

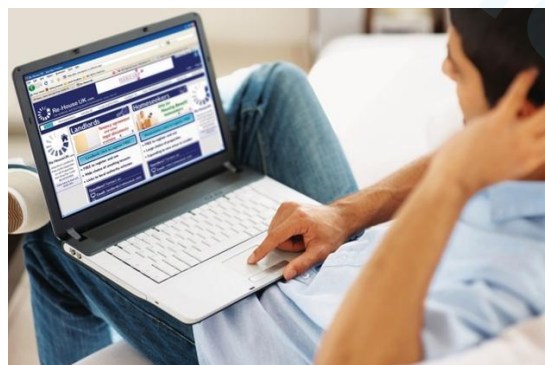
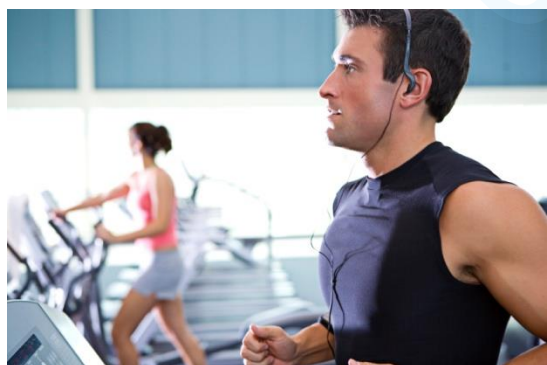
Course: Beginner Level 1

Day №12

Free Time

1. Find *six* of the activities from the box in the photos:

cook • meet friends • go for a walk • go to a concert • go to the gym • go shopping • swim • listen to music • play football (or another sport) • read a book or magazine • surf the Internet • watch TV • play the guitar (or another instrument) •



2. Where do you do the activities in exercise 1? Complete the table.

cook • meet friends • go for a walk • go to the gym • go shopping • swim
• listen to music • play football (or another sport) •
read a book or magazine • surf the Internet • watch TV •
play the guitar (or another instrument) •

at home	in the park	at the shops	at a sports centre

Which activities do you usually do with other people?

3. Grammar. Adverbs of frequency.

Common adverbs of frequency are:



We use adverbs of frequency with the Present Simple to describe how often something happens:

*I **often** go to the gym in the evenings. (=three days a week)*

*I **always** go for a walk at lunchtime. (=every day)*

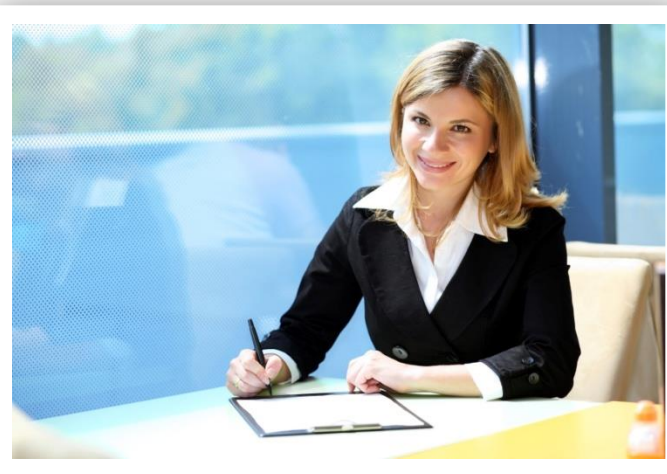
We put the adverbs of frequency after the verb *to be* but before the other main verbs:

*The children **are usually** in bed at eight o'clock.*

*The children **usually go** to bed at half past seven.*

3. Read the text:

“ How do I relax in the evening? Well, I **often** go for a walk after work. I sit at a desk all day and I want to get some exercise. Then I go home and **usually** go on Facebook and read about my friends. I like films, so I **sometimes** go to the cinema. I **occasionally** go to the gym after work. I **always** read the newspaper or a book. But, you know, I **never** cook! I don't like cooking!



4. Complete a table with the words from the box:

a book a concert a sandwich a walk an evening class
my shopping our homework running the cinema ~~the gym~~
the Internet

do	
go for	
go	
go on	
go to	the gym
have	
read	

5. Practice the conversation with your teacher.

Ask and answer questions:

What do you do in your free time? Where do you do it? When do you do it?

Make a list:

cook • meet friends • go for a walk • go to the gym • go shopping • swim
• listen to music • play football (or another sport) •
read a book or magazine • surf the Internet • watch TV •
play the guitar (or another instrument) •

Monday evenings – watch TV.

Saturdays – read the newspaper/go shopping.

***Thank you for
today!***

***We're looking forward to
seeing you again!***