

Benefits of Team Sports for Teenagers

COMPREHENSION • VOCABULARY • DISCUSSION

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Reading Passage

Read the passage carefully. Each paragraph is labelled with a letter for easy reference.

A Participating in team sports offers numerous benefits for teenagers. Firstly, it promotes physical health. Engaging in sports like soccer, basketball, or volleyball helps improve fitness levels, coordination, and endurance. For example, a study conducted in 2022 showed that teenagers who played team sports were 30% more active than those who did not. This increased activity can lead to healthier lifestyles and reduced obesity rates. Moreover, team sports encourage social interaction. Teenagers learn to communicate effectively, build friendships, and work together towards a common goal. For instance, during a soccer season, players often bond over practices and matches, creating lasting friendships. Additionally, teamwork teaches valuable life skills such as leadership, responsibility, and discipline. These skills are essential not only in sports but also in school and future careers. Lastly, participating in team sports can enhance mental well-being. It provides an outlet for stress and anxiety, allowing teenagers to express themselves and feel a sense of achievement when they succeed. In conclusion, team sports play a vital role in the physical and emotional development of teenagers, making them a worthwhile activity to consider.

Vocabulary Glossary

Key words and phrases from the passage. Study them before attempting the exercise below.

WORD / PHRASE	DEFINITION	EXAMPLE SENTENCE
endurance	the ability to do something difficult for a long time without getting tired	<i>Running long distances can help build your endurance.</i>
coordination	when different parts of the body move smoothly together	<i>Dancing requires a lot of coordination between your arms and legs.</i>
obesity	a condition where someone has too much body fat, which can be unhealthy	<i>Eating too much junk food can lead to obesity.</i>
interaction	when people talk or do things with each other	<i>Class projects often require interaction between students.</i>
bond	to become close or connected with someone	<i>The two friends bonded over their love of music.</i>
responsibility	a duty or task that you are required or expected to do	<i>Taking care of a pet is a big responsibility.</i>
discipline	the ability to control yourself or others, often to follow rules	<i>You need discipline to wake up early every morning.</i>
well-being	the state of being happy, healthy, and comfortable	<i>Regular exercise can improve your well-being.</i>

Vocabulary Exercise — Fill in the Blank

Use one word or phrase from the glossary above to complete each sentence. Each item is used only once. Answers are on the final page.

1. Playing team sports can improve your physical health and increase your _____ to do activities longer.
2. Good _____ between your hands and eyes is important in sports like baseball.
3. Eating a balanced diet and exercising can help prevent _____ in teenagers.
4. Group activities in school help improve students' social _____ skills.
5. Children often _____ with their pets and feel close to them.
6. It is the student's _____ to complete their homework on time.

Comprehension Questions

These questions are different from the online practice test. Choose the best answer (A, B, C, or D). Answers and explanations are on the final page.

Question 1

What is one benefit of team sports mentioned in the passage?

- A. They are expensive.
- B. They promote physical health.
- C. They are easy to learn.
- D. They require no practice.

Question 2

How do team sports help with stress according to the passage?

- A. By increasing competition.
- B. By providing a stress-free environment.
- C. By offering an outlet for stress.
- D. By reducing exercise time.

Question 3

In what way do team sports teach leadership?

- A. By being the loudest player.
- B. By helping others and taking charge.
- C. By yelling instructions.
- D. By ignoring teammates.

Question 4

What percentage of increased activity is mentioned for teenagers in team sports?

- A. 10%
- B. 20%
- C. 30%
- D. 40%

Question 5

Why might team sports be important for future careers?

- A. They teach how to play soccer.
- B. They help with writing skills.
- C. They teach leadership and discipline.
- D. They require physical strength.

Discussion & Writing Prompts

Each prompt references a specific detail from the passage above. Use for classroom discussion or a short written response (150–200 words).

1. Paragraph A states that teenagers in team sports are 30% more active. How might this statistic change if schools required team sports for all students?

2. The passage mentions that team sports help with social interaction and building friendships. How important is this benefit compared to physical health benefits, and why?

3. According to the passage, team sports improve mental well-being. Can you think of other activities that might provide similar mental health benefits?

Answer Key

COMPREHENSION QUESTIONS

Q1 B

Q2 C

Q3 B

Q4 C

Q5 C

VOCABULARY EXERCISE

FIB1 endurance

FIB2 coordination

FIB3 obesity

FIB4 interaction

FIB5 bond

FIB6 responsibility

Comprehension Question Explanations

Why the correct answer is right — and why each wrong option is incorrect.

1. What is one benefit of team sports mentioned in the passage?

✓ B — They promote physical health.

The passage states that team sports promote physical health by improving fitness levels.

✗ A — They are expensive.

The passage does not mention the cost of team sports.

✗ C — They are easy to learn.

The passage does not mention the ease of learning team sports.

✗ D — They require no practice.

The passage mentions practice as a way for players to bond, not that it is unnecessary.

2. How do team sports help with stress according to the passage?

✓ C — By offering an outlet for stress.

The passage states that team sports provide an outlet for stress, helping with mental well-being.

✗ A — By increasing competition.

The passage does not mention increasing competition as a way to help with stress.

✗ B — By providing a stress-free environment.

The passage does not claim that team sports are stress-free environments.

✗ D — By reducing exercise time.

The passage talks about increasing activity, not reducing exercise time.

3. In what way do team sports teach leadership?

✓ B — By helping others and taking charge.

The passage implies that teamwork teaches leadership as part of valuable life skills.

✗ A — By being the loudest player.

Leadership is not about being the loudest player.

✗ C — By yelling instructions.

The passage does not suggest yelling instructions as a form of leadership.

✗ D — By ignoring teammates.

Ignoring teammates is not a way to show leadership according to the passage.

4. What percentage of increased activity is mentioned for teenagers in team sports?

✓ C — 30%

The passage specifies that teenagers who played team sports were 30% more active.

✗ A — 10%

The passage mentions 30%, not 10%.

✗ B — 20%

The passage mentions 30%, not 20%.

✗ D — 40%

The passage mentions 30%, not 40%.

5. Why might team sports be important for future careers?

✓ C — They teach leadership and discipline.

The passage mentions that skills like leadership and discipline are learned, which are useful in careers.

✗ A — They teach how to play soccer.

Playing soccer is not directly related to most careers.

✗ B — They help with writing skills.

The passage does not mention writing skills.

✗ D — They require physical strength.

The passage focuses on life skills, not physical strength, for careers.

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