Lead-in

1. Work in pairs and discuss the questions.
   1. What is your favourite time of day/night of the week? Why?
   2. Which time of day/night of the week do you dislike the most? Why?

2. Make verb phrases with the words from A and B. Which phrases can you see in the photos? Which phrases are not in the photos?

   **meet some friends**

   **A**
   - chat
   - check
   - do (x2)
   - get up
   - go (x4)
   - have (x4)
   - listen
   - make
   - meet
   - read
   - stay
   - take
   - watch

   **B**
   - to bed
   - late
   - breakfast/lunch/dinner
   - a bus/train
   - early
   - your emails
   - in for the evening
   - some exercise
   - a family meal
   - some friends
   - a lie-in
   - a magazine/newspaper
   - a nap
   - nothing
   - on the phone
   - to the radio
   - shopping
   - for a swim
   - a take-away
   - TV/a DVD
   - for a walk

3. a. Look at the verb phrases from exercise 2 again.
   Write D next to the things you do every day.
   Write W next to the things you only do at the weekend.
   Write S next to the things you sometimes do.
   Write N next to the things you never do.

   b. In pairs, compare your answers. Do you do the same things?
Reading

1 a Match the photos (A–D) with the descriptions (1–4).

1 You are a ‘party animal’. You like going out late and dancing. You like spending your free time with friends.
2 You are a ‘workaholic’. You spend most of your time working and you aren’t interested in other things. You don’t go out much.
3 You are a ‘couch potato’. You like staying in and eating junk food. You spend a lot of time watching television.
4 You are a ‘culture vulture’. You like reading and learning new things. You spend your free time at museums and art galleries.

b Read the text. Is each person a ‘party animal’, a ‘workaholic’, a ‘couch potato’ or a ‘culture vulture’?

2 Complete the sentences with Marek, Lola or Henry.

Henry doesn’t like getting up early at the weekend.
1 _____ likes having a lot to eat for breakfast.
2 _____ doesn’t usually have breakfast at home on Saturdays.
3 _____ likes checking his emails during breakfast.
4 _____ likes art and music.
5 _____ likes relaxing in the park.
6 _____ spends a lot of time at work.
7 _____ likes going for a walk on Sundays.
8 _____ likes watching TV on Sundays.

3 Choose someone in your family or one of your friends. Is his/her typical weekend like Marek, Lola or Henry’s? Why/Why not?

What do you like doing at the weekend?

Marek Kowalczyk, Krakow, Poland

I like getting up early on Saturdays – usually at about 7:00 a.m. I have coffee and toast for breakfast and, at the same time, I turn my computer on. I like checking my emails regularly because I get so many of them. I have a very busy job, so I sometimes go to work on Saturdays. The office is quiet and I quite like working on my own. On Sundays, I like going ice skating and I sometimes go bowling with some friends in the new place not far from the centre of Krakow. But I do some work in the afternoons, too. My job is really interesting, so I don’t mind working a lot. My girlfriend says I work all the time – but I prefer working to doing nothing!

Lola Gutierrez, Barcelona, Spain

I can’t stand doing nothing, so I get up early on Saturdays. I really like having breakfast in a café, so I take a bus into town at about 9:00 a.m. I’m quite keen on art, so after breakfast I often go to an exhibition with some friends. I do different things on Saturday evenings. I don’t like staying out late or going clubbing, but I love going to a concert or to the theatre. Actually, my favourite evening is going to a musical with friends. On Sundays, I go for a walk. Sometimes, I go on a guided walk around a different part of my city. I like learning about the history of Barcelona – it’s a really interesting city.

Henry Rogers, Manchester, UK

I don’t like getting up early at the weekends, so I usually have a lie-in – sometimes until about 10:30 a.m.! I absolutely love having a big breakfast on Saturdays. I don’t have many hobbies and I really hate the gym or doing exercise, but I sometimes go to a park in the afternoon. There are some nice parks in Manchester and I like meeting friends and just lying on the grass and doing nothing. I’m not very keen on going out on Saturday evenings. Sometimes I go to the cinema – but mostly I stay in, watch a DVD at home and have a take-away pizza. Sundays are similar to Saturdays for me – I like relaxing, getting up late and watching TV a lot.
Vocabulary | going out
4 Make verb phrases with the words from A and B. Look at the text from exercise 1b to help you.

