

INGLÉS

INDICACIONES

Los dispositivos que pueden conectarse a internet o que pueden recibir o emitir información deben estar apagados durante la celebración del examen y no pueden estar a la vista.

Developing Life Skills Through Sports

Sport isn't just good for children's bodies; it's good for their minds too. Studies have shown that sport has psychological benefits for children and adolescents and teaches them important life skills. Organized sport has many psychological and social benefits for children – even more than the physical activity during play. Researchers think this is because children benefit from the social side of being in a team, and from the involvement of other children and adults.

Development from sport goes beyond learning new physical skills. Sport helps children develop better ways to cope with the highs and lows of life. When they're playing sport, children learn to lose. Being a good loser takes maturity and practice. Losing teaches children to bounce back from disappointment, cope with unpleasant experiences and is an important part of becoming resilient.

Physical activity has been shown to stimulate chemicals in the brain that make you feel better. So, playing sport regularly improves children's overall emotional wellbeing. Research shows there's a link between playing sport and self-esteem in children. The support of the team, a kind word from a coach, or achieving their personal best will all help children to feel better about themselves.

Playing in a team helps children to develop many of the social skills they will need for life. It teaches them to cooperate, to be less selfish, and to listen to other children. It also gives children a sense of belonging. It helps them make new friends and builds their social circle outside school.

An important part of playing in a team is accepting discipline. Playing sport means children are expected to follow rules, accept decisions and understand that they could be penalized for bad behaviour. It will teach them to take directions from the coach, referees and other adults. Sport will also teach them all about teamwork.

<https://www.healthdirect.gov.au/developing-life-skills-through-sports> (Adapted)

Question 1. (60%) . Translate paragraphs 2 and 3 into Spanish.

Question 2. (20%) . Choose the correct option a; b, c or d and copy the sentence onto your answer sheet.

The article says that the psychological benefits children get from doing sport...

- a. are just as important as the physical ones.
- b. are almost as important as the physical ones.
- c. are more important than the physical ones.
- d. are significantly less important than the physical ones.

The art of losing...

- a. takes no time at all to learn.
- b. helps children cope with negative things.
- c. decreases children's resilience.
- d. makes children more immature.

According to research, playing sport...

- a. helps some children feel better about themselves emotionally.
- b. helps children feel better about only some aspects of themselves emotionally.
- c. helps children feel better about themselves emotionally in many aspects.
- d. helps children control the chemicals in their brains.

Playing in a team...

- a. is beneficial for other parts of a child's life, too.
- b. teaches children the advantages of ignoring orders and regulations.
- c. stops children from mixing with other children from different schools.
- d. Has negative effects on a child's relationship with adults.

Question 3. (20%) . Writing (80-100 words)

What activities do you do in your free time and why do you think they are beneficial?