1 How do you relax? → EP 1


b How do you relax? Connect the words and write three sentences about you.

I always normally often sometimes never watch TV go shopping read a good book do sport go for a walk surf the Internet play computer games do nothing have a drink with friends at the weekend in the evening on Sunday afternoon on Saturdays ...

c How does your partner relax? Find out. Then work in small groups. Do you have an activity in common?

- How do you relax?
- I sometimes have a bath in the evening.
- And do you watch TV?
- No, I never watch TV!
2 Do you like dancing? ➔ EP 2–5

a Read the Midland Leisure Centre website. What activities do they have there?

- tennis
- judo
- climbing
- all of that and more

Welcome to the Midland Leisure Centre! If you like playing tennis, doing yoga or swimming, we have something for you! Please check our list of activities this week. And ask us about a personal training plan or courses. We're here to help you!

Special event this week

This week:

- tennis
- volleyball, handball
- chess
- snooker
- football
- t’ai chi
- judo / karate
- yoga
- aerobics
- weight training
- bouldering new!!
- climbing
- dancing
- spinning
- swimming

b Can you find the names of these activities on the website?

1 c
2 s
3 b
4 w
c What do you like? Complete the table in your notebook with the sports and activities from the website.

<table>
<thead>
<tr>
<th>I like ...</th>
<th>I don't like ...</th>
</tr>
</thead>
<tbody>
<tr>
<td>playing ...</td>
<td>playing ...</td>
</tr>
<tr>
<td>doing ...</td>
<td>doing ...</td>
</tr>
<tr>
<td>tennis</td>
<td>bouldering</td>
</tr>
<tr>
<td></td>
<td>t'ai chi</td>
</tr>
</tbody>
</table>

Do you like + -ing?

+ Yes, I do.
- No, I don’t.

d Talk to your classmates. Find someone who likes doing three things that you like.

<table>
<thead>
<tr>
<th>What do you like doing in your free time?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I like swimming.</td>
</tr>
<tr>
<td>Me too.</td>
</tr>
<tr>
<td>I don’t like playing football.</td>
</tr>
<tr>
<td>Me neither.</td>
</tr>
<tr>
<td>Oh, really? I like it. I think it’s great!</td>
</tr>
</tbody>
</table>

e Read the brochure. What’s the special event this week? Is this something for you?

3 Can you play tennis? → EP 6-8

a Mandy phones the leisure centre. Listen to the phone call and tick what she phones about. ► 1/39

☐ judo  ☐ the mud run  ☐ other activities at the centre

b Read the questions. Listen again and check your answers with a partner.

1 What sports does Mandy like?  
   She likes

2 When are the aerobics classes?  
   They’re on

3 What time does the mud run start?

c Read the sentences. Then listen again and tick what’s true.

1 Mandy can have private tennis lessons.  
2 Yoga is on Tuesdays and Wednesdays.  
3 Mandy likes mud running.  
4 Mandy can’t come to the mud run.
d Work with a partner. Partner A has the information here. Partner B has information on Page 189. Write the questions, then take turns to phone the leisure centre and find out about courses.

1a day / can / go climbing? / What / I

What

2a When / start? / does / judo

3a the / Who’s / trainer / volleyball? / for

<table>
<thead>
<tr>
<th>activity</th>
<th>day</th>
<th>time</th>
<th>trainer</th>
</tr>
</thead>
<tbody>
<tr>
<td>climbing</td>
<td>5.00 p.m.</td>
<td>Jody Davies</td>
<td></td>
</tr>
<tr>
<td>football</td>
<td>11.00 a.m.</td>
<td>Jack Davies</td>
<td></td>
</tr>
<tr>
<td>judo</td>
<td>Friday</td>
<td>Jody Davies</td>
<td></td>
</tr>
<tr>
<td>t’ai chi</td>
<td>Tuesday</td>
<td>Jody Davies</td>
<td></td>
</tr>
<tr>
<td>volleyball</td>
<td>Monday</td>
<td>Esther Davies</td>
<td></td>
</tr>
<tr>
<td>yoga</td>
<td>Wednesday</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

e Interview your classmates. Find someone who …

can ski well.
likes doing yoga.

can do karate.
likes watching TV.

can’t play chess.
likes surfing the Net.

can’t swim.
doesn’t like dancing.
4 I love reading! ➔EP9

a Match the words to the pictures and compare with a partner.

