

What do you do in your free time?

Before you start, answer the following questions and tick ✓ your answers

Do you like sports? Yes No
Do you play any sports in your free time? Yes No
Do you listen to music while you do exercise?
Yes No



Pista: Recordá que al final de la ficha encontrarás la **clave de respuestas** de las actividades para revisar tu trabajo.

- Classify these words/phrases related to the sports below under the correct picture: **goggles - stick - swimming pool - goal (x2) - flippers - goalpost (x2) - court - net - ball (x3) - racket - swimming cap - pitch/field (x2) - swimsuit - Grand Slam - World Cup.**



swimming



football



tennis



hockey

- Juliana Rodríguez is a 13-year-old student from Buenos Aires. She plays tennis in her free time and she wants to become a professional player. Read the following paragraph about her lifestyle and complete the gaps with the correct form of the verbs in brackets.

Juliana **takes**..... **(take) (a)** tennis lessons at a club near her house. She **(go) (b)** to the club in the afternoon after school. Juliana is a tennis fanatic but music is also very important in her life. She **(love) (c)** listening to music while she **(train) (d)**. She always **(start) (e)** her tennis lessons with music. After her lessons, she usually **(have) (f)** a healthy snack that consists of a bowl of yoghurt with pieces of strawberries, apples and bananas. She also **(drink) (g)** a lot of water. She hardly ever **(eat) (h)** sweets. Juliana **(finish) (i)** her day with a nutritious meal. She often **(have) (j)** pasta and veggies for dinner. After that, she **(go) (k)** to bed. She never **(use) (l)** her mobile phone before she **(go) (m)** to sleep. Juliana **(have) (n)** a very healthy lifestyle because she **(know) (o)** that this kind of routine helps her play better.



Pista: En inglés, formulamos preguntas en **presente simple** (present simple) de la siguiente manera: * **Sujetos I - You - We - They: Do + sujeto + el verbo en infinitivo.** Ejemplos de preguntas y posibles respuestas: 1) **Do you like sports?** Yes, I do / No, I don't. 2) **Do your brothers play any musical instruments?** Yes, they do / No, they don't. Mirá este otro ejemplo: 3) **When do your sisters go to the club?** At the weekend. En este caso, la pregunta se forma de la siguiente manera: **Palabra interrogativa + do + sujeto + el verbo en infinitivo.** * **Sujetos He - She - It: Does + sujeto + el verbo**

en infinitivo. Ejemplos de preguntas y posibles respuestas:
4) **Does your sister play** football? Yes, she does. 5) **Does your brother play** golf? No, he doesn't. Mirá este otro ejemplo: 6) **When does your brother listen** to music? In the evening. En este caso, la **pregunta** se forma de la siguiente manera: **Palabra interrogativa + does + sujeto + el verbo en infinitivo.**

3. Nicolás Martínez is Juliana's best friend. For a school project, Nico needs to interview a friend with a healthy lifestyle, so he calls Juliana to ask her some questions. Here is part of the conversation between them. Complete the gaps with the missing questions.

Nico: Can I ask you some questions about your lifestyle for a school project?

Juli: Sure, go ahead.

Nico: a.?

Juli: I take tennis lessons **at a club near my house.**

Nico: OK. b.?

Juli: I go to the club **in the afternoon after school.**

Nico: c.?

Juli: Well, after my lessons I eat a **healthy snack.**

Nico: d.?

Juli: **No, I don't. I don't drink fizzy drinks.** They're not healthy! I only drink water.

Nico: Yes, you're right. I don't drink fizzy drinks either! They're too sweet!



Pista: En inglés, cuando queremos hablar acerca de la **frecuencia** con que se realizan algunas actividades usamos los siguientes adverbios: **always - usually - often - sometimes - hardly ever - never.** Leé la siguiente oración relacionada con el texto anterior: 1) Juliana **usually** has a healthy snack after her tennis lessons. Mirá la siguiente pregunta y su

respuesta: 2) **How often** does Juliana eat pasta? **Often.** También podés utilizar las siguientes expresiones para hablar sobre la **frecuencia** en que sucede o se lleva a cabo una acción: once a week/month/year, twice a week/month/year, three times a week/month/year, etc. Mirá esta oración sobre Juliana: 3) I play tennis **twice a week.** Ejemplo de pregunta y respuesta: 4) **How often** do you play tennis? **Twice a week.** A continuación, te dejamos una tabla de referencia para los adverbios de frecuencia.

