

UNIT 1

HANDOUT 1

Exercise 1

Introduce your best friend to your partner. Tell your partner about the daily activities of him/her.

Exercise 2

In pairs complete the sentences. Write the verbs in brackets in the correct form of the present simple tense.

1. I usually _____ (get up) at around 6:00 a.m.
2. I always _____ (drink) orange juice for breakfast.
3. Breakfast _____ (be) the most important meal of the day for me.
4. My sister's school is far away, so she _____ (take) a bus.
5. I usually _____ (wear) jeans and a tee-shirt.
6. I never _____ (eat) fast food like burgers and kebabs.
7. We both love tennis and Jane also _____ (like) football
8. We sometimes _____ (go) to a restaurant for dinner.

Exercise 3

Complete the sentences with the words in the box.

Always	never	often	sometimes	usually
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1. I walk to school with my friends most days.
I _____ walk to school with my friends
2. I have a cup of coffee every day at 11:00 a.m.
I _____ have a cup of coffee at 11:00 a.m.
3. Some weekends, I go to a museum or art gallery.
I _____ go to a museum or art gallery at the weekend.
4. I don't watch TV at all.
I _____ watch TV.
5. I go to the gym a lot.
I _____ go to the gym.

Exercise 4

Read the text about professional swimmer Michael Daley's day. Then complete the exercise.

I usually get up at around 6:00 a.m. Before I became a professional swimmer, I got up late most days, but I don't ever stay in bed now, even on Sundays! I always go to the gym in the mornings. I spend about 30 minutes on the running machine, and then another 30 minutes doing other exercises. It is very important for me to stay fit and healthy. I only spend two hours at the gym when I have a big swimming competition. I get home from the gym at about 8:00 a.m., have a shower and get dressed. I always have a big breakfast of cereal with banana, toast, eggs, coffee and orange juice. Breakfast is the most important meal of the day for me because I do a lot of swimming every day. After breakfast, I go for a long walk in the park near my house. The exercise helps me to relax and feel prepared for the rest of the day.

Then it's time for me to start work. From 10:00 a.m. until 1:00 p.m. I normally go to the swimming pool and train for two hours with my personal trainer. I swim about five kilometres, and practise diving. After my training, I usually have a meeting with my trainer to talk about how well I'm doing and what I still need to work on. I sometimes have lunch at the pool café with my trainer, but if I have a television interview, I'll walk over to the TV studio. All my friends think that it's exciting to be on television, but it takes a long time to film, so it can be a bit boring. It's not difficult to do TV interviews, but it takes a long time to get ready. At home, it takes me about 20 minutes to have a shower, get dressed and do my hair, or maybe half an hour if I'm going somewhere special, but at the TV studio it takes an hour! If I have a big competition coming up, then I do more training in the afternoon, or have more meetings with my trainer.

In the evenings, I usually relax at home with my wife, Emma. I quite enjoy cooking, so we often eat at home together. Emma hated my cooking at first, but now she thinks it's OK. Her father is a chef at a top restaurant, so she loves good food. We sometimes go to a restaurant for dinner. We both love Korean food, and there's a great place near my house. I never eat fast food like burgers and kebabs, or my trainer will get angry with me. Then Emma and I usually watch a film on television. We both love comedy films, and Emma also likes romantic films, but I'm not a big fan – I prefer action films. I usually go to bed at 10.00 p.m. because I need to be back in the gym by 7.00 a.m. the next day!

Choose the correct answers. Read the text on the first screen again to help you.

1. When does Michael get up late now?

- Most days.
- On Sundays
- Never.

2. Michael usually exercises at the gym for

- 30 minutes.
- 1 hour.
- 2 hour.

3. After breakfast, Michael
 - gets prepared for the day
 - goes for a walk.
 - relaxes in his house.

 4. Michael says that TV interviews are sometimes
 - exciting.
 - Boring
 - Difficult

 5. When Michael gets ready at the TV studio, it takes him
 - 20 minutes.
 - 30 minutes.
 - 1 hour.

 6. What does Michael's wife, Emma, think about his cooking now?
 - She loves it.
 - She hates it.
 - She doesn't mind it.

 7. Michael often eats
 - dinner at home.
 - dinner in a restaurant.
 - burgers and kebabs.

 8. Both Michael and Emma like watching
 - comedy films.
 - romantic films.
 - action films.
- ✓ Now tell the class about Michael Daley's day.

Exercise 5

A friend from a different country emailed you and asked about your typical day. Write an email in reply to your friend. Use the notes to help you.

Notes

- 1 Start with a greeting and introduce the topic of your email.
- 2 Describe what you usually do when you get up in the morning.
- 3 Describe how you usually spend your morning.
- 4 Describe what you usually do in the afternoons.
- 5 Talk about your free time activities.
- 6 Describe what you do in the evening.
- 7 End with a closing sentence and your name.