- a baking
- b cooking
- c gardening
- d learning languages
- e listening to music
- f playing cards
- g playing the guitar
- h playing the violin
- i reading

b Complete the sentences.

- don’t really like
- hate
- like
- love
- really like

- 😒�� I ____________ swimming.
- 😒 I ____________ playing tennis.
- 😊 I ____________ reading.
- 😊 I ____________ baking.
- 😊😊 I ____________ gardening.

c What do you love / like / hate?
Write five sentences about you on a piece of paper.

d Give your paper to your teacher. Take a new one and read it to the class. Who is it?
5 I like going shopping with her  → EP 10–16

a Look at the photos and talk to a partner. What do you think they like doing?

1  Sam
   □ mud running
   □ dancing tango
   □ listening to music

2  William
   □ playing chess
   □ watching TV
   □ playing tennis

3  Amanda and Michael
   □ listening to music
   □ skiing
   □ playing cards

I think she likes ...
Yes, I think you're right.
What about him / her / them?

b Listen to the Radio Sport Live interview and check your answers to 5a. ► 1/40

c Who do they do the activities with? Listen again and write who the people are.

1  Sam: I love dancing with him. → my dance teacher

2  William: I play tennis with her. →

3  Amanda and Michael: We take them to the beach. →

d Read the listener forum. Which comments are true for you? Write your own comment.

Live with Larry on the street

Free time: with friends? with family? with colleagues? with neighbours? This week, Radio Sport Live’s Larry Miller interviews people on the street in Manchester about their favourite free-time activities. Click here to listen to the interviews.

comments

Scott I love having a beer in the pub after work, but not really with my colleagues! I see them at work all day and that’s enough!

Stacy I have a really nice neighbour.
Love going shopping with her!!!

Bill @ Scott Really? My colleagues ARE my friends!
But I don’t want to see my neighbours! I don’t really like them – they’re crazy!

Ben Hi, I’m new in Manchester. Who wants to have coffee with me? 25 years old, smart and good-looking! 😊
Go for it!

A perfect weekend

a) Where do you look for holiday ideas? The Internet? Brochures? Talk to a partner.

b) Read the travel brochure and fill in the gap with a word from the box.
   active   relaxing   cultural

c) With a partner, use mind maps and sort the activities into three categories.
   wine tasting   dancing   eating gourmet food   sightseeing   going to a museum   hiking in the mountains
   skiing   having a massage   going to a concert
   going for a walk in the park

d) In groups, plan a perfect weekend package and make a brochure similar to the example.

What kind of weekend is it?
What can people do?
Where is it?

Do you love good food, sightseeing, and going to concerts? Then we have everything you need for a perfect weekend.

Our perfect weekend package

Where? At the King’s Hotel, Edinburgh, Scotland

When? Friday morning to Sunday evening.

What? Sightseeing tours in the old town, whisky tasting in our bar, Scottish dancing lessons, a four-star restaurant, and more.

Come and visit us!

I Can I book a sightseeing tour?
G Does the hotel have a good restaurant?

f) Hang the brochures around the class. Walk around with a partner and choose your perfect weekend. Which package is the class’s favourite?
   ■ This is my favourite package because I like wine tasting and museums.
   ■ Yes, me too. / That’s my favourite too.
I like mud running

1a Unjumble the words. Schreiben Sie die Wörter für die Aktivitäten richtig.

1 od trop      5 rade a bkoo
2 wchat VT     6 heva a thab
3 od tnohnig   7 og orf a wkal
4 og singphop   8 pyla ivedo gesam

1b How do you relax? Write sentences that are true for you. Wie entspannen Sie sich? Notieren Sie Sätze, die auf Sie zutreffen.

always normally often on Sundays on Saturday evening
sometimes never at the weekend in the evening

I sometimes read a book in the evening.

2a Fill in the table. Ergänzen Sie die Tabelle.

<table>
<thead>
<tr>
<th>habit</th>
<th>like</th>
<th>dislike</th>
</tr>
</thead>
<tbody>
<tr>
<td>watch</td>
<td>I like watching TV.</td>
<td>I don't like watching TV.</td>
</tr>
<tr>
<td>read</td>
<td>He likes read</td>
<td></td>
</tr>
<tr>
<td>swim</td>
<td>She likes swimming.</td>
<td>She doesn't like swimming.</td>
</tr>
<tr>
<td>run</td>
<td>We like run</td>
<td></td>
</tr>
<tr>
<td>dance</td>
<td>They like dancing.</td>
<td>They don't like dancing.</td>
</tr>
<tr>
<td>hike</td>
<td>I like hik</td>
<td>I don't like hik</td>
</tr>
</tbody>
</table>

2b Complete the rules. Ergänzen Sie die Regeln.