Adverbs	Frequency								
	0%								100%
Always	😊	😊	😊	😊	😊	😊	😊	😊	😊
Usually	😊	😊	😊	😊	😊	😊	😊		
Often	😊	😊	😊	😊	😊				
Sometimes	😊	😊	😊						
Hardly ever	😊								
Never	---	---	---	---	---	---	---	---	---

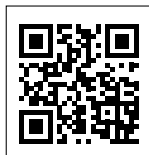
4. Read the following sentences about Juliana and her family and complete the gaps with the correct form of the verbs in brackets. In some sentences, also include an **adverb of frequency**. You can use the information in the table above.

a. I **always warm up (warm up)** before my tennis lessons.
(😊😊😊😊😊😊😊😊😊😊)

- b. My brother **(play)** football with his friends in a park near my house. (☺☺☺)
- c. My mother **(do)** yoga three times a week.
- d. My father **(not play)** any sports.
- e. My cousin **(take)** swimming lessons in the morning. (☺☺☺☺☺☺)
- f. My sister and my brother **(watch)** sports events on TV. (☺)
- g. I **(ride)** my bike at the weekend. (☺☺☺☺☺)
- h. My sister **(watch)** TV before she goes to bed. (---)
- i. My mother **(not do)** yoga in the morning.
- j. My parents **(not use)** their digital devices after eight o'clock in the evening.

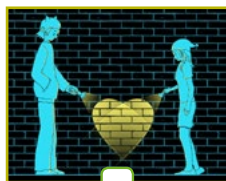
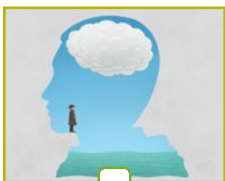
Lots of sports people like Juliana like listening to music while they train. Here is an interesting video about the benefits of music. Source: The List Show TV.

The Benefits of Music
The List Show TV
<https://bit.ly/3OcNGcC>



Escaneá este código para acceder al contenido.

5. This sentence appears in one part of the video: **“Music is the language of the”**. Use one of the words below to complete the sentence. Then watch the video to check your answer.
- a. **soul (alma)** b. **mind (mente)** c. **heart (corazón)** d. **body (cuerpo)**



6. Now read the following sentences related to the video. Then watch the video again and choose the correct options **(a, b or c)** to complete the sentences.
1. Donna Ruko is **a. musician b. TV host c. doctor**
 2. Donna goes to the ... **a. Rock & Roll Hall of Fame b. American Jazz Museum c. Musical Instrument Museum**
 3. According to Laura Goldstein, music can stimulate and relax the body and the **a. mind b. soul c. heart**
 4. Laura says that music has a positive impact on emotions, imagination and ... **a. sleep b. relationships c. creativity.**
 5. According to some studies, the music of **a. Beethoven b. Bach c. Mozart** has many health benefits.

Before you finish

Read all the information from activities 2 and 4 about Juliana and her family and prepare a quiz with 10 questions. For example, *How often does Juliana eat sweets? Does Juliana's mother do yoga in the morning? What does Juliana do before her tennis lessons?* Then give the quiz to a classmate and ask him/her to answer the questions. Finally, check your classmate's answers.



Further practice

Go to the website of the British Council and listen to a band audition. Follow these steps to do the exercises: 1) Before you listen to the dialogue, do the Preparation exercise (Match the words with the definitions) 2) Listen to the dialogue once to get a general idea. 3) Then listen to the dialogue again and do these exercises: True or false and Gap fill.

Band auditions
British Council
<https://bit.ly/3zVFtW5>



Escaneá este código para acceder al contenido.

Keys for correction: 1) Swimming: goggles, swimming pool, flippers, swimming cap, swimsuit. Football: goal, goalpost, ball, pitch/field, World Cup. Tennis: court, net, ball, racket, Grand Slam. Hockey: stick, ball, pitch/field, goal, goalpost. **2)** a. takes; b. goes; c. loves; d. trains; e. starts; f. has; g. drinks; h. eats; i. finishes; j. has; k. goes; l. uses; m. goes; n. has; o. knows. **3)** a. Where do you take tennis lessons? b. When do you go to the club? c. What do you eat after your lessons? d. Do you drink fizzy drinks? **4)** a. always warm up; b. sometimes plays; c. does; d. doesn't play; e. usually takes; f. hardly ever watch; g. often ride; h. never watches; i. doesn't do; j. don't use. **5)** a. soul (alma) **6)** 1.b; 2.c; 3.a; 4.c; 5.c