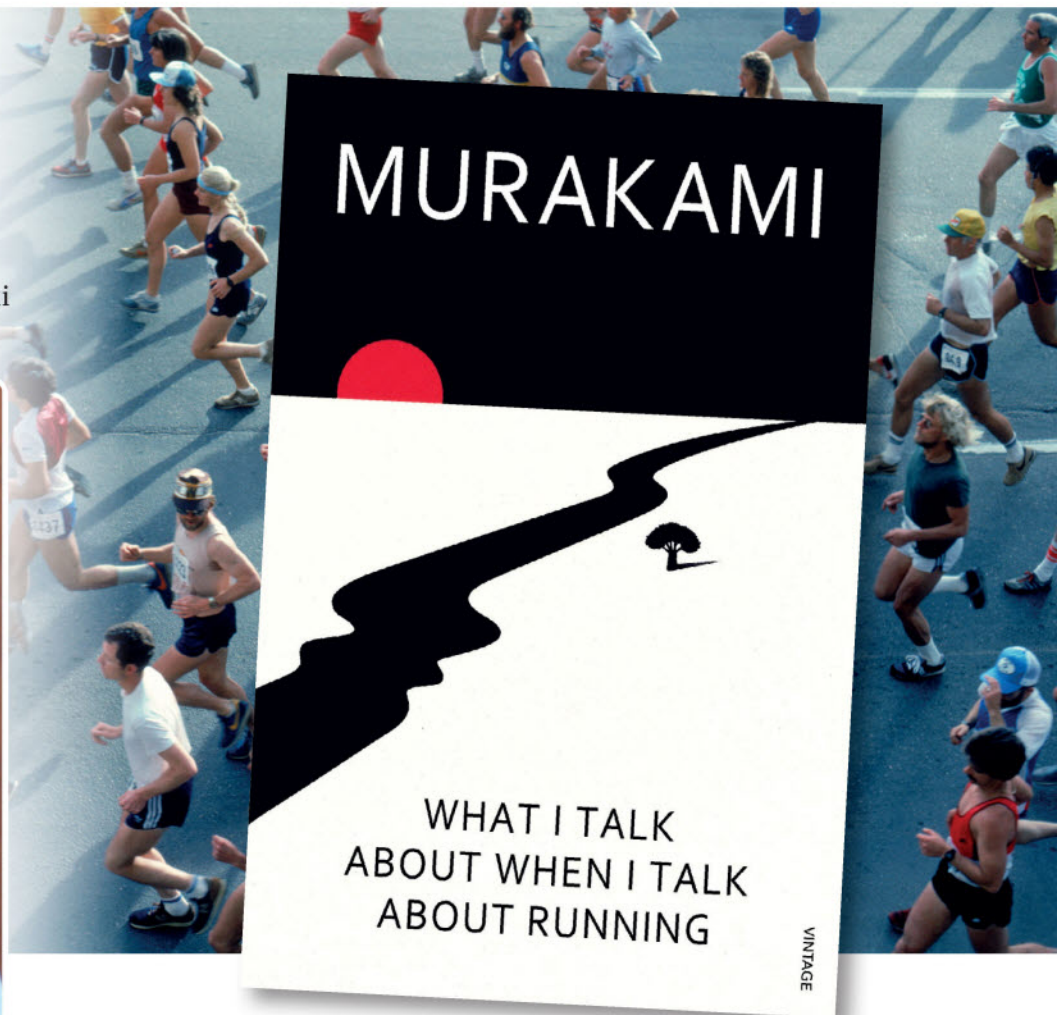


1.2 Free time

GOALS ■ Talk about how often you do things ■ Talk about your free time

Grammar & Speaking present simple and adverbs of frequency

- 1 Work with a partner and discuss the questions.
 - 1 Do you ever go running? Why/Why not?
 - 2 Why do you think some people enjoy running?
 - 3 Look at the photos. Do you know the author Haruki Murakami? Would you like to read the book?



- 2a You are going to listen to a review of the book in the photo. Before you listen, write questions using the prompts.

- 1 why / Murakami / run ?
- 2 how often / he / go running ?
- 3 how many miles / he / run / every week ?
- 4 he / do / any other sports ?

- b 1.4))) Listen and answer the questions in exercise 2a.

