



MODULE 3 Leisure, Sports, Health and Fitness

In this module, you will:

WATCH

videos about different sports and leisure activities.

READ

about how sports and leisure activities benefit individuals physically and mentally.

MASTER

the two targeted reading strategies:

1. Predicting the likely development of the text
2. Identifying tone and mood

Pre-reading

A Look at the pictures. What do you see?

Draw lines to match the sports or leisure activities with their benefits.

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|---------------------|---|--|
| skateboarding | • | • help stay mentally sharp |
| spending time alone | • | • improve balance and enhance coordination |
| playing board games | • | • improve teamwork and collaboration |
| floor curling | • | • uplift overall mood |

B Think and discuss the questions.

1. What do you usually do in your leisure time?
2. Which do you prefer: individual sports or team sports? Why?