**go ice skating**

A

- go go on go to

B

- bowling the cinema clubbing a concert an exhibition a guided walk/tour ice skating a musical the theatre

5 Which activities from exercise 4 do you do in a typical weekend?

Grammar | likes and dislikes
6 Complete the Active grammar box. Check your answers with the text from exercise 1b.

**Active grammar**

I absolutely love having a big breakfast on Saturdays.
1 I ______ having breakfast in a café.
2 I ______ art.
3 I ______ working a lot.
4 I ______ going out on Saturday evenings.
5 I ______ the gym.
6 I can’t stand doing nothing.

After all the verb phrases, we use a verb in the -ing form or a noun.

see Reference page 17

7 Write complete sentences using the prompts. Don’t forget to change the verb if necessary.

- bowling I’m quite keen on bowling.
- my job
- guided tours
- go ice skating
- do nothing
- coffee
- chat on the phone in English
- go clubbing

Pronunciation | sentence stress
8 a When we speak, we stress particular types of words. Listen to two sentences and underline six words in each sentence which are stressed.
1 I really like watching television and I absolutely love going to the cinema.
2 He quite likes going for a walk, but he really hates going to the gym.

b Tick (√) the types of words which are stressed in exercise 8a.

- content words, e.g. nouns and main verbs
- non-content words, e.g. prepositions and pronouns

9 Make the sentences from exercise 7 true for you. Work in pairs and tell each other your sentences. Use appropriate sentence stress.

see Pronunciation bank page 148

Speaking
10 Work in pairs and follow the instructions.

**Student A:** ask your partner the questions below. Make a note of his/her answers. Then answer your partner’s questions.

**Student B:** answer your partner’s questions. Then ask your partner the questions on page 129. Make a note of his/her answers.

A: What are your main hobbies and interests?
B: I absolutely love playing the guitar. I’m in a band and we practise every Tuesday.

How do you like spending your free time?

1 What are your main hobbies/interests?
2 Do you like musicals? Why/Why not?
3 What three things do you like doing on your birthday? Why?
4 What three kinds of sport or exercise do you like? Why?
5 What three things do you like doing with your family? Why?
6 Do you like going to art exhibitions? Why/Why not?
7 What three things don’t you like doing? Why?

11 Which description from exercise 1a best describes your partner? Do you agree with your partner’s description of you? Why/Why not?
1.2 Monday to Friday

Grammar
Present Simple; adverbs of frequency

Can do
talk about how often you do things

Listening

1 a Look at the photos of Valentino Rossi. What job do you think he does?

b Listen to the first part of a dialogue. Check your answer to exercise 1a and complete the fact file.

2 a What do you think Rossi does ...
1 on a race day?
2 on a normal day (when he doesn't go to a race)?

Use the ideas from the box to help you.

go out in the evening
get up early/late
go to the gym
get up early/late
talk to his family/friends

b Listen to the second part of the dialogue and check your ideas.

3 Listen to the second part of the dialogue again and answer the questions.
1 What time does Rossi get up on race days?
2 What time does Rossi get up on normal days?
3 Does he chat to his family in the morning?
4 What time does he go to the gym?
5 What three things does he do in the afternoon when he doesn't go to a race?
6 What does he do in the evening?
7 What time does he usually go to bed?
8 Does he go to bed early before a race day?

Vocabulary | describing your day and lifestyle

5 Complete the sentences about Rossi with the adjectives from the box. Use the notes in brackets to help you.

boring busy exciting fun lazy relaxing stressful unusual

Rossi's life is very exciting! (It makes him happy and interested.)
1 My life is really ______! (It is not interesting.)
2 His race days are very ______. (There are a lot of things to do.)
3 His race days are ______. (They make him worry a lot.)
4 ‘Normal’ days for Rossi are ______. (They make him calm and happy.)
5 He has quite a ______ lifestyle. (There is a lot of time to do nothing.)
6 His evenings are ______. (There are a lot of enjoyable things to do.)
7 For a sportsman, his routine is ______. (It isn’t what most sportspeople do.)

4 Work in pairs and discuss the questions.
1 Rossi says that his normal life is like being on holiday. Do you agree?
2 Would you like to have his lifestyle? Why/Why not?

6 Work in pairs and discuss the questions. Give details.
1 Do you think you have a stressful lifestyle?
2 Do you know anyone with an unusual daily routine?
3 Do you prefer lazy or very busy weekends?
4 What do you do for a relaxing evening?
5 What exciting things do you like doing?