

1 Complete the texts with the words in the boxes. There are extra words you do not need to use.

1 horse-riding | make | skiing | spend | take | taken up | worked out

You will never guess what I've _____? It's _____! Can you imagine me riding in the countryside with the wind in my hair? I do it when I want to _____ a break from the pressure of school. I think it's good to _____ time for yourself and do something fun.

2 call off | enjoy | go out | sailing | sky-diving | spend

I go _____ most weekends when the sea is calm. I take part in competitions, but we had to _____ the race last Sunday because the weather was stormy. It was a pity because I really _____ myself when I'm racing.

3 get together | have | hiking | ice-skating | make | spend | stay up

I've got a great idea! Let's all _____ in the summer and go to Switzerland. It's lovely there in June and July – it's not boiling hot and we can go _____ in the mountains. I've never done it before, but I would love to _____ a go! Plus, it will be great to _____ time with each other in nature!

2 Replace the underlined phrases with the correct form of the phrasal verbs in the box.

call off | eat out | get together | go out | sleep in | stay up | take up | work out

- 1 It's Sunday tomorrow! I don't have to get up early, so I'm going to stay in bed for as long as I like! _____
- 2 Sam does physical exercise at the gym three times a week and he looks strong and healthy. _____
- 3 It's Mum's birthday today so we're going to have a meal in a restaurant and then go to the cinema. _____
- 4 My mum and dad are going to start doing aerobics because they want to lose some weight! _____
- 5 The organisers had to cancel the surfing competition because there was a shark in the water! _____
- 6 They left to attend a social event and they won't be back until quite late tonight. _____
- 7 I read half the book last night, and I'm not going to bed tonight so that I can finish it. _____
- 8 Every Saturday, loads of teenagers gather socially to chat and have a good time. _____ ;

3 Match to make sentences. Use the words in italics to help you.

- | | |
|---------------------------------------|--|
| 1 I love <i>spending time</i> _____ | a) <i>for</i> your family, not just your friends. |
| 2 Try to <i>make time</i> _____ | b) <i>at</i> painting, and I realised I'm not an artist! |
| 3 I promise you'll <i>enjoy</i> _____ | c) <i>with</i> my dog Stroppy in the park. |
| 4 I've <i>had a go</i> _____ | d) <i>off</i> next week, I want to go skateboarding. |
| 5 When we <i>have the day</i> _____ | e) <i>from</i> study and go outside for some fresh air. |
| 6 Let's <i>take a break</i> _____ | f) <i>yourself</i> if you come to my party. |

1 Match the descriptions to the activities in the box.

horse-riding | rock climbing | sailing | sky-diving | snowboarding

- 1 It's more difficult than it looks. You need to learn how to use the controls, how the wind affects you and how to handle big waves. After you get some experience, you can relax a bit and watch the sunset. _____
- 2 I don't know what's scarier – jumping out of the plane or flying through the air with the ground below you. It gets closer and closer, and then you start to worry about hitting the ground. _____
- 3 It will really test your body and your mind. Are you sure you're strong enough? Can you balance well? Make sure you tie the rope properly so that you don't fall. And try not to look down! _____
- 4 It's a really cool sport and it's even an Olympic event now. Have you ever been skateboarding? Well, it's sort of like that, but without the wheels. Oh, and it's great to be on a mountain, breathing the fresh air. _____
- 5 You might be scared at the start, but after a few minutes you'll relax and enjoy the ride in the countryside. The trail leader will make you feel confident and safe, and the animals are very well trained. _____