Um Gewohnheiten / Vorlieben/Abneigungen in Bezug auf Aktivitäten auszudrücken, verwendet man z. B. like / don't like gefolgt von der -ing-Form des Verbs.

Bei Verben, die auf Konsonant + Vokal + Konsonant enden (z. B. swim oder run), wird der Konsonant verdoppelt: run → run. Bei mehrsilbigen Wörtern gilt dies nur, wenn die letzte Silbe betont ist (z. B. begin → beginning).

Endet ein Verb auf Konsonant + e, ersetzt die Endung -ing den letzten Buchstaben: dance → dancing. Wichtige Ausnahme: to be → being.
2c Write the -ing form of the verbs. Notieren Sie die -ing-Form der Verben.

Martin likes ... He doesn't like ...

1 jog → _________
2 surf → _________
3 have fun → _________ fun.
4 do yoga → _________ yoga.
5 read comics → _________ comics.
6 go shopping → _________ shopping.

3 Tick the correct form of the verb. Kreuzen Sie die richtige Verbform an.

1 I often __ jog __ jogging to the beach.
2 I like __ walking __ walk on the beach.
3 I don't like __ watching __ watch TV.
4 He always __ working __ works on Mondays.
5 We __ watching __ watch TV every day.
6 He doesn't like __ working __ works on Sundays.

4 Write what you (don't) like doing. Notieren Sie, was Sie (nicht) gerne machen.

I like playing ______
I like doing ______
I like ______
I don't like playing ______
I don't like doing ______
I don't like ______

4b Write what you (don't) like doing. Notieren Sie, was Sie (nicht) gerne machen.

aerobics | bouldering | cards | chess | computer games | football | getting up at six | going for a walk | going shopping | judo | living in the city | nothing | reading | relaxing on the sofa | snooker | spinning | sport | swimming | t'ai chi | tennis | watching TV | yoga

I like playing ______
I like doing ______
I like ______
I don't like playing ______
I don't like doing ______
I don't like ______

5 Read the examples then complete the dialogues. Lesen Sie die Beispiele und ergänzen Sie die Dialoge.

😊 → 😊

1. I like doing t'ai chi.
   Me too! It's so relaxing.

2. I don't like skiing.
   Me neither. It's so cold!

3. I like / don't like playing chess.
   Really? I think it's boring / great.

Me too. | Me neither. | Really?

1. I like playing tennis.
   I love it.
2. I don't like playing football.
   It's so stressful!
3. I like swimming.
   I don't like water!
4. I don't like doing yoga. It's boring.
   I think it's really relaxing.
5. I don't like doing aerobics.
   And I hate the music!
6. I like climbing – it's great!
   – I often go with my brother.

Now I can ...
Jetzt kann ich mich mit anderen darüber austauschen, welche Freizeitaktivitäten ich mag / nicht mag.
6a Look at the table and complete the rules. Sehen Sie sich die Tabelle an und ergänzen Sie die Regeln.

<table>
<thead>
<tr>
<th>can / can’t</th>
<th>+ / –</th>
<th>?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I you he / she / it can can’t / cannot play tennis.</td>
<td>Can I you he / she / it we you they play tennis?</td>
<td></td>
</tr>
</tbody>
</table>

- In Aussagesätzen mit can / can't steht das Hauptverb in der □ Grundform □-ing-Form.
- Ja/Nein-Fragen (z. B. Can you play the piano?) beantwortet man normalerweise mit □ Yes. / No. □ Yes, I can. / No, I can’t.
- Can / can’t kann eine Fähigkeit (I can play the guitar.) oder eine Möglichkeit (z. B. We can’t often play together.) ausdrücken – □ wie im Deutschen □ anders als im Deutschen.

6b Fill in the gaps: can or can’t. Ergänzen Sie: mit can oder can’t.

1. She’s a chef. She ______ cook.
2. Can they ski? No, they ______.
3. Can you play tennis? Yes, I ______.
4. He ______ come because he’s busy.
5. I ______ sing, but I ______ play an instrument.
6. They ______ speak English, but they ______ speak Italian.