Please add text into the Student post.

Student post:

HANDOUT 2**Exercise 1**






In pairs ask and answer the following questions:

1. How many brothers and sisters do you have?
2. What do your parents do?
3. Who is your best friend? How often do you meet him/her?
4. What do you and your friends do in your free time?

Exercise 2






Listen to five people talking about doing activities. Complete the sentences with the words in the box.

Always never often sometimes usually

1. She _____ uses computers.	 1.MP3
2. I _____ play chess.	 2.MP3
3. I _____ go to the gym.	 3.MP3
4. She _____ drives to work.	 4.MP3
5. He _____ reads in bed.	 5.MP3

Exercise 3

Listen to five people talking about things they do every day. Complete the sentences with the verbs in the box.

1. Every morning he _____ his children to school.	 1.MP3
2. When she's at the office she _____ her emails immediately.	 2.MP3
3. Every day she _____ computers from the storeroom to the shop.	 3.MP3
4. Most evenings she _____ dinner.	 4.MP3
5. Every lunchtime they _____ basketball.	 5.MP3

Drives makes moves play reads

Exercise 4

Listen to Sanjay talking to a friend, Tom, about his flat mates' daily routines. Match each person to the activity.

Choose the correct answers. Read the email on the first screen again to help you.

studies in the afternoon. works part time in the evenings.
teaches French classes in the morning. gets up early. cooks every evening.

1.Marc	
2.Blas	
3.Luke	
4.John	
5.Sam	

In pairs, listen to the conversation and read the script, then practice reading the conversation.

Tom: How many people live in your house, Sanjay?

Sanjay: Six. Me and five friends from college.

Tom: Wow! That's a lot! Is it difficult?

Sanjay: Not really, because it's a big house and we all have different daily routines.

Tom: OK.

Sanjay: For example, I'm the only one who has lunch at home, so at that time of day, I have the house to myself. It's quiet so I usually use the computer and check my emails, or sometimes I watch TV.

Tom: I see.

Sanjay: Marc has a part time job in a restaurant, so he's not there in the evenings. I only really see him in the mornings. And Blas cooks dinner every day, so he's always in the kitchen.

Tom: That's nice for you!

Sanjay: Yes, he's a great cook. But he doesn't usually do the washing up afterwards! Luke leaves the house very early, so he gets up before everyone else, to catch the bus.

Tom: So, I suppose he goes to bed early as well.

Sanjay: No, he doesn't. In fact, Luke goes to bed very late so he doesn't sleep very much. John is the same, he stays up late and plays chess with Luke, but he doesn't get up early because he studies in the afternoon.

Tom: Oh? I thought you told me he teaches in the morning.

Sanjay: No that's Sam, he teaches French in the morning; I'm not sure what he does in the afternoon ...



play.MP3

Now, in pairs, write a new conversation similar to the one you just read.

Exercise 5

Describe what people in your family do every day. Look at the ideas below. Spend a few minutes thinking about what to say.

Record your answer. Play to hear your answer

.

Talk about:

- what they do
- who they do it with
- where they do it
- how often they do it.

Remember:

- to use the correct verbs forms
- to put adverbs in the correct place in the sentences
- you can invent things if you like!

UNIT 2

HANDOUT 3

Exercise 1

Use the words in the box and answer the following questions.

Bathroom bedroom garage garden hallway living room

1. What do you call the place where you go to sleep every night? _____
2. What do you call the place where you can have a wash and brush your teeth? _____
3. What do you call the place where everyone sits together to talk, play games or watch TV?

4. What do you call the place where you keep the car? _____
5. What do you call the place that you walk through to move from one room to another?

6. What do you call the place where you can be outside and sit on the grass? _____

Exercise 2

Put the words in the correct order to make questions.

What live house you of do in type

1.

Like what do house about you your

2.

Live who with you do

3.

Your room which in your favourite is house

4.

You where study do

5.

Where quiet you is live it

6.

To you music listen where do

7.


Have double single or a bed do you

8.

Exercise 3

A student is looking for a flatmate. Read and listen to her advertisement. Practise saying the numbers.

Record yourself reading the script. Play to hear your answer.

<p>My name's Rachel and I'm a student. I'm in my 2nd year at Central School of Art. I live in a large flat in an apartment block in a quiet street in Princetown, only 2 km from the city centre.</p> <p>The flat's about 120 m². There are 3 bedrooms and I would like to rent one of them to another student. It's a very big room, about 4.5 m wide and 6 m long. The flat has a shared bathroom, kitchen and lounge; it's modern and comfortable and has fast Wi-Fi.</p> <p>The price is €400 per month. If you would like more information, or if you would like to see the flat, please call me on 1896 320744.</p>	 <p>play.MP3</p>
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Exercise 4

Listen to the questions. Record your answers. Play to hear your answers.

