

# 2

# Me time

## Vocabulary

### Free-time activities

1 ☆ Match 1–7 with a–g to make free-time activities.

- |          |                       |
|----------|-----------------------|
| 1 play   | a to music            |
| 2 sleep  | b football            |
| 3 meet   | c video games         |
| 4 watch  | d a TV series         |
| 5 listen | e photos              |
| 6 play   | f friends             |
| 7 take   | g for ten hours a day |

2 ☆ Look at the pictures and complete the activities with the verbs in the box.

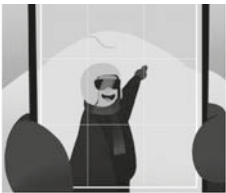
collect draw go help make  
play (x2) use



1 go to a dance class



2 \_\_\_\_\_ at home



3 \_\_\_\_\_ videos



4 \_\_\_\_\_ chess



5 \_\_\_\_\_ social media



6 \_\_\_\_\_ things



7 \_\_\_\_\_ in a band



8 \_\_\_\_\_ pictures

3 ☆☆ Complete the sentences with the correct form of the verbs in exercises 1 and 2.

- Mia's really into her smartphone. She uses social media for two or three hours a day.
- In the evening we do our homework and then we \_\_\_\_\_ a TV series.
- My mum \_\_\_\_\_ to the gym every Friday to do some exercise and keep fit.
- My best friend is crazy about films. He \_\_\_\_\_ his own videos.
- On Fridays, I \_\_\_\_\_ my friends after school.

4 ☆☆☆ Complete the posts with free-time activities.

### FREE time around the world



I go to art class on Mondays. I want to be an artist, so I 1 draw cartoons.

Serena, USA

I love playing the guitar. I 2 \_\_\_\_\_ in a \_\_\_\_\_ with my friends. We practise on Tuesdays.

Lee, Hong Kong

My hobby is photography. I go out on Wednesdays and 3 \_\_\_\_\_ .

Ana, Argentina

I like all kinds of games. On Thursday evenings I 4 \_\_\_\_\_ with my dad. He is always black and I am white.

Max, Germany

I like basketball. I 5 \_\_\_\_\_ in a \_\_\_\_\_. Our matches are on Fridays.

Jake, Australia

5 ☆☆☆ Write sentences about your activities.

- I go to dance class on Monday afternoon.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Adverbs of frequency

1 ☆ Complete the sentences with the adverbs of frequency in the box in the correct order.

always   hardly ever   never  
often   sometimes   usually

- 0% ↓ 100%
- I never play video games before I do my homework.
  - My parents \_\_\_\_\_ have lunch at home.
  - I \_\_\_\_\_ play chess with my brother.
  - We \_\_\_\_\_ make videos in ICT.
  - My friends usually take photos when we go out.
  - You're \_\_\_\_\_ tired on Monday mornings.

2 ☆☆ Order the words to make sentences.






- in the morning / sometimes / I / music / to / listen  
I sometimes listen to music in the morning.
- hardly ever / plays / My dad / tennis  
\_\_\_\_\_
- to / usually / go / We / after school / a dance class  
\_\_\_\_\_
- never / for school / I / late / am  
\_\_\_\_\_
- a TV series / My friends / watch / at weekends / always  
\_\_\_\_\_
- go / often / brush / to / I / hair / my / I / before / bed  
\_\_\_\_\_

3 ☆☆☆ Rewrite the sentences in exercise 2 so they are true for you.













- I never listen to music in the mornings, but I often listen to it after school.
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Likes and dislikes

4 ☆ Complete the sentences with the correct form of *like, love, hate* and *mind*.

-  I love playing all kinds of sport at the weekend.
-  My mum \_\_\_\_\_ practising the piano in the morning.
-  You \_\_\_\_\_ helping at home in the evening.
-  We \_\_\_\_\_ going to the gym when we've got PE.
-  My brother \_\_\_\_\_ drawing, but I like it!

5 ☆☆☆ Look at the table and complete the sentences.

			
Lara			
Ben			
Amy and Nick			

- Lara likes playing chess.
- Ben \_\_\_\_\_ photos.
- Lara \_\_\_\_\_ to music.
- Ben \_\_\_\_\_ chess.
- Amy and Nick \_\_\_\_\_ photos.
- Lara \_\_\_\_\_ photos.
- Amy and Nick \_\_\_\_\_ chess.

6 ☆☆☆ Choose the correct option and complete the sentences so they are true for you.

