**Sport Video**

[**https://www.youtube.com/watch?v=hmFQqjMF\_f0&t=84s**](https://www.youtube.com/watch?v=hmFQqjMF_f0&t=84s)

**“How playing sport benefits your body and your brain”**

***Task 1. Watch the video & answer the following questions.***

1. What are some of the health benefits of exercising, especially when we're young?
2. What chemicals does our brain release when we work out?
3. How can increased endorphins and consistent physical activity improve our focus and mood?
4. What are some of the psychological benefits of being on a sports team?
5. How can commitment to a team make it easier to establish a regular habit of exercise?
6. How can school sports participation reduce the risk of suffering from depression?
7. How can training and working on skills with a good coach reinforce a growth mindset?
8. What is one of the long-term benefits of playing sports that comes from learning through failure?
9. What are some reasons why not everyone will enjoy every sport?
10. What are some benefits of finding a sport that fits your individual needs?

***Task 2. Fill in the gaps.***

Sports can have numerous benefits beyond \_\_\_\_\_\_\_\_\_\_(1).

Exercise is good for our bodies and minds, \_\_\_\_\_\_\_\_\_\_(2), \_\_\_\_\_\_\_\_\_\_(3), and \_\_\_\_\_\_\_\_\_\_(4).

Exercise releases \_\_\_\_\_\_\_\_\_\_(5), which can lead to feelings of euphoria and improve \_\_\_\_\_\_\_\_\_\_(6).

Joining a sports team offers additional benefits beyond \_\_\_\_\_\_\_\_\_\_(7).

Being on a team can foster psychological benefits such as \_\_\_\_\_\_\_\_\_\_(8).

Participation in school sports can \_\_\_\_\_\_\_\_\_\_(9).

Playing sports can boost \_\_\_\_\_\_\_\_\_\_(10).

Learning through failure in sports can build \_\_\_\_\_\_\_\_\_\_(11) to manage challenges in various aspects of life.

Finding a sport that fits your individual needs can lead to a \_\_\_\_\_\_\_\_\_\_(12).