

Unit 4 Free time

4a In your free time

Vocabulary free-time activities

- 1 Match these verbs to the pictures and write the names of the activities.

go play do play watch
 play go to meet

1 play a musical
instrument



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____



Grammar like/love + -ing

▶ SPELL CHECK -ing

- Add *-ing* to most verbs: *play* → *playing*
- For verbs ending in *-e*, delete the *-e*:
dance → *dancing*
- Double the final consonant in some verbs ending with a vowel and a consonant:
shop → *shopping*

- 2 Look at the spell check box. Then write the *-ing* form of these verbs.

- 1 swim _____
 2 sing _____
 3 live _____
 4 go _____
 5 run _____
 6 watch _____
 7 fish _____
 8 cycle _____

- 3 Rewrite these sentences using the verbs in parentheses.

- 1 We like music. (listen to)
 We like listening to music.
- 2 Bob likes tennis. (play)

- 3 I love languages. (learn)

- 4 They like baseball. (watch)

- 5 Do you like the gym? (go to)

- 6 My brother doesn't like nightclubs. (dance at)

- 7 The twins don't like homework. (do)

- 8 We like foreign food. (eat)

- 4 Writing talking about your likes and dislikes

In your notebook, write a paragraph about the things you like and dislike.

4b Free time at work

Reading explorers and their free time

1 Read the article. Match the explorers (A–B) with these sentences.

- 1 This explorer works underwater. _____
- 2 This explorer studies the stars in space. _____

What do you do in your free time?

National Geographic explorers are busy people. They travel all over the world and they are never bored at work. So what do they do in their free time? We ask two of them.

A Knicole Colón

Knicole Colón is an astronomer.



She sometimes goes to observatories and looks at space through a telescope. But she usually goes to her office and studies information about space and stars. In her free time

she likes watching a good movie or playing computer games. But she also likes "doing nothing."

B Michael Lombardi

Michael Lombardi is a writer and underwater explorer.



He loves the ocean and he often goes diving. He writes about his expeditions, nature, and the environment. Michael often writes about the sea. He doesn't have much free time

but he says, "I do my best to live a healthy lifestyle. I eat well, do exercise, and spend time with family."

2 Read the article again. What do the explorers do in their free time? Mark the activities.

	A Knicole Colón	B Michael Lombardi
1 exercising		
2 watching a movie		
3 eating healthy		
4 nothing		
5 playing games or computer games		
6 spending time with family		

Grammar adverbs of frequency, expressions of frequency

3 Complete these sentences from the article in Exercise 1 with adverbs of frequency.

- 1 They are _____ bored at work.
 - 2 When he travels, he _____ takes a good book with him.
 - 3 She _____ goes to observatories and looks at space through a telescope.
 - 4 But she _____ goes to her office and studies information about space and stars.
 - 5 She does _____ stay inside all day.
 - 6 He loves the ocean and he _____ goes diving.
- 4 Rewrite the sentences using an adverb of frequency.
- 1 I read a book two or three nights a week before I go to bed.
I _____ read a book before I go to bed.
 - 2 I go to work every day at eight.

 - 3 I'm busy all the time.

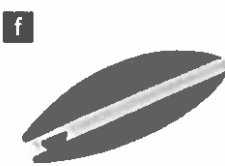
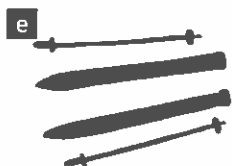
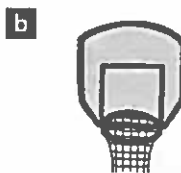
 - 4 At work, I don't take lunch breaks.

4c Extreme sports

Vocabulary sports equipment

1 Match these sports (1–6) with the equipment (a–f).

- 1 basketball _____
- 2 boxing _____
- 3 rowing _____
- 4 skiing _____
- 5 surfing _____
- 6 tennis _____



Reading an extreme sport



2 Read about Claude Geraldo, a base jumper.

What do you think is more dangerous, jumping from an airplane or jumping from a mountain?