- I **hardly ever/often** \_\_\_\_\_
- On Mondays, me and my friends **always/never** \_\_\_\_\_
- I **love/hate** \_\_\_\_\_
- My best friend **likes/doesn't like** \_\_\_\_\_
- At weekends, I **sometimes/never** \_\_\_\_\_

## Collocations with *do*, *go* and *play*

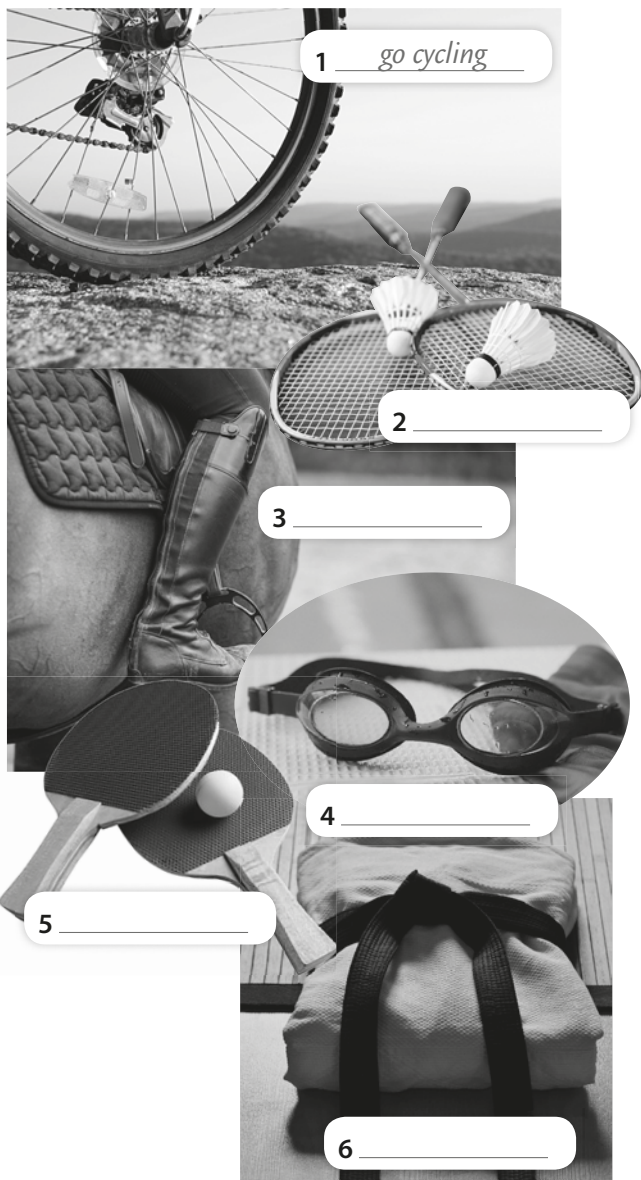
### 1 ☆ Complete the words with the missing vowels.

- 1 h o c k e y      7 v l l y b l l  
 2 y g           8 s r f      n g  
 3 sk      n g      9 k r t       
 4      r b      c s      10 b      s k      t b      l l  
 5      t h l      t      c s      11 sk      t      b           r d      n g  
 6 g      m n      s t      c s

### 2 ☆ Write D (do), G (go) or P (play) for each sport in exercise 1.

- 1 P    2         3         4         5         6       
 7         8         9         10         11

### 3 ☆☆ Look at the photos and write the sport with *do*, *go* or *play*.



### 4 ☆☆ Complete the sentences with the correct form of *do*, *go* or *play*.

- 1 I often go cycling with my mum.  
 2 We hardly ever play basketball in PE.  
 3 My dad doesn't do aerobics, he prefers yoga.  
 4 I love go skiing in winter.  
 5 My friends play roller-skating.

### 5 ☆☆☆ Read the description and write the sports collocation.

## CAN YOU GUESS MY SPORT?

- 1 I'm on my own in the sea. I'm on a long board. go surfing
- 2 It's winter and I'm on a mountain with a lot of snow. I want to go down fast!
- 3 I love running 100 or 200 m and I'm fast.
- 4 People play this sport on ice, but I like playing it on grass. You need a stick and a small ball.
- 5 I love animals and being outdoors, so this sport is perfect for me.
- 6 I do classes in the sports centre. We always do our exercises to loud music.

### 6 ☆☆☆ Answer the questions for you. Write full sentences.

- 1 What's your favourite sport?
- 2 What sports do you usually do in PE at school?
- 3 Are there any sports that you don't like?

