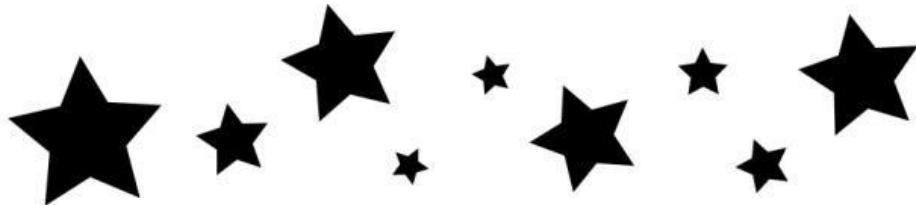


PAST HABITS!



Let's listen and read 3 short paragraphs about habits in the past related to sports. Pay attention to the structure they use and add USED TO or WOULD.

Person 1: I play ultimate frisbee with a group of friends every weekend. I love the energy and camaraderie it brought, but now I prefer doing other activities like yoga and Pilates. I find these practices more calming and beneficial for my well-being; they help me feel more balanced and centered.

Person 3: I was going swimming at the beach when I was younger, spending hours in the water. However, after a near-drowning experience, I developed a phobia of water. Now, even the thought of swimming makes me anxious, so I avoid doing it entirely.

Person 2: I enjoy going to the sports center regularly. I play a variety of sports, such as basketball, tennis, and badminton. I liked the challenge and variety each sport offered, but now I prefer doing less competitive and more mindful activities like hiking and meditation.

NOTE: Remember we add -ing to transform verbs into objects:

"... now I prefer doing other activities like yoga and Pilates."

"I used to enjoy going to the sports center regularly."

"I avoid doing it entirely".

Now read the complete paragraphs and answer a simple comprehension quiz:

1. What activity did Person 1 use to do in the past?

- a) Yoga
- b) Pilates
- c) Ultimate Frisbee
- d) Swimming

2. Why does Person 1 prefer yoga and Pilates now?

- a) They enjoy being outdoors.
- b) They find these activities more calming and beneficial.
- c) They like competitive sports.
- d) They have more friends in these classes.

3. Which of the following sports did Person 2 use to play at the sports center?

- a) Swimming and running
- b) Tennis and basketball
- c) Yoga and Pilates
- d) Ultimate Frisbee and volleyball

4. What kind of activities does Person 2 prefer now?

- a) Competitive sports
- b) Mindful activities like hiking and meditation
- c) Team sports
- d) Going to the gym

5. Where did Person 3 use to go swimming when they were younger?

- a) In a swimming pool
- b) At the beach
- c) In a lake
- d) In a river

6. Why does Person 3 avoid swimming now?

- a) They moved to a new city.
- b) They prefer other sports.
- c) They developed a phobia of water after a near-drowning experience.
- d) They find swimming boring.