

MY FREE TIME



1

Warm up

Match the words and pictures showing free time activities.

cook
meet friends

go jogging
relax on the beach

go skiing
travel

go to the gym
watch TV



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____

Put the activities into three groups:

1. sports and exercise:
2. going out:
3. at home:

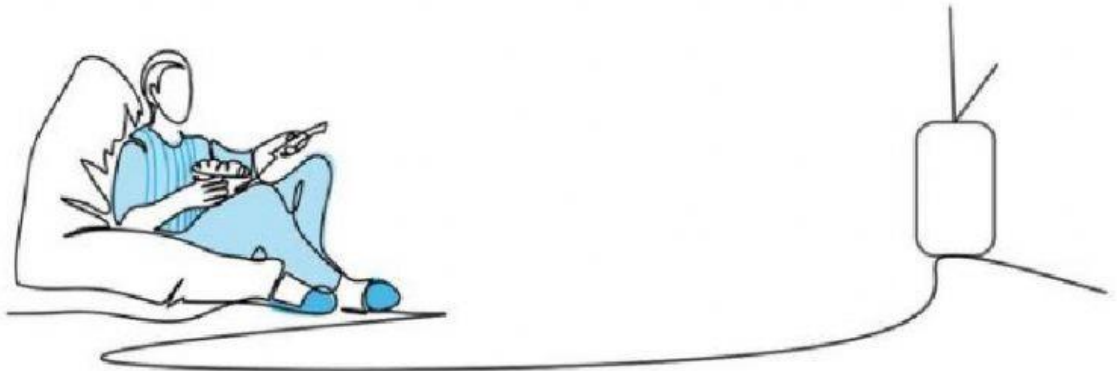
2

Listening

Richard and Julie work for the same company, but they have very different lifestyles.

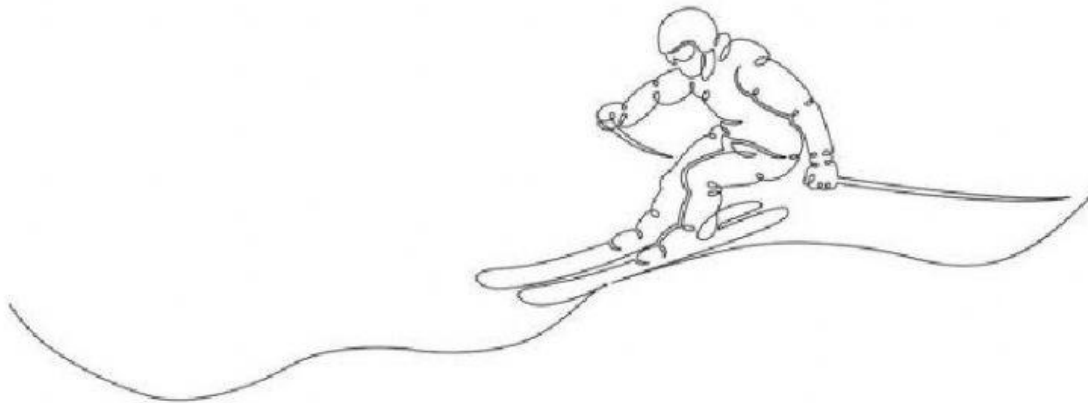
Listen to their conversation. Which one of these items do they NOT talk about?

- relax on the beach
- cook
- go to the gym
- meet friends
- go jogging
- watch TV
- go skiing
- travel



Listen again and circle the word you hear to complete the sentences.

- Julie: So, what do you do in your free time?
- Richard: Well, I ¹ **always** / **often** watch TV in the evening. What about you?
- Julie: I go jogging and I ² **sometimes** / **rarely** meet friends in the evening.
- Richard: How often do you go jogging?
- Julie: I go jogging every morning. And you?
- Richard: I ³ **hardly ever** / **never** go jogging, maybe once a year!
- Julie: Do you cook?
- Richard: No, I ⁴ **usually** / **never** cook. I ⁵ **often** / **always** order pizza. And you?
- Julie: I cook every day. I love cooking!
- Richard: How often do you travel?
- Julie: I travel twice a year. In winter I ⁶ **usually** / **rarely** go skiing. Do you travel?
- Richard: Yes, every summer. I relax on the beach. But I ⁷ **sometimes** / **rarely** travel in winter.



3

Language point

Study the sentences below:

- So, **what do you do** in your free time? Well, I **often watch** TV in the evening.
- **How often do you** go jogging? I go jogging **every morning**.

We use the verb *do* to make questions in the present simple with question words like **what** and **how often**.

Study the table and choose the best words to complete the sentences below.

Question-word questions in the present simple			
1 question word	2 auxiliary verb	3 subject	4 main verb
How often	do	I/you/we/they	go jogging?
When	does	he/she/it	
Where			
Why			
What	do	I/you/we/they	do in my/your/our/ their/his/her free time?
	does	he/she/it	

1. When the subject is *he/she/it* the auxiliary verb is **do/does**.
2. The main verb **does/doesn't** change its form when we make questions.

We answer questions about **how often** with **adverbs** like **often** or **every morning**.


Study the table and add these missing words in the correct place.

hardly ever

often

rarely

usually

Adverbs of frequency						
0%						100%
never	1	2	sometimes	3	4	always

Read the example sentences and choose the correct word to complete the sentences.

1. I **often** / **hardly ever** watch TV in the evening.

Adverbs of frequency go **before** / **after** main verbs.

2. I am **always** / **never** late for school.

Adverbs of frequency go **before** / **after** *to be* verbs.

3. I go jogging **every morning** / **once a week**.

Longer adverb phrases go **at the end** / **in the middle** of a sentence.

4**Practice**

Reorder these words to make questions and answers.

1. do / go to the gym? / How often / you

2. go / hardly ever / I / to the gym.

3. does / drink coffee? / How often / your teacher

4. drinks coffee / every day. / She

5. do / usually / watch TV? / When / you

6. in the evenings. / sometimes / watch TV / We

7. at the weekend? / do / do / What / your friends

8. on the beach. / relax / They / usually

5

Speaking

	1 point	2 points	3 points	4 points
go to the gym	never	rarely	sometimes	often
go jogging	never	rarely	sometimes	often
feel stressed	always	often	sometimes	never
watch TV on the sofa	every day	often	sometimes	never
smoke	every day	sometimes	rarely	never

Your lifestyle is:

- 16-20 points: very healthy
- 11-15 points: healthy
- 6-10 points: OK
- 1-5 points: not very healthy

What can you do to be more healthy?

6**Extra practice/homework**

Read these questions and answers and correct one mistake in each pair.

1. How often does your brother meet friends? He meet friends every day at work.

2. Do you ever get to work late in the morning? I am late often for work.

3. Do your boyfriend often cook at home? No, he never cooks at home.

4. When do you get up in the morning? I every morning get up at 7.

5. How often do they watch TV? They watch TV hardly ever.

6. What does you do in the summer? I usually relax on the beach.

7. How often does your daughter go to bed at 10? Always she goes to bed at 10.

8. Can you make coffee? No, I make coffee never.

7

Optional extension

When we speak about sports and exercise activities, we often use these verbs:

- We use **play** to talk about sports with teams, rules and competitions. These sports often have balls.
- We use **go** to talk about activities which have -ing forms. We often move from one place to another place in these activities.
- We use **do** for other activities. We often exercise alone when we do these activities.

Put these sports and exercise activities into the correct box.

yoga	tennis	gymnastics
swimming	karate	running
cycling	baseball	football

1 play	2 go	3 do
other ideas:		