

1 Work in pairs and discuss the statistics. Is there anything you find surprising?



In the UK, each year ...

99.8% of 11–15-year-olds attend an art event (e.g. music, dance, theatre)

72.8% visit a heritage site, art gallery or museum

72.7% regularly visit a library

96.1% do sport in their free time

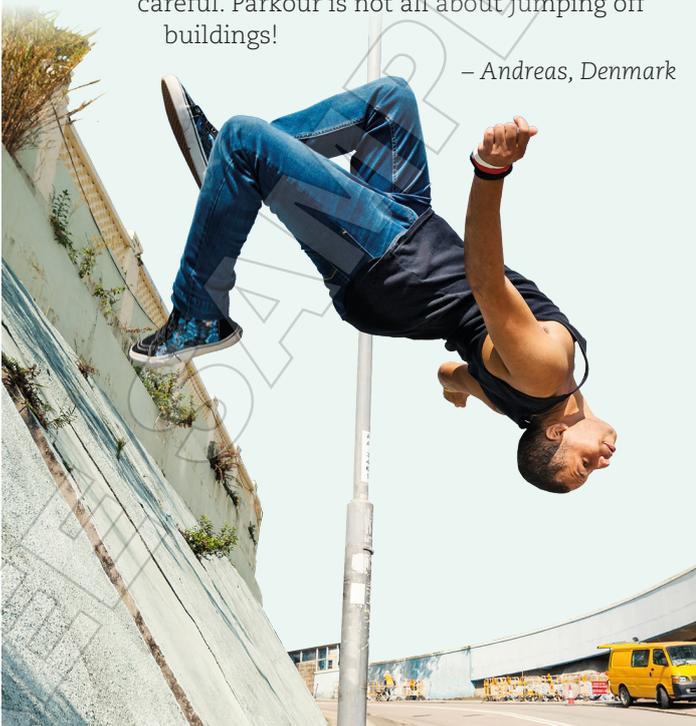


2 Read the text. What free-time activities does it mention?

What do you do with your free time? Experts agree that teenagers need free time to explore their own interests and to relax. A recent survey shows that many teenagers spend free time doing ‘passive’ activities such as watching TV, listening to music, or playing computer games. But others spend this on more active interests and hobbies. Some of the most popular activities are doing sports such as football or swimming, going to the gym, dancing or playing music. Many teenagers also use this time to do jobs such as babysitting. Other teens have more unusual hobbies. Let’s meet two of them.

My hobby is ‘parkour’, also known as free-running. It’s a way of getting from one place to another as fast as possible. Some people say it’s just running, but it isn’t. Yes, you do run in parkour, but it combines running with jumping and gymnastics. It’s a way of using your body to travel, but also using the world around you – things like walls and buildings. I do parkour once a week at my school and every weekend I practise outside with my friends. Parkour is popular in Denmark, and we’re lucky that the first public parkour park, the JiYo Park, is in my city, Copenhagen. Some people say it’s dangerous, but we’re always very careful. Parkour is not all about jumping off buildings!

– Andreas, Denmark



My favourite free-time activity is origami. It’s when you fold paper into shapes to make small models. I can make birds, flowers and animals. They’re really beautiful. I like choosing the colour of the paper and learning how to make new designs. Origami is a great hobby and I always find it very relaxing. Origami is very popular here in Japan, and in many other countries too. It’s a hobby that people of any age can do and it isn’t expensive. Some of the models are very difficult. You have to fold the paper over 100 times! I can’t make things like that – yet! I usually do origami on Saturdays but this week I’m going to an origami club every day. It’s never boring!

– Hiriko, Japan

3 Read the texts. What do these sentences refer to? Write *Parkour* or *Origami*.

- 1 It's a way of moving fast. _____
- 2 It isn't expensive to do this. _____
- 3 It combines several sports. _____
- 4 People are careful when they practise it. _____
- 5 People of any age can do it. _____
- 6 You sometimes learn to make very difficult things. _____

4 Read the texts again and choose the correct word or phrase.

- 1 Teenagers need free time to help them **do sport** / **explore their interests**.
- 2 Playing computer games is a **passive** / **an active** free-time activity.
- 3 Parkour is mainly **running** / **jumping**.
- 4 Andreas does parkour **alone** / **with friends**.
- 5 In origami, you fold **flowers** / **paper** to make models.
- 6 Hiriko likes origami because **it's relaxing** / **it's a hobby** for everyone.

5 Work in pairs and discuss the questions.

- 1 How much free time do you have? How do you spend your free time?
- 2 What do you think are the most popular hobbies for teenagers in your country?
- 3 Do you have an unusual hobby or do you know someone who does? Describe it.

DID YOU KNOW?

- Rock climbing on indoor climbing walls is growing in popularity among teens. The first artificial climbing wall is believed to be Schurman Rock in Seattle, which was built in 1939. Climbing has been recommended for inclusion at the 2020 Tokyo Olympics. Last year 'sport climbing' was chosen by the IOC as a demonstration sport at the Youth Olympic Games in Nanjing, China. Climbing walls are now present in more than 140 countries around the world with more than 35 million climbers practising the sport! 40% of all climbers are under 20 years old!

PROJECT

6 Work in groups to make a poster about free-time activities and hobbies for teenagers in your country. Do some research on the internet to find information about the following:

- how much free time teenagers have each day
- what the most popular free-time activities are
- some more unusual free-time activities that are popular
- other interesting or surprising information about free-time activities.

Work together and discuss what you found out. Decide which information to include and design a poster to present your information. Find pictures to illustrate your poster.

7 Present your information to the class. Display your posters in the classroom. Move around and look at the posters from the other groups.

VOCABULARY FOCUS

active [adj]: full of activity

attend [v]: to be present at an event or activity

babysitting [n]: caring for other people's children

building [n]: a structure made of material such as stone or wood that has a roof and walls

careful [adj]: thinking about what you are doing so that you don't do anything wrong

dangerous [adj]: something that might cause harm or hurt you

explore [v]: to go to a place in order to learn about it

fold [v]: to bend a piece of paper and press one part of it over another part

gymnastics [n]: a sport involving difficult physical exercises

heritage site [n]: a special building or place that is important to history and culture

model [n]: small copy of something

passive [adj]: without controlling events