

## In my free time...

### Topics:

- Talking about our free time
- Talking about how often we do things

### GRAMMAR REVIEW

#### Adverbs of frequency and other expressions

We use adverbs of frequency and frequency expressions when we talk about how often we do things or how often things happen.

Specific frequency expressions:

once	a	day
twice		week
three times etc.		month, etc.

- In positive sentences, we put adverbs of frequency (including the expressions *hardly ever* and *nearly always*) before the main verb, but after the verb *be*.
- In negative sentences, we put adverbs of frequency after auxiliary verbs (*do/does*), but we put *sometimes* before the auxiliary.
- In questions, we put the adverb of frequency after the subject.

High frequency				Low frequency
always	most days nearly always usually often	sometimes every now and then occasionally	hardly ever rarely	never

Positive	Negative	Question
I <b>always</b> work in the morning.	I don't <b>always</b> work in the morning.	Do you <b>always</b> work in the morning?
I'm <b>always</b> tired on Friday evenings.	I'm not <b>always</b> tired on Friday evenings.	Are you <b>always</b> tired on Friday evenings?

We put frequency expressions such as *most days* or *every now and then* at the beginning or at the end of a sentence.

*I cook a nice meal **every now and then**.* NOT ~~I cook **every now and then** a nice meal.~~

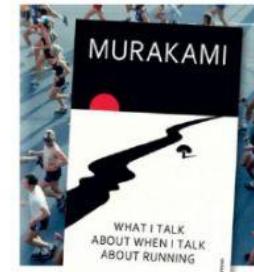
Use a positive verb with *never*.

*I am **never** late.* NOT ~~I'm not **never** late.~~

## LISTENING

A) You are going to listen to a review of the book in the photo, written by Haruki Murakami. Before you listen, write questions with the prompts.

1. Why / Murakami / run ?
2. How often / he / go running ?
3. How many miles / he / run / every week ?
4. he / do / any other sports ?



B) Match the questions to the right answers. Write the number of the questions in the boxes next to the answers.

- a. Yes, he does.
- b. It's more than keeping fit. He prefers to achieve his own goals.
- c. He does 36 miles every week.
- d. He runs most days. He usually has one day off a week.

C) Listen again and complete the sentences with an adverb of frequency or expressions from the box.

most days sometimes usually never often  
occasionally nearly always

1. It is \_\_\_\_\_ about getting better at something.
2. He's \_\_\_\_\_ worried about beating other people.
3. He runs \_\_\_\_\_.
4. He \_\_\_\_\_ thinks about the weather.
5. He \_\_\_\_\_ gets an idea for a book.
6. He doesn't \_\_\_\_\_ think about anything.
7. He \_\_\_\_\_ listens to rock music.

## VOCABULARY

Do you know which verb to use with these free time activities? Complete the chart.

- **PLAY:** we use it with ball sports or competitive games where we play against another person.
- **DO:** we use it for a recreational activity or a non-team sport that does not use a ball.
- **GO:** we use it with activities that end -ing. We go somewhere to do something.

out for a coffee/meal football computer games karate  
camping swimming on Facebook exercise to the gym  
for a walk running yoga chess clubbing cards  
aerobics golf basketball

PLAY	DO	GO
golf	yoga	clubbing



Listen and check your answers.

**Presenter:** Hello and welcome to *Great Books of Our Time*. Today, we're talking about the book, *What I talk about when I talk about running* by Japanese novelist, Haruki Murakami. Here to tell us all about it is this week's reviewer, Maria Corbett. Maria, thanks for joining us today.

**Maria:** My pleasure.

**Presenter:** So Maria, what's this book about?

**Maria:** Well, it's about running but it's also about Murakami's life. He talks about why running and writing are important to him.

**Presenter:** And why is running important to him? Why does he run?

**Maria:** Well, it's certainly about keeping fit, but, er, it's more than just that. For Murakami, and I suppose for many runners, it's often about getting better at something. He says he doesn't really enjoy team sports, you know, playing soccer or baseball, because he's never worried about beating other people. He prefers to go for a run and achieve his own goals.

**Presenter:** How did he start running?

**Maria:** Well, he had a jazz bar in Tokyo, but he sold it in 1982 and became a writer. At the same time, he started running and a year later, he completed a race from Athens to Marathon in Greece.

**Presenter:** And how often does he go running?

**Maria:** In the book, he says he runs most days. He usually has one day off a week, but he does 36 miles every week.

**Presenter:** Phew, that's amazing! And does he do any other sports?

**Maria:** Well, he does triathlons – that's swimming, cycling and running – but he likes running best. He does at least one marathon every year.

**Presenter:** Ah, so he spends quite a lot of time on his own when he's running. Does he get lots of ideas for his books? Does he think about work?

**Maria:** Well, no, not really. He says he sometimes thinks about the weather, and he occasionally gets an idea for a book. Actually, he says he usually doesn't think about anything – he just runs. Oh, and he nearly always listens to rock music!

#### Vocabulary help: (definitions in English)

- **Reviewer:** a person that does reviews
- **Review:** a critical article, as in a periodical, about a book, play, etc.; a critique.
- **Keep fit:** to do regular exercises to improve personal fitness and health.
- **Beat:** to be better than other people, to win.
- **Achieve:** to be successful
- **Goal:** objective



HELP