

How much free time do you have?

What do you like to do when you get some time to kill?

What is your idea of rest?

Exercise 1

Can you name these activities?

___Hiking



_____Stand up paddle surfing and stand up paddle boarding (to SUP)



Rafting



Skiing



Scuba diving



Exercise 1

1. B. buff
2. C. couch potato
3. D. to tinker
4. E. regular
5. F. outdoorsman
6. G. party animal
7. H. social butterfly
8. I. Mr. Fix it
9. J. freak

1. A person who is really interested in a certain field can be called a: ___buff___
2. A person who always goes to a certain restaurant is a ___regular_____ of that place.
3. A person who likes to be around other people to talk and hang out: ___social butterfly___
4. A person who likes something so much that it is almost unhealthy could be called a ___freak_____ of that activity.
5. A person who likes outdoor activities: ___outdoorsman___
6. A person who sits in front of the TV all day: ___couch potato_____
7. To casually handle a mechanical item in hopes of fixing or improving it: ___to tinker___
8. A person who likes to have a good time: ___party animal___
9. A person who seems to be able to repair anything: ___Fix it___.

Exercise 2

1. Jack turned the last corner and ___d___ for the finishing line.
A) approached B) arrived C) waited D) headed
2. David was trying to ___c___ another cyclist when he crashed.
A) overpass B) overcome C) overtake D) overcharge
3. You have to ___a___ the person with the ball until you catch them.
A) chase B) rush C) jump D) drop
4. The fans climbed over the fence to ___a___ paying.

A) avoid B) prevent C) abandon D) refuse

5. I fell over while skiing and my sister had to _____ c _____ a doctor.

A) bring B) take C) fetch D) carry

6. It's very easy to _____ d _____ over when the snow is hard.

A) slide B) skid C) skate D) slip

7. Don't _____ b _____ the road until all the runners have gone by.

A) pass B) cross C) across D) pass by

8. The swimmers _____ d _____ forward as they waited to begin the race.

A) fell B) crawled C) rolled D) leaned

9. When I was hiking in the mountains, I _____ b _____ on a snake.

A) tripped B) stepped C) surprised D) carried

Exercise 3

Sport

Someone once said that there are three kinds of people who are

(1) _____ C _____: in sport: people who (2) _____ part, people who watch, and people who watch (3) _____ television. It's very easy to make fun of

stay-at-home sports (4) _____, but on the other hand, television does

enable us to enjoy all kinds of (5) _____ events. We can watch a racing

car (6) _____ another, see a cyclist (7) _____ the finishing line, or

enjoy the goals of our favorite football (8) _____ The first time I

watched a tennis (9) _____ was on television, and I found it

(10) _____ interesting. It's not always easy to (11) _____ long

distances to football (12) _____, and television is a good solution. Of

course, you can (13) _____ used to sitting indoors all the time, and this

is dangerous. We should all try to (14) _____ fit, and have other interests and (15) _____

1) A playing B really +C interested D succeed

2) +A take B have C make D get

- 3) +A on B with C by D from
- 4) A people B centres C programmes +D fans
- 5) A the B future +C sports D athlete
- 6) A cross +B overtake C or D from
- 7) A overtake B and +C cross D professional
- 8) A group B class C band +D team
- 9) +A match B it C which D that
- 10) A valuable B imaginatively +C unexpectedly D real
- 11) A trip B tour C pass +D travel
- 12) A areas B grounds C teams +D fans
- 13) A or B which +C get D is
- 14) +A keep B make C do D have
- 15) A customs B habits +C pastimes D leisure