

UNIT 1 Lesson 3

Free Time



LESSON SUMMARY

Vocabulary



Word/Phrase	Meaning	Example
extreme sport (n) /ɪkˈstriːm ˈspɔːt/	a sport that is exciting to do and often dangerous	My son wants to take part in extreme sports .
skateboarding (n) /ˈskeɪtbɔːrdɪŋ/	the sport of riding on a skateboard	Young people are interested in skateboarding now.
surfing (n) /ˈsɜːfɪŋ/	the sport of riding on waves while standing on a narrow board	How about surfing at the beach this weekend?
rock climbing (n) /ˈrɔːk ˌklaɪmɪŋ/	the sport of climbing a mountain or on specially designed walls inside or outdoors	Rock climbing is exciting but dangerous.
zorbing (n) /ˈzɔːrbɪŋ/	a sport that a player rolls down a hill with a crystal clear ball	Going zorbing sounds like fun.

Writing

An invitation email

Email address

Email subject

Greeting

Check the availability

Write the invitation

Give more details

Ask for a reply

Sign off

Your name

New message
 ✕

(1) To: mark06@abcmail.com

(2) Subject: Going bowling next weekend?

(3) Hi Mark,

(4) Are you free next weekend?

(5) My classmates and I are going bowling at the Gold Sports Center. Do you want to join us?

(6) A ticket costs only \$15. We can meet in front of the sports center at 8 a.m.

(7) Let me know if you can come by Wednesday. Then, I will call the center to book the tickets.

(8) Write back soon,

(9) Jack

🔍
📎
😊
✉️

Send
Save
Cancel

PRACTICE



Vocabulary

a. Match the phrases with their definitions or descriptions.

- 1 extreme sport •
- 2 skateboarding •
- 3 surfing •
- 4 rock climbing •
- 5 zorbing •

- A a sport that you use a board to move on the water
- B a sport that you usually need to go the mountains to do
- C a sport that you need a board with small wheels to play
- D a sport that is very dangerous and exciting
- E a sport that players are inside a large clear ball

b. Complete the text using the words or phrases in Exercise a.

HELLO SUMMER



Hey, my friends! Summer is coming. Let's do some exciting activities to enjoy our holiday. Instead of badminton, volleyball, or table tennis, now try some 6) _____ (s). If we go to the beach, why don't we try 7) _____? How amazing it is when we stand on waves! We can also go 8) _____ in a large clear ball on the sand. It will be a great experience. Besides, we can go hiking or 9) _____ in the mountains. Lastly, we can take our boards and go 10) _____, too. Enjoy your wonderful summer holiday.



Listening

a. Listen to the radio news. Write T (true) or F (false).



- 1 Parkour is a word from French.
- 2 Parkour players think the sport is fascinating.
- 3 People can only do the sport in some places.
- 4 An accident might happen to parkour players.
- 5 Parkour is popular in several countries.



b. Listen to the rest of the talk. Fill in each gap with ONE WORD.



- 6 Like any other extreme sports, parkour is _____.
- 7 If you do not carefully _____, you might hurt yourself.
- 8 You need a _____ diet.
- 9 Beginners should practice some basic _____.
- 10 It is important to be _____ to play this sport.



Reading

a. Read the email from Jack to Mark. Answer each question with **NO MORE THAN THREE WORDS AND/OR A NUMBER**.

To: mark06@abcmail.com
Subject: Rock climbing next Sunday?

Hey Mark,
Are you doing anything next Sunday?
My friends and I are going rock climbing at the Dawn Sports Center. I believe you love this sport, too. So, you should join us.
The center has everything we need for the sport. The entrance fee is about \$15 each. I'm taking a bus to the water park opposite the sports center. We want to meet you there at 7 a.m. Bookings are available this week only. Let me know if you can come by Tuesday. I hope you can come.
Write back soon,
Jack



- 1 When are they going rock climbing? _____
- 2 How much is an entrance ticket? _____
- 3 Where do they want to meet Mark? _____
- 4 What time should Mark arrive? _____
- 5 When does Mark need to reply? _____



b. Read Mark's response to Jack's email. Write **T** (true), **F** (false) or **DS** (doesn't say).

NEW MESSAGE

_ □ ×

To: jackbrown@abcmail.com
Subject Re: Rock climbing next Sunday?

Hi Jack,

Thank you for your email. I am very excited about that. I can go with you next Sunday. The good news is that we can now buy one ticket and get another one for free. It's great, isn't it? We need to hurry because the promotion ends tomorrow. The center does not provide helmets, so we need to bring our own ones. It can be hot on the day we go rock climbing. Remember to bring enough water and a change of clothes just in case. Mom is going to drive me to the meeting place. I can't wait to see you there.

Cheers,

Mark



- 6 Mark can't join Jack and his friends for rock climbing. _____
- 7 The promotion ends the day after tomorrow. _____
- 8 When someone gets a ticket, the center gives them a helmet. _____
- 9 The weather can be hot when they meet for the sport. _____
- 10 Mark is going to the meeting place by himself. _____



Speaking

Match the answers to the questions to make a complete conversation.

- 1 What sport are you doing?
- 2 Where is it?
- 3 When are you going?
- 4 Who are you going with?
- 5 What are you going to bring with you?

- ☐ A I'm going surfing. It's an exciting water sport.
- ☐ B I'm going surfing with my classmates. We are so excited now.
- ☐ C We are going to Crystal Clear Beach. The waves are big enough.
- ☐ D I'm carrying my surfboard, sunglasses and sunscreen.
- ☐ E We are leaving for the beach next Friday. Our exam is over then.



Writing

a. Read Andy's email. Complete each gap with a phrase or sentence from the box.

To: mike@abcmail.com
Subject: Going mountain biking next weekend?

Hi Mike,

Are you doing anything next weekend?

- 1) _____? My brother and I are biking in the mountains, and I think you might want to join us. 2) _____ and taking a bus to Green Valley Mountain. We can meet at our house and go together. 3) _____, and we can rent bikes and other equipment. It costs about \$20 per person. The cost may be high, but 4) _____. Let me know if you can go. 5) _____.

Andy



- A I hope we have great fun
- B Write back soon
- C How are you doing
- D We are leaving home at 8 a.m.
- E There is bike rental there

b. Write an email to your friend to invite him or her to join you in an activity. Use the information in the box. Write 60-80 words or more.

NEW MESSAGE

✕

Activity: skateboarding
Where: Golden Bear Sports Center
When: next Saturday
Time to meet: 9 a.m.
Ticket price: \$10
Skateboards and safety equipment for rent: \$5



In my writing, I use correct...

- vocabulary ☐
- grammar ☐
- spelling ☐
- punctuation ☐
- linking words ☐

Answer key



- Vocabulary ____/20 pts.
- Listening ____/20 pts.
- Reading ____/20 pts.

- Speaking ____/10 pts.
- Writing ____/30 pts.

★★★★★
Total ____ / 100 pts.