## Present simple: *Wh*- questions

### 1 ☆ Choose the correct option to complete the questions. Then choose the correct sport A–C.

- How many players **is/are** on each team?  
Five.
- Where **do/does** you play it?  
In the sports hall.
- Where **do/does** this sport come from?  
The USA.
- What **is/are** the name of the American league?  
The NBA.
- Who **is/are** some of the stars of this sport?  
LeBron James and Stephen Curry.



### 2 ☆☆ Write complete questions. Then look at the notes and write the answers.

**Name:** Beth

**Family:** one brother

**Favourite sport:**  
karate (on Mondays  
and Wednesdays)

**Free time:** meet friends  
and take photos (on  
the beach)



- What / be / her name ?  
What's her name? It's Beth.
- How many brothers and sisters / she / have got ?  
\_\_\_\_\_
- What / be / her favourite sport ?  
\_\_\_\_\_
- When / she / do it ?  
\_\_\_\_\_
- What / she / do in her free time ?  
\_\_\_\_\_
- Where / she / take photos ?  
\_\_\_\_\_

### 3 ☆☆☆ Read the answers and write the questions.

- What *have you got on Monday at 9:00 am?*  
I've got PE.
- When \_\_\_\_\_  
My birthday's on 14th January.
- Who \_\_\_\_\_  
My friends like Pogba, but I prefer Kanté.
- How many \_\_\_\_\_  
My brother's got more than 100 comic books. He collects them.
- How often \_\_\_\_\_  
I go skateboarding every day.
- Where \_\_\_\_\_  
My mum draws pictures in our kitchen.

### 4 ☆☆☆ Write three more questions for a friend.

*What sport do you like?*

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### 5 ☆☆☆ Ask your questions to your friend and write his or her answers.

*I like playing football.*

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## An article

## WHAT IS KITESURFING?

On a windy day, some people go to the park and they fly a kite. Others go surfing or windsurfing. But another activity is kitesurfing.

To do this sport, you need a small surfboard, a large kite, open water and wind. It's the wind and not the water that helps you move. Some kitesurfers love doing jumps, others like competing in races while others like travelling long distances.

Meet British teenager Adam Farrington. At 14, he's the youngest kitesurfer to cross the English Channel (the sea between England and France). That's about 111 kilometres in 5 hours 19 minutes. Not easy – the wind is strong and the waves are sometimes big! The Channel is always busy with large ships. And don't forget that standing on a board for hours is hard work for your legs!

What's next for Adam? He enjoys competitions, like the British Kitesurfing Freestyle Championships, and he's one of the best. Adam hopes to be part of his country's team at the Olympic Games in the future.



### 1 ☆ Look at the photos and answer the questions.

- 1 What do you know about the sport in the photos?  
\_\_\_\_\_
- 2 Where do you do it?  
\_\_\_\_\_
- 3 Do you need special things to do it?  
\_\_\_\_\_

### 2 ☆☆ 3 Read and listen to the text and check your ideas in exercise 1.

#### ► Subskill: Reading for specific information

To help you find information in the text, first think about the key words in the questions.

### 3 ☆☆☆ Look at question 1 in exercise 4 and answer the questions.

- 1 Why are some of the words underlined?  
\_\_\_\_\_
- 2 What do you think the answer is? How do you know?
  - a You need a small surfboard.
  - b The wind moves the kitesurfer.
  - c Some kitesurfers love jumping.



Other unusual events in Olympic history include poetry and long jump for horses.

### 4 ☆☆☆ Underline the key words in the questions and try to predict the answers. Then find the answers in the text.

- 1 What moves kitesurfers across the water?  
\_\_\_\_\_
- 2 What different things do kitesurfers like doing?  
\_\_\_\_\_
- 3 Is it easy for a kitesurfer to cross the English Channel? Why/Why not?  
\_\_\_\_\_

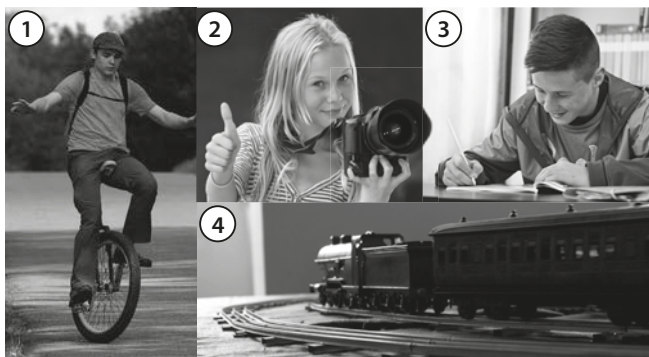
### 5 Answer the questions for you.

