

1.2 Free time

Grammar present simple and adverbs of frequency

1a Put the words in the right order to make sentences.

- often / coffee / for / go / They / out / a
They often go out for a coffee.
- goes / My / and / running / then / every / girlfriend / now
- don't / the / usually / We / camping / in / go / summer
- best / aerobics / a / friend / My / twice / week / or / does / once
- ever / games / I / play / hardly / computer
- family / often / My / future / don't / plans / make

- b 1.3))) Listen and check. Notice which words and parts of words are stressed.
- c 1.3))) Listen again. Pause the CD and repeat after each word.
- 2 Complete the second sentence so that it means the same as the first. Replace the **bold** words with the adverbs and expressions in the box.

always every now and then most days
once or twice a year rarely

- My partner does exercise after work **every day**.
My partner *always does exercise* after work.
- They **hardly ever** have a lie-in because they have two small children.
They _____ because they have two small children.
- My sister **nearly always** goes on Facebook before she has breakfast.
_____ before she has breakfast.
- My parents go on holiday **in January and July or only in July**.
My parents _____.
- We **occasionally** go clubbing with a big group of friends.
_____ with a big group of friends.

3 Complete the article with the verb phrases and the adverbs in the box.

always ~~hardly ever~~ nearly always never occasionally
often sometimes usually

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun
eat healthily	✓	✓	✓	✓	✓	✓	✓
go training	✓	✓	✓	✓	✓	✓	
be in bed by 11 p.m.	✓	✓	✓	✓	✓		
chat with friends online	✓		✓		✓		✓
watch videos		✓		✓		✓	
spend time with relatives							✓
have a lie-in							✓
be bored							

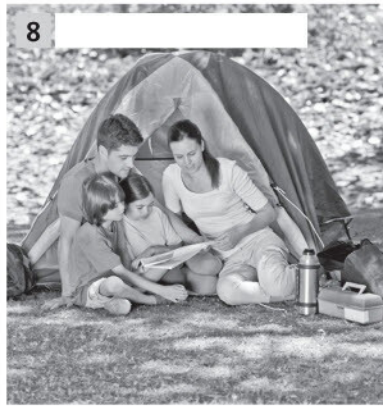
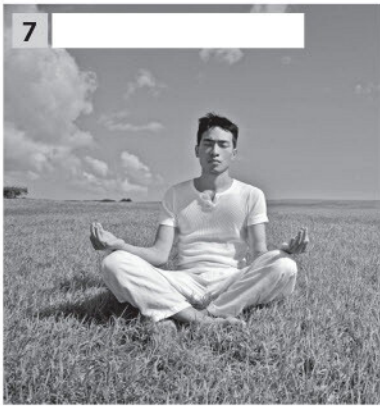
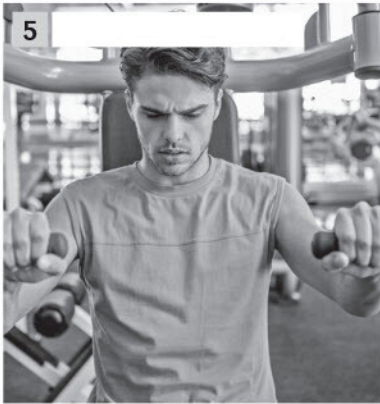
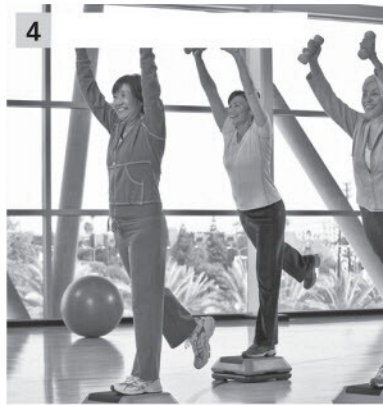
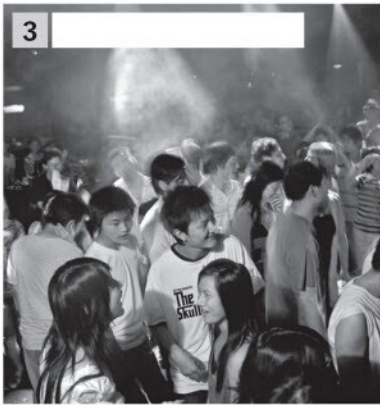
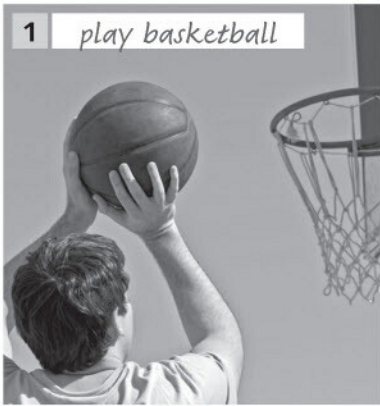
A week in the life of an Olympic athlete

Olympic athletes have to look after their health if they want to be the best. In the morning, they ¹ *hardly ever have* a lie-in because they have a lot of things to do – a sports star ² _____ bored! In general, athletes ³ _____ and they start the day with a big breakfast with lots of carbohydrates and protein. They ⁴ _____ training in the morning and again in the evening. After training, they ⁵ _____ of other athletes to see how good they are. Olympic athletes don't have a lot of time to see other people, but they ⁶ _____ at the weekend – having a meal or catching up on family news. They ⁷ _____ or by phone. Professional athletes need between eight and ten hours sleep every night, so they ⁸ _____ in bed by 11 p.m.

Vocabulary free-time activities

4 Write phrases for the photos with the words in the box and *play, do* or *go*.

aerobics basketball camping cards clubbing
on Facebook to the gym yoga



5 Circle the incorrect phrase.

- 1 GO aerobics for a walk on Facebook running
- 2 PLAY basketball chess computer games swimming
- 3 DO exercise golf karate yoga
- 4 GO basketball camping out for a coffee to the gym
- 5 PLAY cards football golf karate
- 6 GO clubbing exercise out for a meal swimming

6 Complete the advert with *play, do* or *go* and the words and phrases in the box.

computer games exercise football for a meal
for a walk golf running swimming

✕

CenterParcs

Looking for a perfect family holiday?

CenterParcs is not the place to go if you want to ¹ play computer games all day. But it is right for you if you're looking for some action! Here are some of the exciting activities you can do:

- ▶ ² _____ in the outdoor pool. The pool is heated to 29.5°C so it isn't cold.
- ▶ ³ _____ in our fitness classes. There are Zumba classes for all the family!
- ▶ ⁴ _____ on our 18-hole course. You're sure to have a good time.
- ▶ ⁵ _____ in the forest and learn more about nature. If you have more energy, you can ⁶ _____ early in the morning when everybody is asleep.
- ▶ send your children to ⁷ _____ . Our coach will teach them for an hour before they play a match together.
- ▶ after all the excitement, ⁸ _____ in one of our many restaurants. It's a great time to relax!

To find out more information on CenterParcs, check out their website.

I can ...

- talk about how often I do things.
- talk about my free time.

Very well Quite well More practice

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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