







**Free time activities:**

**Free time activities = leisure activities**

**Hobbies = pastimes**

- **Sports:** go to see your favourite (football/basketball) team.
- **GO ... (+ing, with activities we can do alone):** bowling, bungee jumping, climbing, cycling, fishing, hang gliding, hiking/trekking, horse riding, jogging, kayaking, marathon running, motor racing, mountain biking, paragliding, rafting, rock climbing, running, sailing, scuba diving, skating, skiing, snorkelling, surfing, swimming, walking (around my town, in the mountains, on the beach), water skiing, windsurfing...

				
bungee jumping	hang gliding	hiking/trekking	kayaking	paragliding
				
rafting	rock climbing	scuba diving	snorkelling	water skiing

- **Go to ... (+ a place):** go to the gym, go to a Spa, go to a sports centre.
- **Go for a ...** run, walk (= go running, go walking).
- **PLAY ... (+ ball sports):** badminton, baseball, basketball, football, golf, handball, hockey, ping-pong, rugby, sport \*, table tennis, tennis, volleyball...
- **DO ... (+ sports that finish with -s and activities you do in a gym):** aerobics, athletics, boxing, exercise, gymnastics, high jump, judo, karate, martial arts, Pilates, sport \*, weights/weight lifting, yoga.

**More sports vocabulary:**

**Football:** a penalty (*the referee has given a penalty. / England have missed a penalty*); goalkeeper.

**Athletics:** a track (=a circular course around which runners, cars etc. race), a lap (=a single journey around a race track), a lane (=one of the narrow parallel areas marked for each competitor in a running or swimming race).

**Tennis:** match point (=a situation in tennis when the person who wins the next point will win the match: *It's match point for the second time*), a serve (=the action in a game such as tennis or volleyball when you throw the ball in the air and hit it over the net).

**Golf:** a hole (=a hole in the ground that you try to get the ball into in the game of golf), a bunker (=a large hole on a golf course filled with sand).

- **Music:** be/play in a band, be the lead singer of a group, dance, do/play a gig (*The band are doing a gig on Nov 12*), go clubbing, go to (see) a concert, listen to music, listen to the radio, make a compilation CD, play a song/a CD, play the piano/the guitar/ the drums/the trumpet/ the keyboards/ the violin/ the clarinet, sing karaoke, etc.

Types of music: blues/ classical/ country/ dance/ funky/ heavy metal/ hip hop/ house/ jazz/ Latin/ opera/ pop/ R & B (=rhythm and blues) / rap/ rock/ rock'n'roll/ salsa/ techno/traditional folk ... music.

- **Cinema/Films:** go to the cinema, rent a DVD, watch a DVD/a film at home/at the cinema.

Types of films: action films, cartoons, comedies, detective films, horror films, love stories/romantic films, romantic comedies, science fiction films, thrillers ...

- **Television:** watch TV, watch sth (e.g. sport) on TV.

Types of TV programmes: documentaries, soap operas (a series of programmes about the daily lives of the same group of people), sports programmes, the news, a series (a set of related programmes, e.g. a drama series, a sitcom (e.g. Friends), a comedy series), a show (an entertainment programme, examples:

- a game/quiz show (a show in which people play games or answer questions to win prizes)
- a chat/talk show (a show in which people are asked questions and talk about themselves)
- a reality show (=Big Brother)).



- **Theatre:** go to the theatre, go to see a play/a musical at the theatre.

▪ **Museum/Art gallery:** go to a museum, go to an art gallery, go to an exhibition of paintings/photographs/sculptures.

▪ **Computers:** chat on-line, check your emails, download music/films, play games, shop online, surf (on) the Internet...



▪ **Games:** play games, play board games (e.g. monopoly, scrabble...), play cards, play video games, play chess ...

- **Literature:** read books, read a magazine/a newspaper, write poems...

Types of books: biographies, crime novels, horror books, novels, poetry, romantic novels, science fiction, thrillers...

▪ **Learning:** do a/an (art, language...) course on/in sth, do (evening) classes in (sth), go to (evening) classes in (ceramics/German/English), have (dancing, singing...) lessons, study...

- **Parties:** go to a (birthday) party, have/give a party, have family get-togethers...

▪ **Friends/(Romantic) partners:** go out with your friends, go round to a friend's (=go to their house), invite friends to your house, meet friends, meet in a bar/café, visit friends...

▪ **Eating/Drinking:** cook at home, eat out at a restaurant, eat outside (in your garden/ at a street café), go (for a meal) to a restaurant, go out with sb for a meal, go to a bar/a pub, have a barbecue, have a picnic, invite sb to lunch/dinner, take sb to a restaurant ...

- **Collecting:** coins, dolls, stamps...

▪ **Travelling:** go camping, go on a tour of (a castle/cathedral...), go on an excursion (to a place), go to a zoo, go to an amusement park/ a theme park, go to the beach, go to the mountains, travel (to a place), visit a place/ a town/ historic buildings...

▪ **Other activities:** draw, do (some) gardening, do a crossword, go shopping, have an evening in (=stay at home), make jewellery, make models, paint, relax, stay in (=at home), sunbathe (on the beach), take photographs ...



#### POSITIVE COMMENTS ABOUT FREE TIME ACTIVITIES:

It's ... cheap, fun/funny, exciting, entertaining, fascinating, healthy, interesting, near your house, not very expensive, relaxing, stimulating...

You can ... enjoy yourself, get a boy/girlfriend, get interesting information, have a good time, make friends, meet a lot of/ new people, socialise with other people, travel a lot...

It keeps you ... entertained, fit, healthy.

It makes you feel... alive, excited, relaxed.

#### NEGATIVE COMMENTS ABOUT FREE TIME ACTIVITIES:

It's ... boring, dangerous, expensive, frightening/scary, risky, tiring, uninteresting, unsafe...

You can't really... enjoy yourself, have a good time, relax.

It makes you feel... bored, frightened, tired.

It makes you ... lazy, tired.

It's a waste of time/money.