- 1 Would you like to try kitesurfing? Why/Why not?  
\_\_\_\_\_
- 2 Do you think it's better to do sports like kitesurfing for fun, or to enter competitions?  
\_\_\_\_\_

### A radio programme

1 ☆ Match the activities in the box with the photos.

go unicycling    make model railways  
take photos    write stories



1 go unicycling                      3 \_\_\_\_\_  
2 \_\_\_\_\_                              4 \_\_\_\_\_

► **Subskill: Listening for the general idea**  
Before listening, read the instructions and the questions in the exercises. Then listen to the complete recording to get a general idea.

2 ☆ Read the instructions for exercise 3 and answer the questions.

- 1 What do you think the listening exercise is about?  
\_\_\_\_\_
- 2 Do you need to listen to the complete recording to do exercise 3? \_\_\_\_\_
- 3 Do you need to understand every word in the recording to do this exercise? \_\_\_\_\_

3 ☆☆☆ 4 Listen to Mel, Nick and Jason. Match each person to an activity in exercise 1.

4 ☆☆☆ Answer the questions. Then listen again and check your ideas.

- 1 What sport does Mel play on her unicycle?  
\_\_\_\_\_
- 2 What's the Unicorn?  
\_\_\_\_\_
- 3 What would Nick love to do?  
\_\_\_\_\_
- 4 What happens at Nick's writers group?  
\_\_\_\_\_
- 5 How old is the Model Railway Club in London?  
\_\_\_\_\_
- 6 How often does Jason go to the railway club?  
\_\_\_\_\_

### Asking for information

1 ☆ Match 1–7 with a–g to make useful phrases for asking for information.

- |                        |          |
|------------------------|----------|
| 1 I'd like to find out | <u>b</u> |
| 2 Have you got         | _____    |
| 3 Can you tell me      | _____    |
| 4 How much             | _____    |
| 5 What time does       | _____    |
| 6 What day is          | _____    |
| 7 Can I sign           | _____    |
- a is it?  
b about your courses, please.  
c up for it?  
d it on?  
e a social media course?  
f it start?  
g about your video making course, please?

2 ☆☆☆ Complete the dialogue with some of the phrases in exercise 1.

1 *I'd like to find out about your courses, please.*

Sure. What course are you interested in?

2 \_\_\_\_\_?

Yes, we have. You learn how to post better messages and photos.

Cool! 3 \_\_\_\_\_?

It's on Saturday mornings.

4 \_\_\_\_\_?

It starts at 10 o'clock.

Sounds good. 5 \_\_\_\_\_?

It's £60 for four weeks.

Great! 6 \_\_\_\_\_?

Of course! I need your name and email address first.

## Informal messages

### 1 ☆ Choose the correct option.

- I love playing all kinds of ball sports, **but/and** I don't like watching them on TV.
- On Saturdays, I meet my friends **but/and** we go surfing.
- When my mum goes to the sports centre, she does aerobics **or/but** yoga.
- Would you like to have lunch **and/but** watch a TV series at my house?
- I love team sports, **but/and** I hate playing football.

### 2 ☆☆☆ Complete the message with *and*, *or* or *but*.

Hi guys!

I'm Chiara 1 and I'm from Pisa, Italy. After school, some of my friends play in a football team, 2 \_\_\_\_\_ I prefer basketball. When I get home, I have something to eat, like a sandwich 3 \_\_\_\_\_ some fruit. I sometimes practise the guitar, 4 \_\_\_\_\_ I don't play in a band. Then I usually go to the park, meet my friends 5 \_\_\_\_\_ go skateboarding. What do you do after school? Do you play in a sports team?

Write soon!



### 3 ☆☆☆ Write your own message. Answer the questions in exercise 2.

## Super skills

### COLLABORATION

We need to collaborate when we organise our time and plan tasks.

#### Match Key phrases 1–5 with the tips.

Agree how to organise things	
Make clear notes	1
Use time effectively	

- Can you write down ideas?
- We need to move to the next question.
- We can discuss first and then write.
- Let's write the questions in a different colour.
- OK, let's start.



