilleur sommeil.**
- **permet de se fixer des objectifs et de se donner les moyens de les atteindre.**

PART 4 Speak

Répondez aux questions suivantes en anglais.

- What is your opinion about this video?
- Do you regularly practise sports? Why / Why not?
- Do you agree with the benefits of sports given in the video?
- Can you give other benefits?

Script de la video

Regular exercise can lower your resting heart rate, which means your heart pumps more blood per beat and is not overworking when you are at rest. Exercise can also lower or help control your blood pressure and reduce your total cholesterol, lowering the LDL while increasing the HDL. It also reduces the amount of bad fatty acid in your blood and improves the functioning of your immune system.

Exercise reduces the risk of heart disease and stroke and increases insulin sensitivity to prevent type 2 diabetes. You can look forward to less anxiety and depression, improve self-management and better self-esteem, appearance and sleep. Plus, regular exercise gives you the experience of goal setting and the dedication necessary to achieve your goals. It's a health building and success making habit that will change your life forever.