

UNIT 3. LEISURE

Objectives:

At the end of this unit students are expected to:

- identify the adverbs of frequency;
- use words and phrases about free time in conversation;
- use authentic phrases or expressions relevant to the topic.

A. VOCABULARY: Look at the pictures below. With your seatmate, identify the different activities shown in the pictures. Discuss them with your partner.



- a. Relaxing
- b. Swimming
- c. Playing basketball
- d. Reading a book
- e. Watching TV
- f. Reading the newspaper
- g. Playing the guitar
- h. Planting flowers

- i. Writing a letter
- j. Using the computer
- k. Practicing the piano
- l. Exercising
- m. Playing
- n. Playing cards
- o. Listening to music
- p. Listening to the radio

B. PRONUNCIATION: Check the correct pronunciation of the words in Vocabulary with your teacher and practice them with your classmate.

- | | |
|--------------------------|---------------------------|
| a. Relaxing | i. Writing a letter |
| b. Swimming | j. Using the computer |
| c. Playing basketball | k. Practicing the piano |
| d. Reading a book | l. Exercising |
| e. Watching TV | m. Playing |
| f. Reading the newspaper | n. Playing cards |
| g. Playing the guitar | o. Listening to music |
| h. Planting flowers | p. Listening to the radio |

C. DIALOGUE: Read the following dialogue below with a partner.

Stuart: Amy. So, how are you doing?

Amy: Oh, hi Stuart. School is so crazy these days, and when I'm not at school, I'm at work.

Stuart: Hey, listen. I'm getting together with Sara and Paul tonight, and a few of our other friends are going to join us. [*Oh.*] And, we're . . . well, we're going out to eat and then catch a movie. Why don't you come with us?

Amy: Hey, I'd love to, but I have to cram for a test tomorrow.

Stuart: Ah, come on. We're planning on having dinner around 6:30 and then seeing a movie at 7:30. We should be home by 10:30 . . . 11:30 at the latest. I mean you're always saying that you don't have any friends . . . and that your love life . . . well, that you don't have one. Come on!

Amy: I . . . I don't think I'd better. I haven't been feeling well lately.

Stuart: Yeah, because you study too much. Well, we'll have a blast. Come on! Relax. [*Well . . .*] And it's Sara's birthday, too. And we're throwing her a small birthday party after the movie. Come on. Best friends always stick together.

Amy: Oh. Okay.

Stuart: Great. I'll pick you up at 6:00.

Amy: Okay. See you then, but I have to be back by 10:30.

Stuart: Ah, 10:30 . . . Midnight. It's all the same. See you at 6:00

KEY VOCABULARY WORDS: Study the underlined words/phrases.

Catch a movie (*verb*): watch

- Let's **catch a movie** this afternoon after school is over.

Cram (*verb*): study hard

- I had to **cram** all night for the final text in my biology class.

Blast (*noun*): fun time

- Thanks for inviting me to the party yesterday. It was a real **blast**.

Throw a party (*verb*): have

- My parents are **throwing a big party** for my brother who just got married.

Midnight (*adverb*): 12 o'clock at night, the middle of the night

- I have to be back home by **midnight**. It's a family rule

D. LANGUAGE FOCUS: ADVERBS OF FREQUENCY.

Read and learn the grammatical points relevant to adverbs of frequency.

Adverbs of frequency tell us how often something happens, and they can be either **definite** or **indefinite**. Because we are talking about repeated or habitual activities, adverbs of frequency are usually only used with the Present Simple tense.

Some examples of definite adverbs of frequency:

- Hourly, daily, weekly, monthly, yearly.
- Once, twice, three times, a million times.
- Every minute, once an hour, quarterly.

Definite adverbs of frequency usually go at the end of the sentence, like most definite time expressions.

- Most businesses submit their taxes **quarterly**.
- Raknam checks his watch **every minute**.
- The bell rings **every hour**.

We can also put the adverb at the beginning of the sentence for strong emphasis:

- **Every night**, we stay up late to study.
- **Twice a year**, she goes to Chile.
- **Every year**, thousands of people are misdiagnosed.

Some examples of indefinite adverbs of frequency, and a general idea of how often the action takes place:

- 100% always, constantly, continuously, habitually
- 90% usually, normally, mostly, regularly
- 75% frequently, generally, repeatedly
- 60% often
- 50% sometimes
- 40% occasionally, sporadically
- 20% rarely, seldom, infrequently
- 0% never

Adverbs of indefinite frequency usually go in the middle of the sentence before the main verb, except the **verb “to be”**.

- We always walk to school.
- She usually drinks coffee in the morning.
- They generally study at the library.
- I am often on time.
- She sometimes plays chess.
- He occasionally skips school.
- They are seldom wrong.

If there is an auxiliary verb and a main verb, the adverb goes between them:

- I can usually remember.
- He doesn't often cry.

