Answer the questions below.

1. Which sport needs a high level of concentration? Why?

2. Why do coaches get angry?

3. Which sport requires patience? Why?

4. Are you patient or impatient when you play sports or games? Explain.

5. When do you need to lower stress? How do you do it?

6. What is the most important benefit of playing sport for you?
 Answers

1 get involved
2 competitive race
3 traditional sport
4 improve skills
5 lower stress
6 impatient
7 wear protection
8 patient (and concentration)
9 benefits of exercise
10 concentration
11 referee
12 angry coach
13 famous athlete