## Unit 1. Leisure activities

SPEAKING

Act as..... | Đóng vai.....

1.

| *Act as.....* | *Phuc:* *Mai:* *Nick:* |
|---|---|
| Mai: | Check out this book, Phuc. 'My Mini Guide to Dog Training'. |
| Phuc: | Sounds great! Max'll like it too. Last weekend we learnt some tricks. I love to watch him. It's so much fun... Have you found your craft kit? |
| Mai: | Yes, I've found this one. It's got everything: beads, stickers, wool, buttons... I don't know, it'll take all my savings. |
| Phuc: | But it's right up your street! Nick, what's that? |
| Nick: | It's a CD of Vietnamese folk songs. I'll listen to it tonight. |
| Mai: | And you'll be able to improve your Vietnamese! |
| Nick: | Ha ha, not sure about that. But I think I'll enjoy listening to the melodies. |
| Phuc: | Look at the language website I sent you. It'll help you learn Vietnamese more easily. |
| Nick: | Yes, I liked reading Doraemon comics while I was learning Japanese. |
| Phuc: | Stop reading comics! I'll bring you my favourite short story this Sunday when we play football. |
| Mai: | Sorry but we have to hurry. Mum and dad are waiting. We need to buy some tools to build a new house for Max this weekend. |


LIVEWORKSHEETS

2.

**This week 4Teen has opened a forum for friends around the world to share how they spend their free time.**



**Hang**
(Phan Thiet, Viet Nam)

I love hanging out w/ my best friend Helen in my spare time, like going 'window shopping'. J4F! We also work as volunteers for an animal protection organisation. 2moro we r going to a farm.
*posted Tue 3.20 pm*

This may sound weird, but I adore cloud watching. Find an open space, lie on ur back, n' look at the clouds. Use ur imagination. EZ! DYLI too?
*posted Wed 8.04 pm*



**Emily**
(Perth, Australia)



**Linn**
(Umeå, Sweden)

This year my city is the European Capital of Culture, so lots goin' on. At weekends my bro n' I go 2 our city community centre where we dance, paint, and do drama. I'm hooked on drama! <3 it!
*posted Thu 6.26 pm*



**Minh**
(Sa Pa, Viet Nam)

I like doing sports – I'm in my school's football team. But what I mostly do in my free time is help my aunt. She has cooking classes 4 small groups of tourists. It's WF 4 me!
*posted Fri 7.19 pm*



**Manuel**
(Buenos Aires, Argentina)

I've been kind of addicted to the net. I just love sitting in front of my computer for hours! But now my mum has said it's NUFF! I'll start my judo class this weekend. It's OK. WBU?
*posted Fri 8.45 pm*


LIVEWORKSHEETS

**3.**

***Act as..... Teller:***

THE 'NET GENERATION'

Quang is watering his garden and can't wait to pick the ripe fruit.

He spends most of his spare time looking after the garden.

Sounds great, doesn't it? But his garden is a virtual one!

In today's world, teenagers rely on technology more than in the past.

This can be a problem because using computers too much may have harmful effects on both their minds and bodies.

They prefer watching TV and playing computer games to reading books, perhaps because they don't have to think and imagine as much.

They don't join clubs or have hobbies and they don't play sports.

They sit in front of the computer all the time.

They don't get out of the house, even for a walk.

They are in a world that doesn't exist.

While Quang now knows the names of many plants, and his English seems to be improving as he chats with his 'gaming friends' from all over the world, his parents are getting worried.

They want him to get out more. They are even thinking of banning him from using the computer.





LIVEWORKSHEETS

4.

***Act as..... Teller:***

In this week's programme we'll share with you some cool ways to hang out with your best friends after a busy week at school.

Basically you can hang out indoors or outdoors.

If you like staying indoors, ask your parents if you can invite one or two friends over.

Make some popcorn!

Watch a movie!

It's more comfortable than going to a cinema!

Or if you're feeling creative, you can make crafts together.

You'll feel satisfied once you finish something.

If you fancy being outdoors, play some sports together.

Football, badminton, biking... you name it!

Or it can simply be a relaxing walk in the park.

All these activities are good for your physical health.

Do you prefer something more exciting?

Go downtown and do some people watching.

It's fun.

If you like something more organised, go to cultural centres, libraries, and museums.

Educate yourself while having fun!


LIVEWORKSHEETS

**5.**

***Act as..... Teller:***

When you game online, be careful when you 'make friends' with strangers.

What should you do?

Firstly, remember that it's easy to lie online and some of these 'online friends' may be adults who want to harm you.

Secondly, never give your personal information such as your full name or your hometown.

Thirdly, only play online games when you have updated antivirus software.

In addition, tell your parents what games you're playing and what you love about them.

In short, just like in the real world, you need to be careful when playing with strangers.





LIVEWORKSHEETS

6.

***Act as..... Teller:***

Yoga originates in India and it is good for both your body and mind.

Anyone can do yoga – women or men, adults or children.

Special children's classes are devised to help them to cope with pressures they feel from their schoolwork.

By learning how to co-ordinate breathing and movement, yoga helps them to develop body awareness, self-control, and flexibility.

Taking up yoga also helps them to focus and become better with daily routines.

Start doing yoga by setting aside a regular time for it.

Go slowly, listen to your body and don't push it too far as yoga is not a competitive sport.

Study each pose and practise it as you control your body and mind.

Prepare well before each session: avoid tight clothing and a full stomach.

An ideal time to do yoga is before breakfast.





LIVEWORKSHEETS

7.

***Act as..... Teller:***

Swedish teenagers enjoy listening to music and hanging out with friends, just like most children around the world.

Everyone is encouraged to develop his or her own interests.

Singing and playing a musical instrument are popular leisure activities.

According to a government website, almost one in three Swedish children aged 13-15 play an instrument in their spare time.

Doing sports is also encouraged.

68 per cent of 13- to 15-year-olds are members of a sports club.

Football is the most popular sport among both girls and boys.

Then comes horse riding for girls.

Boys prefer football, swimming, and ice hockey.

8.

***Act as..... Teller:***

Regular exercise brings us many benefits.

First, it helps to reduce the risk of obesity.

Second, it lowers blood pressure and cholesterol levels.

Therefore, the likelihood of heart disease is lower.

Third, exercise makes your muscles and bones stronger.

Also, if you exercise regularly, you will have less depression and anxiety as well.

In short, it is very important to invest time in doing this to improve the quality of your daily life.


LIVEWORKSHEETS

*NOTE

| | | |
|---|---|---|
| • | (noun - danh từ) | |
| • | (verb - động từ) | |
| • | (adjective - tính từ) | |
| • | (adverb - trạng từ) | |
| • | (preposition - giới từ) | |
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| | | |


LIVEWORKSHEETS