Except with **“have to”**, the adverb goes before the auxiliary:

- We usually have to wake up early.

- He always has to drive his kids to school.

Sometimes, for emphasis, we can put the adverb at the beginning of the sentence.

- Usually we eat dinner at 6:00.
- Occasionally I walk around the seawall.

Or at the end:

- We do that too, usually.
- They go to church regularly

E. LANGUAGE PRACTICE: Fill in the blanks with the correct adverbs of frequency.

1. Andrea lives next door so we _____ see her.
a. never b. often c. rarely
2. Nancy and I [30%] _____ go out for coffee together.
a. never b. frequently c. occasionally
3. We meet _____ at the Annual General Meeting.
a. never b. every day c. yearly
4. My doctor _____.
a. yearly checks my health
b. checks yearly my health
c. checks my health yearly
5. It [0%] _____ rains here in the summer.
a. never b. sometimes c. rarely

E.1. REINFORCEMENT ACTIVITY: Discuss the following questions with your seatmate.

- What would you do if you had more free time?
- Is there something you wish you could do with your free time but can't?
- Do you think a four day work week would be a good idea?

F. HOMEWORK- WRITING: Write an essay on the following topic. At least write 250 words and support your ideas with relevant points and examples.

Some people think that it is important to use leisure time for activities that develop the mind, such as reading and doing crossword puzzles. Others feel that it is important to give one's mind a rest in leisure time. Discuss both opinions and reflect your own perspective on the matter.

G. SUPPLEMENTAL SELF-LEARNING ACTIVITY.

VOCABULARY: Look for the meaning of the following words.

**barbecue
beach
bicycle
CD (player)
chess
club
collect(or)
collection
dance
fan
festival
fiction
gallery
go out
guitar
hang out
holidays
jogging
keep fit
magazine
musician
playground
sculpture
sightseeing
sunbathe
tent**

G.1. VOCABULARY. Read the different activities and their definitions below. Make one sentence with each given word with your group mates and then check the meaning of the given words and make two sentences by using each.

Go to the cinema - to see Hollywood blockbuster movies, Bollywood movies (from India), art films, animated films. You can also say go to the movies.

Some film categories are: Comedy, Drama, Horror, Thriller, Action, and Science Fiction (Sci-Fi), Fantasy, Documentary, Musical.

Watch TV - Different types of television programs are: The News, Soap Operas, Criminal Investigation Dramas, Medical Dramas, Reality TV, Situation Comedies (Sit-Coms), Talk Shows, Documentaries, Cartoons, Game Shows, Sports programs, Movies, Political programs, Religious programs.

Spend time with family - You can do many things with your family. Usually, the fact that you are together is more important than the activity.

Go out with friends - You can also do many things with your friends, like go out to a bar, go dancing at a club, have dinner at a restaurant, play a sport, sit down and talk, go out for a coffee, have a barbecue, or any other activity that you all enjoy. Or sometimes when you don't do anything specific, you can say hang out with friends.

Surf the internet - On the internet, you can research a topic you are interested in using a search engine, visit your favorite websites, watch music videos, create your own video and upload it for other people to see, maintain contact with your friends using a social networking site, write your thoughts in a blog, learn what is happening in the world by reading news websites, etc.

Play video games - You can play games on your computer or on a game consoles, like PlayStation, X-Box, Wii, PSP, Gameboy, etc. You can play on your own or with your friends or family.

Play a musical instrument - Learn to play the piano, guitar, violin, cello, flute, piano accordion, mouth organ, panpipes, clarinet, saxophone, trumpet, etc. You can play on your own or with a group, such as a band or an orchestra.

Listen to music - Turn up the volume and listen to your favorite type of music, such as pop, rock, hip hop, rhythm & blues, blues, jazz, classical, soul, heavy metal.

Read - Many people love to read both fiction and non-fiction books and magazines. If you like fiction, you can read novels, short stories, crime fiction, romance, etc. If you like non-fiction, you can read biographies, autobiographies, or books on history, science, philosophy, religion, or any other topic you are interested in.

Write - Many people like to write in their diary. Another name for a diary is a journal. You can also write many other things, such as poetry, novels, letters, short stories, etc.

Go to the park - You can go to the park alone, with family or with friends. You can take a picnic rug and a picnic basket and have a picnic. You can read, sleep, kick a football around, climb trees or play on the children's playground.

Go to cultural locations and events - There are many types of cultural locations and events. You can go to the museum, to an art gallery or to the zoo to see animals from around the world. You can go to concerts, plays, musicals, dance recitals and opera performances.

Go shopping - Many people like to go to shopping malls and areas of the city that are known for shopping to buy clothes or items for their houses and gardens.