"The mountain is much more dangerous," according to base jumper Claude Geraldo. "It isn't as high as an

airplane, but when you jump from a mountain, you can hit the side of the mountain. In fact, it's probably the most dangerous of all the extreme sports."

"Base jumping is parachuting," Claude explains.

"But you don't do it from an airplane or a moving object. You jump from a fixed place like a tall building or the top of a cliff or mountain. And then you open your parachute before you hit the ground."

The parachute is a very important piece of equipment for base jumpers. In fact, Claude needed to learn to parachute, so he learned from an airplane before he started on mountains. He says, "I like physical sports like rugby and football, and on weekends I often go rock climbing with friends. But base jumping is amazing. I like it because it's so exciting."

Exciting and scary. "Every time I stand at the top of a cliff or a mountain, I'm a bit scared, but I think that's important. I like the adrenaline, but I always concentrate more because base jumping is a dangerous sport. Not everyone can do it."

3 Are the sentences true (T) or false (F)?

- 1 In base jumping, you parachute from an airplane.
- 2 Claude likes different sports.
- 3 You don't need to learn to parachute.
- 4 Claude isn't scared when he jumps.
- 5 He likes the adrenaline.
- 6 He thinks anyone can do this sport.
- 7 Base jumping is more dangerous than jumping from an airplane.
- 8 He thinks base jumping is the most dangerous extreme sport.

Grammar can/can't

4 Choose the correct option to complete the sentences.

- 1 *Can you / Can you to* play tennis?
- 2 I can play soccer well but I *can / can't* play basketball very well.
- 3 We *can't ski very well / not very well*.
- 4 Claude can speak *well English / English well*.
- 5 He *can / cans* run a marathon in three hours.
- 6 Sara *can't / don't can* hit the ball in tennis.
- 7 Can you play golf *well / not very well*?
- 8 *How well can you / How well do you can* surf?

4d A summer job

Real life talking about abilities and interests

1 Complete the extract from an interview (1–8) with these phrases (a–h).

- a I can't start
- b are you good at
- c I can play tennis
- d how well can you speak
- e I'm not very good at
- f I can a little
- g can you speak
- h do you like art

I = Interviewer, H = Hailey Gould

I: So, ¹ _____ Italian?

H: Yes, I was born there so I'm fluent.

I: In the summer school we teach French to the children. ² _____ French?

H: Yes, ³ _____. It's elementary.

I: That's OK. We teach the children simple words and songs in French.

H: That's fine. I can do that.

I: We also do sports with the children.

⁴ _____ playing tennis or soccer?

H: ⁵ _____, and I'm good at basketball.

I: Good. And we also have activities with art and music. ⁶ _____ or can you play a musical instrument?

H: ⁷ _____ painting or art but I like playing the guitar.

I: That sounds great. When can you start? We need someone from the twentieth.

H: Oh sorry, ⁸ _____ before the twenty-seventh.

I: Well, that might be OK...

2 Complete the interviewer's form.

Job:	Children's summer school helper
Name:	Hailey Gould
Nationality:	1 _____
Languages:	2 _____
Sports:	3 _____
Other skills:	4 _____

Grammar extra preposition + -ing

▶ GRAMMAR preposition + -ing

When you use a verb after a preposition, use the *-ing* form of the verb. For example:
Are you good at playing tennis?
I'm not very good at painting.

3 Complete the sentences with the *-ing* form of these verbs.

do go paint play speak watch

- 1 I'm good at _____ *speaking* _____ English.
- 2 I'm not very good at _____ my homework on time.
- 3 I'm bad at _____ soccer.
- 4 My brother is very good at _____ pictures of people.
- 5 Are you interested in _____ to the movies?
- 6 Sorry, but I'm not interested in _____ this movie.