- 3 1.4))) Listen again and complete the sentences with an adverb or frequency expression from the box.

most days sometimes usually never often
occasionally nearly always

- a It is _____ about getting better at something.
- b He's _____ worried about beating other people.
- c He runs _____.
- d He _____ thinks about the weather.
- e He _____ gets an idea for a book.
- f He doesn't _____ think about anything.
- g He _____ listens to rock music.

- 4 Work with a partner. Add the adverbs and frequency expressions from exercise 3 and the ones in the box to the table. Which ones have similar meanings?

every now and then rarely hardly ever
once or twice a day/week/month, etc.

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	2 _____	3 _____	
	4 _____		
	5 _____		
	6 _____		
	7 _____	8 _____	9 <u>occasionally</u>
	10 _____	11 _____	
	12 _____		

- 5 Look at the sentences in exercise 3. Choose the correct option to complete the rules in the Grammar focus box.

GRAMMAR FOCUS present simple and adverbs of frequency/frequency expressions

- We use adverbs of frequency and frequency expressions to talk about how often we do things.
- An adverb of frequency usually goes ¹ **after** / **before** the main verb.
He nearly always listens to rock music.
- An adverb of frequency usually goes ² **after** / **before** the verb *to be*.
He's never worried about beating other people.
- An adverb of frequency usually goes ³ **after** / **before** the auxiliary verb (*do/does*) in negative sentences.
He doesn't usually think about anything.
- Frequency expressions can go at the beginning or end of a sentence.
He runs most days.

→ Grammar Reference page 135

PRONUNCIATION stress

- 6a 1.5))) Listen to these sentences and notice which words and parts of words are stressed.

- 1 He **sometimes** **thinks** about the **weather**.
- 2 **Once** or **twice** a **year** he does a **triathlon**.
- 3 It is **often** about getting **better** at **something**.

- b 1.6))) Listen again and repeat the sentences.

- 7 Put the adverbs of frequency or frequency expressions in the correct place in the sentences. Some can go in more than one place.

*We spend time with relatives. (occasionally) →
We occasionally spend time with relatives.*

- 1 We spend time with relatives. (occasionally)
- 2 My best friend does some exercise. (most days)
- 3 We watch films. (hardly ever)
- 4 My family go out for a meal. (once or twice a week)
- 5 I'm in bed by 11 p.m. (nearly always)
- 6 We don't go abroad on holiday. (usually)
- 7 I chat with friends online. (every now and then)
- 8 I have a lie-in at the weekend. (rarely)

- 8a Rewrite the sentences in exercise 7 to make them true for you.

- b Work with a partner. Ask each other questions to find out more information.

- A *We hardly ever spend time with relatives.*
B *Oh? Why not?*
A *Because they live too far away.*

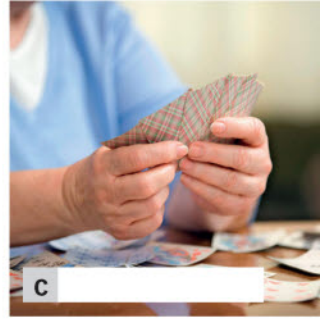
Vocabulary & Speaking free-time activities



a



b



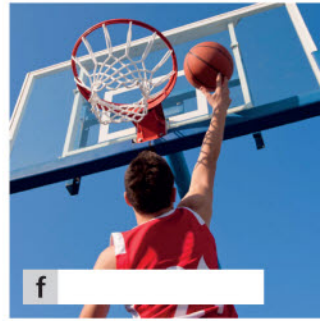
c



d



e



f

- 9a Work with a partner and put the sports and free-time activities into the correct group.

out for a coffee/meal football computer games karate
camping swimming on Facebook exercise to the gym
for a walk running yoga chess clubbing cards
aerobics golf basketball

- a play *golf*
b do *yoga*
c go *clubbing*

- b Label the photos with phrases from exercise 9a.

- c Can you add any more words to each group above?

- 10 Find two examples from exercise 9a of activities that ...

- 1 you usually do on your own
- 2 you usually do with other people
- 3 people do outdoors
- 4 people do indoors
- 5 you do when you are feeling lazy
- 6 you do when you are feeling full of energy

- 11a **TASK** Work in a group. Ask each other questions about some of the free-time activities in exercise 9a and make a note of the answers.

How often do you go running?

- b Tell the class what you found out. Who spends a lot of time doing one sport or activity in their free time and who doesn't?

Haiyan goes running most days.

Mehmet never goes running, but he plays chess once or twice a week and is a member of a chess club.