1. What type of home do you live in?	
2. What do you like about your home?	
3. Who do you live with?	
4. Which is your favourite room in your home and why do you like this room?	
5. Where do you study?	
6. Is it quiet where you live?	

Exercise 5

Read the text. Then complete the exercise on the next screen.

Many international students come to study at New College every year. There are three main types of accommodation available to international students: college halls of residence, private houses or flats, and host families.

A College halls of residence

There are three halls of residence on the college campus. Tulip Hall and Rose Hall have single rooms for students with a bed, desk, chair, wardrobe, cupboard and a bookcase. There are shared bathrooms and a shared kitchen. In Holly Hall, the rooms also have their own bathrooms. Students have breakfast, lunch and dinner in the college restaurant. The college halls of residence are a good choice for students who want to make new friends, but would prefer not to cook their own meals.

B Private houses or flats

Some students prefer to find their own house or flat in the city. This is more expensive than staying on campus or with a host family, but many students like to do this because they can live with their friends. Students can find houses and flats to rent in the city on the college website. This is a good option for students who prefer to cook for themselves. There is often a living room where students can spend time together when they are not working.

C Host families

Another popular choice for international students is to stay with a local host family. Students live in a house or flat with a family. The family makes breakfast and dinner for the student, but they need to buy their own lunch. The family also spends time with them in the evening and organises activities for the weekend. All students have their own bedroom, and share the bathroom, living room and kitchen with the family. This is a really good way for international students to improve their level of English quickly by talking to members of the host family.

Match the information with the three paragraphs. Read the text on the first screen again to help you.

1. This costs more than the other types of accommodation.
 - A
 - B
 - C

2. This accommodation includes three meals.
 - A
 - B
 - C

3. Students need to cook their own meals in this type of accommodation.
 - A
 - B
 - C

4. With this accommodation students have trips organised for them at the weekend.

- A
- B
- C

5. This accommodation has three different buildings where students can live.

- A
- B
- C

6. This type of accommodation can help students to improve their English.

- A
- B
- C

UNIT 3

HANDOUT 4

Exercise 1

Complete the table using the words in the box.

Chess karate swimming fishing athletics gymnastics taekwondo volleyball
 hiking horse riding football boxing golf table tennis cycling tennis
 sailing judo hockey canoeing badminton skiing

Play	Do	Go

Exercise 2

Read the sentences and choose the correct answers.

1. I don't know/I'm not knowing how to play tennis, but I'd like to learn.
2. I'm very sorry, I can't remember/I'm not remembering your name.
3. Can you help me with my homework? I don't understand/I'm not understanding this problem.
4. John has/is having a great time on holiday. Look at these pictures on his blog!
5. I'm afraid you can't borrow that book. It belongs/It is belonging to my sister and she reads/is reading it at the moment.
6. I don't want to /I'm not wanting to go out tonight. I'm too tired!
7. My brother has/is having so many hobbies! At the moment, he takes/is taking photos in the garden.
8. Sue can't hear/ isn't hearing you at the moment. She has/is having a shower.

Exercise 3

Listen to a phone call between Peter and his sister Susan. Choose the correct answers.

1. Peter and his friends are staying at
 - a guest house.
 - A hotel
 - the activity centre.

2. Peter says the food's
 - great.
 - not very good.
 - very good.

3. At the moment Peter is
 - cooking.
 - hiking.
 - resting.

4. Peter says he's tired because
 - he's doing too many activities.
 - he's not really fit.
 - he's not sleeping enough.

5. The activity centre is close to
 - a big river.
 - a lake.
 - the sea.

6. Peter and his friends are not going cycling because
 - they can do it at home.
 - they don't have mountain bikes.
 - they don't like it.

Now practice reading the conversation in pairs.

Susan: Hi Peter!

Peter: Hi Susan! How are you?

Susan: I'm fine, thanks. And how are you? How's your holiday?

Peter: It's fantastic. I'm having a wonderful time! I'm staying with my friends at a guest house – it's close to the activity centre and it's cheaper than a hotel. It's comfortable, but the food's not very good! But the staff are very friendly!

Susan: And what about the activities?

Peter: Every morning, we get up early and we usually go to the centre. John and Steven are there now. They're swimming. And Martin's in the kitchen, having fun, cooking with the chef, they're preparing a picnic because we're going hiking later. At the moment I'm resting because I'm exhausted.

Susan: Why are you so tired?

Peter: There are so many activities and I'm doing lots of them, I'm sleeping ten hours a night but the activities are hard work and I'm not really fit! I'm sailing, I'm canoeing ...

Susan: So the centre is close to the sea?

Peter: It's not close to the sea, but there's a lake nearby, where we go sailing and canoeing, and there's a big river about twenty kilometres away where we go white water rafting.