7 Fill in the gaps with forms of the verbs can / do / be and then answer the questions. Ergänzen Sie mit den richtigen Formen der Verben can / do / be und antworten Sie.

1. ______ you often do sport? ______
2. ______ you like playing cards? ______
3. ______ you dance the tango well? ______
4. What ______ your favourite sport? ______
5. ______ your best friend like skiing? ______
6. ______ you play a musical instrument? ______
7. ______ your neighbours play the piano? ______
8. ______ your brother / sister like running? ______
9. When ______ you normally go swimming? ______
10. What ______ your best friend’s favourite sport?

Now I can …
Jetzt kann ich sagen, welche Freizeitaktivitäten und Sportarten ich betreiben kann.
8a **Terry phones his mum, Maria. Listen and tick the answers.** Terry ruft seine Mutter Maria an. Hören Sie und kreuzen Sie die richtigen Antworten an. ► 1/41

1. Where’s Terry?  
   - at a football match  
   - at school
2. Where’s his mum?  
   - at work  
   - at home
3. Where are the football boots?  
   - at home  
   - at school

8b **Listen again and tick true or false.** Hören Sie erneut und kreuzen Sie an.

<table>
<thead>
<tr>
<th></th>
<th>true</th>
<th>false</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Terry phones his mum at 11.15 a.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Terry’s football match starts at 4 p.m.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Maria can meet her son at 3.45 p.m.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

9a **Find 12 free-time activities in the grid and sort them.**  
Finden Sie 12 Freizeit-Aktivitäten im Rätsel und sortieren Sie sie.
9b Write 5 sentences that are true for you. Notieren Sie 5 Sätze, die auf Sie zutreffen.

love really like like don't really like hate

I really like doing yoga. I hate doing aerobics.

after CA 5

10a Fill in the table. Ergänzen Sie die Tabelle.

he her it they us you (2x)

<table>
<thead>
<tr>
<th>subject pronouns</th>
<th>object pronouns</th>
</tr>
</thead>
<tbody>
<tr>
<td>wen? wem?</td>
<td>wen? wem?</td>
</tr>
<tr>
<td>I</td>
<td>me</td>
</tr>
<tr>
<td>you</td>
<td>dich dir</td>
</tr>
<tr>
<td>him</td>
<td>ihn ihm</td>
</tr>
<tr>
<td>she</td>
<td>sie ihr</td>
</tr>
<tr>
<td>it</td>
<td>es ihm</td>
</tr>
<tr>
<td>we</td>
<td>uns uns</td>
</tr>
<tr>
<td>you</td>
<td>euch euch</td>
</tr>
<tr>
<td>them</td>
<td>sie ihnen</td>
</tr>
</tbody>
</table>

10b Complete the rules. Ergänzen Sie die Regeln.

- Objektpronomen stehen als Objekt nach bestimmten Verben (z. B. I ask him. She tells me.) oder nach Präpositionen (z. B. with him, about her, for me).

- Während es im Deutschen für die meisten Objektpronomen zwei unterschiedliche Formen gibt (z. B. ihn und ihm), existiert im Englischen immer nur ______ Form.

Tip

Als erwachsener Lerner einer Fremdsprache besitzen Sie eine wichtige Ressource: Sie können sich Sprachstrukturen bewusst machen und sie mit Ihrer eigenen Sprache vergleichen. Nutzen Sie diese Möglichkeit!

11 Fill in the gaps. Ergänzen Sie.

1 My brother has an interesting hobby. ____ loves bouldering. I sometimes go with ____.
2 My aunt and uncle have six horses. _____ often go riding. I love riding with _____.
3 My girlfriend can tango. ____’s really good. I often dance with ____.
4 My in-laws live in Austria. _____ love skiing. We visit _____ every winter.
5 My grandmother’s garden is beautiful. ____’s very big, so I do the gardening for ____.
6 My job is great. ____’s hard work, but I love ____.
7 Our grandchildren live in Frankfurt and we live in Sylt. They love the beach, so _____ visit _____ every summer.
12a Listen to the TV show introduction and write the answers. Hören Sie sich die Einleitung zu einer Fernsehsendung an und notieren Sie die Antworten. ► 1/42

1 What kind of show is it?

2 What is the name of the show?

12b Listen to the show and complete the three quiz questions. Hören Sie das Interview und ergänzen Sie die drei Quizfragen. ► 1/43

1 Does Rick like __________ with his friends?

2 Can Rick __________?

3 Does Rick __________?

12c Listen again. What are the answers? Hören Sie erneut. Wie lauten die Antworten?

