

* *WHAT IS THE BEST WAY NOT
TO WASTE
TIME?*

Year 7, unit 8, lesson 3.

* *S.B., pp.150-151, ex.1, part 2.*

- Anne likes dancing in her free time.
- Tom likes relaxing in his free time. (He likes watching TV.)
- Ben goes in for climbing in his free time.

- * I think ... wastes his (her) free time.
- * (S)he does nothing useful, (s)he just ...
- * (S)he thinks it is ... But I think ...
- * It is better to ... after school.

- * I think ... spends his (her) free time in a good way.
- * (S)he likes ... after school.
- * ... isn't a waste of time.
- * It is ... because ...

*to jog – бегать
to skate – кататься на коньках
to ski – кататься на лыжах
a competition – соревнование
a shape – форма
health – здоровье
slim – стройный
trim – в хорошей форме
weak – слабый
to lose – проигрывать

* *Do you know the words?*

** Read the texts and answer the questions after the texts*

My Hobby(1)

- * Tastes differ. Different people like different things, different people have different hobbies.**
- * I go in for sports, I like to play tennis. I go to play tennis every day. Sport is very important part of our life. Many people go in for sports, they jogging, walking, swimming, skating, skiing, train themselves in clubs and different sections.**
- * Physical training is an important subject at school. Pupils play volleyball, football, basketball. I have been playing tennis for 5 years. Tennis became very popular now. I take part in different competitions.**
- * To be in a good shape I'm jogging every morning and do my morning exercises. Everyone should do all he can to stay healthy and choose the sport he is interested in. I do not understand people who say that they like sport, but they only watch sport on TV.**
- * If one goes in for sports he feels much better, looks much better, sleeps much better. Your physical appearance will change too. You will be slimmer and trimmer. And what is even more important you will not get sick often.**
- * Why do I go in for sports? Because I think that it is very important for a man to be strong and well-built. Sport is not for weak, because, you have to learn how to lose, and it's not easy. My favourite proverb**

*My Hobby (2)

- *Many people have hobbies. They make our life more interesting. A hobby is what people like to do when they have free time. Everyone chooses a hobby according to his character and taste. Some people are fond of music, others like to read books. Some people like to collect stamps, coins or badges, others prefer gardening or hiking or taking photographs. Some people like to cook, others like to knit or sew. Generally speaking, a hobby is a matter of taste.
- *My hobby is playing computer games. Both grown-ups and children are fond of it now. It has become one of the most popular hobbies nowadays. I think that playing with a computer is very interesting. It is not only "wasting time" as some people say.
- *Computer games make us to think things over properly, they widen and develop our mind and imagination. I have a good collection of different games and when I have some free time I play them with great pleasure. My favourite game is...
- *Some of my friends have the same hobby and we like to play together.

* My hobby (3)

* Hello. My name is Karina. I'm 13 years old. Every morning I go to school and when I return around 2 pm I do my homework for tomorrow and then I'm free to do what I like.

* I'm very enthusiastic by nature and I like doing different activities. For example, I like playing chess, I enjoy attending the swimming-pool, I always participate in local volleyball games, I like experimenting with cooking, I like knitting and reading magazines, etc. However, I should say, I have three serious hobbies.

* First is the ping-pong. I'm a very good player of table tennis and I have already won several prizes for this game in the region. I have been attending our local club of ping-pong for children for quite a while and the trainer said that I have a talent at it. My parents are very proud of me and my progress.

* My second hobby is drawing. I have always liked drawing things, painting and colouring. When my mum noticed my interest she took me to the city Art School which I then started attending. It's been six years already since I first went there, and now I'm really good at picturing objects. I especially like drawing nature and still life. I have once tried to draw my friend's portrait and it didn't come out well.

* And my third hobby is collecting bright and interesting magazines for girls. My parents always buy them for me or order by mail, and my friends who know about my passion to magazines, also bring me some editions. I have already 75 (seventy-five) samples of these magazines and when I have some free time I gladly skim them.

* Answer the following questions:

- 1. What is your hobby?
 - 2. What sports do you go in for?
 - 3. Do you like summer (winter) sports?
 - 4. What does it mean to be healthy?
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- What do you think about the way you spend your free time?
 - Do you waste time or spend it in a good way?
 - What do your parents think about it?