4 Write true sentences for you. Use the *-ing* form.

- 1 I'm good at _____
- 2 I'm not very good at _____
- 3 I'm interested in _____
- 4 I'm not interested in _____

4e You have an email

Reading plans to meet

1 Number these emails in the correct order (1–8).



A I'm at work until 2:30. But I work in the center so I can meet you. Maybe we can have a late lunch afterwards?

B Where is it? I don't know where you work.

C Hello Sandy,
When is it exactly? I'm in the office some of the time this weekend.

D Hi again,
Why are you there on the weekend?! Anyway, I think they come through between two and three on Saturday afternoon.

E That sounds great! Can my cousin come to lunch too? She's with me until next week.

F 28 Alameda Boulevard

G Hi Alex,
Do you like watching cycling? There's a cycling race this weekend and the cyclists come through the center of the city.

H Sure, no problem. See you and her at 2:30. Meet me outside my office building.

2 Writing skill reference words

Read these sentences from the emails. Who or what does the underlined word refer to?

- 1 Why are you there on the weekend?
at work
- 2 When is it exactly? _____
- 3 She's with me until next week. _____
- 4 See you and her at 2:30. _____
- 5 Where is it? _____
- 6 I think they come through between two and three on Saturday afternoon. _____

3 Match sentences (1–6) with sentences (a–f) to make pairs.

- 1 My favorite café is The Coffee Stop.
 - 2 We can meet but I can't leave the house today.
 - 3 I have some money for Joe.
 - 4 What's wrong with this computer?
 - 5 I have two pens.
 - 6 Why are Mike and Saleh here?
- a It's very slow today.
 - b But one of them doesn't work.
 - c Can we meet there?
 - d Please tell him.
 - e Can you come here?
 - f I don't like them!

Writing short emails

4 You are at your desk at work. You receive this email from a colleague in another part of the building. Write a reply.

Hi!
Can you help me? My printer doesn't work. Are you good at fixing them?
And one other thing—it's the receptionist's birthday dinner this evening. We have a table at Restaurant Italia after work at 6 p.m. Are you interested in coming too?
Matt

Wordbuilding verb + noun collocations

- 1 Match a verb with a noun and use them to complete these sentences.

do go listen to meet play read
spend watch

article chess clients a DVD shopping
radio time work

- I never _____ on the weekend because the shopping mall is very crowded.
- A lot of people don't _____ because they think it's a boring game. But I think it's relaxing.
- I want to _____ the _____ because the news is on at noon.
- I sometimes _____ at night when we're very busy in the office.
- _____ the _____ in this magazine. It's very interesting.
- I often _____ in a nice café when we want to discuss contracts.
- How much _____ do you _____ studying English a week?
- I often _____ with my children. It's more fun than a computer game.

Learning skills learn vocabulary by reading

- 2 Reading is a great way to learn new vocabulary. Find interesting articles in English and write down new words and collocations.

Read this article about free time at work. There are a lot of collocations in the text (e.g., *go to work*). Underline the collocations and write them in your vocabulary notebook.

Check!

- 3 Read the clues and complete the words. The answers are in Unit 4 of the Student Book.

- What W is a US state with Snoqualmie Falls?
W ashington
- What T describes the people with the last name Mulgray, Kitt, and Bryan? t _____
- What H is a musical instrument?
h _____
- What PB does Norbert Rosing photograph?
p _____ b _____
- What G is Norbert from? G _____
- What A does Norbert like going to?
The A _____
- What H is a sport where you put a line between two high places and walk across?
h _____

Free time at work

A lot of people go to work for eight hours a day and they spend all day on their computers. But information from a survey shows that office workers use their computers for other activities. In fact they spend an hour a day doing this.

- | | |
|--------------------------------------|------------------|
| 1 They visit social networking sites | 15 minutes a day |
| 2 They play online games | 10 minutes a day |
| 3 They send emails to friends | 10 minutes a day |
| 4 They watch videos | 10 minutes a day |
| 5 They shop online | 5 minutes a day |
| 6 They search the Internet | 10 minutes a day |

