



**Extra question:** which sport is least stressful?

### CAE Speaking Part 3 Useful Phrases

Jogging	Football	Chess	Swimming	Martial arts
<ul style="list-style-type: none"><li>– This sports can be nice and gentle introduction to the world of sports in general and cardio exercising in particular</li><li>– Jogging in the morning is a nice habit to have that promotes self-discipline and trains one's willpower</li><li>– Some might like the social aspect of jogging – meeting other joggers and bonding as you can relate to the same problems and joys associated with this sport</li></ul>	<ul style="list-style-type: none"><li>– Football is not for the meek – people who are competitive and not afraid of getting some bruises might like it</li><li>– As well as developing most leg muscles, football improves your situational awareness</li><li>– As a team sport, it teaches the valuable lessons of learning to trust your mates and not to let them down</li></ul>	<ul style="list-style-type: none"><li>– The most intellectual of sports, it promotes both strategical and tactical thinking, encouraging player to think long-term</li><li>– Chess is known to develop cognitive abilities of its players owing to the sheer amount of memorising one has to do to play this game well</li></ul>	<ul style="list-style-type: none"><li>– Swimming is the most balanced form of exercising of the ones listed here, it develops most arm, leg, chest and back muscle groups</li><li>– A great skill to have, swimming can help you save your own life and that of others</li></ul>	<ul style="list-style-type: none"><li>– In addition to benefits of physical exercising, martial arts teach you self-defence, which can always come in handy</li><li>– Not only do martial arts train your body, but also your mind and willpower, they teach you do deal with the challenges and hardship of everyday life</li></ul>