## Vocabulary review

### Free-time activities

#### 1 Match beginnings 1–7 with endings a–g.

- |  |          |
|--|----------|
| 1 On Saturday mornings, everybody helps    | <u>c</u> |
| 2 My grandma sometimes uses                | ___      |
| 3 My brother loves playing games. He plays | ___      |
| 4 At school, we hardly ever make           | ___      |
| 5 When I'm in my room, I listen            | ___      |
| 6 My uncle loves collecting                | ___      |
| 7 When we go on holiday, my dad loves      | ___      |
- a videos, but we sometimes watch them.  
 b to music and draw pictures.  
 c at home. We clean and tidy everything.  
 d toy cars. He's got about 150 of them.  
 e taking photos of everything he sees.  
 f chess really well.  
 g social media, but I often help her post messages.

### Collocations with *do*, *go* and *play*

#### 2 Write the sports next to the correct verb.

athletics badminton basketball cycling  
 dance hockey martial arts skiing surfing  
 swimming table tennis

- do: athletics  
 go: \_\_\_\_\_  
 play: \_\_\_\_\_

#### 3 Suggest a sport with *do*, *go* or *play*.

aerobics badminton horse-riding  
 surfing volleyball yoga

- I'm a nervous person who doesn't do much sport.  
Do yoga !
- I like doing exercise and listening to music.  
\_\_\_\_\_ !
- I live near the sea and I love water sports.  
\_\_\_\_\_ !
- My uncle has got a farm with some horses.  
\_\_\_\_\_ !
- I love team sports and going to the beach.  
\_\_\_\_\_ !
- The weather is bad where my sister and I live, so we like indoor sports we can play together.  
\_\_\_\_\_ !

Grammar review

Adverbs of frequency

1 Complete the second sentence so it means the same as the first. Use a verb and an adverb.

always hardly ever never (x2)  
sometimes usually

- I hate playing ball sports, so I don't play basketball. I never play basketball.
- I ride my bike after school every day. I \_\_\_\_\_ my bike after school.
- I am in class before the bell every day. I \_\_\_\_\_ late for school.
- We make videos in most of our ICT lessons. We \_\_\_\_\_ videos in our ICT lessons.
- My mum only eats cake on her birthday. My mum \_\_\_\_\_ eats cake.
- Some days are hot in May but not all of them. It \_\_\_\_\_ hot in May.

Likes and dislikes

2 Write sentences using the verbs in brackets.

- I / play chess (like)  
I like playing chess.
- We / go cycling at the weekend (love)  
\_\_\_\_\_
- My mum / watch sport on TV (not like)  
\_\_\_\_\_
- I / do athletics but I prefer ball sports (not mind)  
\_\_\_\_\_
- My best friend / play video games (hate)  
\_\_\_\_\_

Present simple: Wh- questions

3 Correct one mistake in each question.

- ~~Who~~ your favourite football player?  
Who's your favourite football player?
- What you like doing in your free time?  
\_\_\_\_\_
- How many cousins have you?  
\_\_\_\_\_
- Why do Patrick like surfing?  
\_\_\_\_\_
- What that dog has got in its mouth?  
\_\_\_\_\_

Round-up

1 2 3 4 5 6 7 8

Complete the text with the correct form of the words in brackets.



1 \_\_\_\_\_ you \_\_\_\_\_ (know) these sports?

Capoeira 2 \_\_\_\_\_ (be) a martial art which

3 \_\_\_\_\_ (come) from Brazil. Two people

4 \_\_\_\_\_ (move) around in a circle to music.

People 5 \_\_\_\_\_ (do) Capoeira all over the world, from the USA to India and to some countries in Africa.

In Japan, all students 6 \_\_\_\_\_ (have got) lessons in martial arts. Judo and karate 7 \_\_\_\_\_ (be) both

from Japan, but schools 8 \_\_\_\_\_ (teach / usually)

judo. Judo 9 \_\_\_\_\_ (not be) the same as karate.

In karate, you hit your partner, but in judo you throw him or her.

If you like 10 \_\_\_\_\_ (play) ball sports but you hate

11 \_\_\_\_\_ (compete), then chinlone from Myanmar is for you. People play it in teams of six in a circle. You

12 \_\_\_\_\_ (not throw) the ball with your hands, you use your legs and feet. There 13 \_\_\_\_\_ (not be) any winners; you just show your friends your skill with the ball.

Self-evaluation

Read the objectives for this unit. How well can you now do each one? Put a tick (✓).



- |   |                          |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
| 1 I can talk about free-time activities and sports.                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 I can talk about the things I like and don't like doing, and how often I do them. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 I can ask and answer Wh- questions in the present simple.                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 I can identify the key words in questions before I read a text.                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 I can understand the general idea in a recording.                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 I can ask for information about different activities.                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 I can write an informal message.  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

If you choose ☹️, ask your teacher for extra help.