

Time Off

Name _____

Date _____

Look at these free time activities. Then write the activities in the correct column.

museums	running	basketball	judo
art galleries	skateboarding	cards	diving
pilates	mountain biking	concerts/gigs	the gym
table tennis	gymnastics	festivals	chess
yoga	volleyball	cycling	the theatre

do	play	go	go to
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Fill in the gaps in sentences 1-4 with **do**, **play**, **go** or **go to**

1. We use _____ with words that end in *-ing*.
2. We use _____ with sports with a ball and other games.
3. We use _____ with places and events.
4. We use _____ with things you do in a gym or health club.

Work in pairs. Can you think of any more words/phrases that go with **do**, **play**, **go** or **go to**? Write it down in the correct column.



Reading and Listening

How do people in the UK spend their free time, do you think?

Read the article. Guess the correct answers a-r. (CD1.7)

A new survey on the free time and shopping habits of the British people is published this week – and it shows that we still love football, going to pubs, watching TV and eating fish and chips! Here are some of the results from the survey.

- The British are **always** happy when they're socialising. 55% of ^amen/women and 44% of ^bmen/women go to a bar or pub **every week**.
- About ^c20%/30% of adults go to a festival or a concert at least once a year and ^d20%/30% go to the theatre. About 25% go to a museum or an art gallery.
- British people **generally** watch TV for about ^ethree/four hours every day – and about ^f25%/45% of men have dinner and watch TV at the same time!
- The average British person spends more than ^g15/22 hours online **every month**, and a ^hhalf/quarter of that time is on social networking sites like Facebook and Twitter.
- ⁱMore/Less than half of all adults in the UK do some sport every month. About ^j7%/15% of British people go swimming and ^k7%/15% play football – but 32% watch football on TV **once or twice a week**.
- British people **normally** go on holiday **once a year**, but ^l10%/20% of people have two or more holidays a year. The most popular holiday destination is ^mSpain/France.
- ⁿ30%/46% of adults go to a McDonald's restaurant **every three months**, but ^o30%/46% go to a traditional fish and chip shop.
- The British spend £48 million on ^ptea/coffee and £56 million on ^qtea/coffee every month.
- And every British person eats ^r7/10 kg of chocolate every year –more than any other country in the world!

Frequency adverbs and expressions

Put these frequency adverbs and expressions into the correct order and in the correct column.

hardly ever

always

never

sometimes

occasionally

often

usually/normally/generally

three times a week

every Saturday

once every three months

once or twice a year

once a month

every couple of weeks

twice a day

frequency adverbs	frequency expressions
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____
6. _____	6. _____
7. _____	7. _____

Grammar rules

Where do we put frequency adverbs? Look in the article to make these rules.

- Frequency adverbs go **before/after** the verb **be**.

e.g. _____

- Frequency adverbs go **before/after** main verbs.

e.g. _____

Where do we put frequency expressions? Look in the article to make the rule.

- Frequency expressions go _____

e.g. _____

Make sentences with these words.

1 | running | go | sometimes | Sundays | on | I .

2 | do | a week | normally | or twice | We | once | yoga .

3 | months | I | every | go to | once | six | the dentist

4 | is | on | home | Sundays | Alexander | generally | at .

5 | of weeks | every | goes | diving | Carly | couple | .

6 | are | in January | always | parents | My | on holiday | .

7 | I | two | an art gallery | times | go to | or three | a year .

8 | volleyball | play | occasionally | at | We | the weekend | .

9 | a | year | my | I | or twice | grandparents | once | see .

Write six sentences about your free time activities. Use different frequency adverbs and expressions from this lesson.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Listening and speaking

A researcher is interviewing Robert for this year's British free time survey. Listen and fill in the form.



Free time survey	
ACTIVITY	HOW OFTEN?
go to a bar or a pub	
go to the theatre	
go to museums or art galleries	
watch TV	
do sport	
go on holiday	

Write sentences about Robert's free time activities. Use third person singular.

Work in pairs. Compare Robert's answers with the newspaper article. In what ways is he a typical British person?