Cook - Many people like to cook different types of food. You can make meals for breakfast, lunch and dinner. You can bake cakes, cookies, slices and pastries in the oven. Some people boast that they have a special recipe - ask them to cook it for you!

Study something - There are many things that you can study just because you find it interesting! You can study a language; you can learn a skill, such as cooking or making furniture; or you can even study the hieroglyphs of the ancient Egyptians, if you want to!

Art and crafts - There are many, many arts and crafts that you can learn and practice. You can paint, draw, sew, crochet, knit, sculpt, engrave, make furniture, make jewelry, or you can even create your own new art form!

Gardening - You can plant flowers, vegetables or herbs and maintain your garden by watering it, pulling the weeds and feeding it with fertilizer.

Exercise and play a sport - To stay fit and healthy, you can do exercise alone, such as swimming or working out at a gym, or you can play a team sport, such as football or basketball.

G.2. Idioms and slang terms we might use when talking about leisure activities.

To be an enthusiast of something

To be actively interested in something.

“My uncle is an antique car enthusiast. Every weekend he goes to car shows in the city.”

Avid

Listen to the phrase

To be very enthusiastic about something.

“John is an avid sports fan. He goes to every baseball and football game he can.”

Outdoorsman

A person who enjoys being outside and doing outdoor activities.

“If you live in a cabin in the middle of the woods you better be an outdoorsman. There is nothing else to do!”

A buff

A person who is really interested in a certain activity or subject.

“Jane’s grandfather is a history buff. He spends all of his free time reading up on World War II history.”

To be a freak of something

To like something so much that it is almost unhealthy.

“Robert is a workout freak. I hope he doesn’t hurt himself in the gym lifting too much weight.”

Couch potato

A person who sits in front of the TV all day.

“I’m afraid my son is turning into a couch potato. He sits in front of the TV for hours if he can get away with it.”

Gamer

A person who plays a lot of video games.

“Dan’s brother is a gamer. He usually plays video games all night long.”

Party animal

A person who is always up for a party and usually takes it too far.

“My roommate in college was a party animal. He ended up failing out of college.”

Homebody

A person who always stays at home instead of going out.

“Since we had the baby, I have become a homebody. I have no interest in going out anymore.”

To be a regular

To be a person who is always at a certain place like a restaurant or bar.

“Harry is a regular at the Mexican restaurant down the street. The whole staff knows his name and what he likes to eat.”

A Mr. Fix it

To be good with tools and fixing things around the house.

“My dad would definitely be considered a Mr. Fix it. I think he roams around the house looking for things to repair.”

To tinker around

To casually repair or adjust mechanical items like cars or computers.

“My brother decided to tinker around with my computer and he actually has it running faster!”

To be a do-gooder

A person who spends free time trying to help others.

“The old couple down the street are do-gooders. They are always bringing dinner to neighbors who are sick or in trouble.”

A social butterfly

A person who loves social interaction and is always out with friends.

“My wife is a social butterfly. She is always finding excuses to have people over for dinner. I wish she would just relax.”

To be a _____ guy

To be a person who is known for liking and participating in a certain activity.

“I am an outdoor guy. I am most happy when I’m out in my yard playing with the kids or doing yard work...”

G.3. Free Time: Common questions when asking about free time.

- What are some things you like to do in your free time?
- Do you have more free time now than when you were a kid?
- Is there such a thing as too much free time?
- How do free time activities differ now compared with the past?
- Do you think people had more or less free time in the past?
- What is the most worthwhile thing a person can do with their free time?
- What does the idiom “Time is money.” mean? Do you agree with it?

G.4. Arranging Sentences. Put the words in the right order to form a sentence.

1. skier/an/he/avid/is:

2. potato/lazy/a/is/couch/very:

3. John/party/huge/a/is/animal:

4. never/homebody/a/leaves/house/the:

5. dad/Mr./a/is/fix/my/it:

6. butterfly/a/people/likes/social:

7. gamer/games/video/a/plays/of/lots:

8. am/regular/that/I/restaurant/a/at:

G.5. Fill in the blanks. Use the words learnt in this unit.

social butterfly
avid
homebody

party animal
gamer
outdoorsman

freak
couch potato
guy

tinker

1. Randall is a/ngolfer. He plays all the time.
2. I've been a real.... . lately. I just don't feel like leaving the house.
3. Larry is a junk food He eats way too much of it.
4. I wouldn't say she is a She actually doesn't really like talking to other people very much.
5. My uncle is an.....He hunts and fishes a lot.
6. My grandfather spends most of the day fixing up his old car. He likes to with it even if nothing is wrong.
7. Sam is a real beach He loves the beach.
8. You better not be tired when John visits this weekend. He is a..... so he'll want to go out every night.
9. It is better to get out and exercise than being a..... A lack of exercise makes you fat and lazy.
10. I am not a..... but I do play video games once in a while.