13 Circle the correct word. Kreisen Sie das richtige Wort ein.

We/Our/Us 1 mud running team

We train every Monday evening. Come and run with we/our/us 2. We are a really nice team. Our/Us 3 team leader is Alex. He's our best mud runner. I really like he/his/him 4 because he's sporty AND nice too! He/His/Him 5 girlfriend is Fiona. She has big feet and hates they/their/them 6, but they really help in the mud. So WE love them and she/her 7 too ☺. Alex and Fiona like cooking, so they often have a party after the race. They/Their/Them 8 parties are famous. Their chocolate cake is famous too. It's my/me 9 favourite!

→ For more information about we/our/us 10, contact my/me 11 at jack@midland-lc.com.

14a Listen and repeat. Hören Sie und sprechen Sie nach. ► 1/44

- sport
- skiing
- spinning
- swimming
- football
- handball
- volleyball
- basketball
- walking
- climbing
- listening
- enough
- sightseeing
- weight
- training
Listen, repeat and sort the words by the highlighted vowel sound.

Hören Sie, sprechen Sie nach und sortieren Sie die Wörter nach der Aussprache des hervorgehobenen Vokals. ► 1/45

neighbour  skiing  like  weight training  sightseeing  climbing  baking  hiking  reading  playing

/net/  /iːt/  /aɪt/
neighbour  skiing  like

15 Useful expressions – Listen and repeat. Hören Sie und sprechen Sie nach. ► 1/46

Do you like skiing?
- Yes, I do. And I really like doing aerobics.
- Me too. It's fun.

I don't like playing football.
- Me neither.

I don't like reading.
- Oh, really? I love it!

Can you play the guitar?
- No, I can't. Can you?
- Yes, I can.

Sorry, I can't come to the party.
- Oh dear. And your brother? What about him?
- Yes, he can come.

16 Congratulations! It's the end of Unit 4.
You can find a song and a worksheet at www.hueber.de/go-for-it. To listen to the song, you can also use the QR-Code. Enjoy!


www.hueber.de/goto/gfi104
PEOPLE FROM CAMDEN

Bus driver opens café

The Patels are a typical Camden family: Sami, 39, is originally from Delhi, India, and his wife Julie, 37, is from Swindon. They have two children, Rajit and Silvia (16 and 14). So what’s so special about them? Julie is a part-time bus driver, but loves baking. Sami works nights at the airport, but likes being with people. “So what do you do in this situation? You open a café!” says Julie and smiles. The result is the new Café Karma at 24 Kensington Road.

But how can they have ‘normal jobs’ and have a café too? “We are a real family business,” says Sami, “the children help after school. They think the café is fun.” Sami prepares the sandwiches in the morning and Silvia makes the cakes. That’s why they can offer not only fresh sandwiches, tea and coffee, but home-made cakes too.

So, visit the new Café Karma! It’s open 7 days a week from 8 a.m. to 10 p.m.

a Match the text below to the photos in the newspaper article. PRE-READING

A lovely terrace for sunny days  Julie and Sami Patel  Home-made fruit cakes

b Now read the article and answer the questions. READING

1 How old is Rajit Patel?

2 Where is Sami Patel from?

3 What’s Julie’s ‘normal job’?

4 What does Sami like?

5 What can you have at the café?

6 What do the children do after school?

Post-reading

Do you have a favourite café? What do they have there? Tell your partner about it. POST-READING
a Do you often listen to the radio? Where? When? Talk to a partner.  

b Write the names of the businesses under the correct photo.

The Perfect Couple.com

MY STYLE
DANCE SCHOOL

Hannah’s Party Planning

City Pets

Best Gifts.com

WEBSTER’S WINES

a □ ____________________

b □ ____________________

c □ ____________________

d □ ____________________

e □ ____________________

f □ ____________________

Listen and match the radio ads to the photos.  

Listen again and answer the question for each ad.

1 What's the phone number? _________________________________

2 What's the address? _________________________________

3 What's the address? _________________________________

4 What's the Internet address? _________________________________

5 What's the Internet address? _________________________________

6 When does it open? _________________________________

In small groups, create a radio ad for a business or service. Use the ideas from c and present your ads to the class.