Susan: White water rafting! Are you going white water rafting?

Peter: Well, we've been once. It's scary, but we enjoyed it. We're going again tomorrow.

Susan: And what other things are there?

Peter: There's cycling too, but we're not going cycling; we like it, but we can do it at home. But there's mountain climbing and we definitely want to do that.

Susan: Isn't that dangerous?

Peter: Yes, but the guides look after us really well. And what are you doing, Susan?

Susan: I'm studying as usual, and this afternoon I'm going shopping with Mary and Patricia.

Peter: Shopping!?! That's so boring ...

Susan: Maybe for you, but I love it ...



play.mp3

Role play the conversation in groups of two and change it so that it matches your own lives.

Exercise 4

Complete the email with the correct forms of the verbs in brackets.

Hi William,

I _____ (have) a great time here in Leeds. The city is really big and _____ (have) so many interesting places to visit. I _____ (enjoy) my course so far and I really _____ (like) my classmates. I _____ (stay) in one of the halls of residence this year, but next year I may move into an apartment with some friends. I _____ (have got) a job in a local restaurant so I can earn some extra money. I _____ (work) there three evenings a week from 7:00 p.m. until midnight. It's fine, but at the moment I _____ (look) for another job. I _____ (want) one that _____ (finish) a bit earlier because I need more sleep!

Write soon with your news,

Katy

Now write a similar email in pairs:

HANDOUT 5

Exercise 1

Read the information about college clubs. Then complete the exercise.

A Computer game club

Do you love playing computer games? The computer club meets every Monday and Wednesday at 4:00 p.m. in the small hall. Bring your laptop and games and come and join other computer game fans. We play a lot of different games, but sports and driving games are very popular with our members. Once a year, we have a 24-hour games meeting, for the biggest fans of computer games.

B Book club

If you love reading books, come to our book club. We meet on the last Thursday of every month between 1:00 p.m. and 2:00 p.m. in the college café to have coffee and cakes and talk about the book that our members chose to read in the last meeting. We read many different types of book, from books on history to ghost stories, and we are always happy to try reading something new. We have many new members this year, so it is a good chance to make new friends who also enjoy reading.

C Photography club

Come to our photography club to find out everything you need to know about taking fantastic photographs. In the photography club, you will learn how to use your camera in different ways to take amazing pictures. We meet every week at 3:00 p.m. in the college library, but we often go out to different parts of the city to take photos. We hold a popular photography competition every year and put up the best pictures in the library.

D Cooking club

The cooking club is always popular with students at the college. We meet once a month in the college kitchen near the big hall and cook dishes from different countries in every meeting. In the last meeting we cooked an Italian pasta dish, and next we will cook a traditional Indian curry. Afterwards, we sit down and enjoy the food together. Please see the cooking club poster to find out what food to bring.

Match the information with the clubs. Read about the college clubs on the first screen again to help you.

1. This club meets once a week.

- A
- B
- C
- D

2. This club meets in a café.

- A
- B
- C
- D

3. People need to bring food to this club.

- A
- B
- C
- D

4. This club has a competition every year.

- A
- B
- C
- D

5. This club meets twice a week.

- A
- B
- C
- D

6. Once a year, this club has an event which lasts a whole day.

- A
- B
- C
- D

7. There are a lot of new people in this club.

- A
- B
- C
- D

Exercise 2

Choose the correct words to complete the sentences.

1. I really enjoy doing/making/taking photos with my new camera.
2. I started doing/taking/playing football when I was 8 years old.
3. I do/go/play swimming once a week.
4. My older brother does/takes/plays a lot of computer games.
5. Every weekend I play/take/watch TV with my family.
6. My sister makes/takes/reads a lot of books.
7. I often go/ride/play my bike to college.
8. My father likes cooking and makes/plays/takes really good Italian food.

Exercise 3 Put the words in the correct order to complete the sentences from a letter.

Your for thank you letter

1.

I'm to sport about tell writing you favourite my

2.

Sport favourite my is swimming

3.

Swimming I 8 started I first was when

4.

At I often go the swimming weekend

5.

I on at the am my swimming school team

6.

In second prize last a year, I competition won

7.

You to hope soon hear from

8.

Exercise 4

Complete Susie's reply to Rachel's letter. Use the adjectives from the box.

Big	difficult	exciting	fun	happy	healthy	tired
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Dear Rachel,

Thank you for your letter. I also enjoy sports. I like playing basketball and swimming, but my favourite sport is football. I like football, because it is an _____ game, and it is a good way to stay _____. I started playing football when I was 9. In the summer, I often go to a football summer camp. The summer camp is in the countryside, about two hours from my city, Los Angeles. It is near a _____ forest. We do football training in the mornings and play matches in the evenings. In the afternoons, we do other sports like swimming, walking and cycling. We work hard, but we have a lot of _____ too.

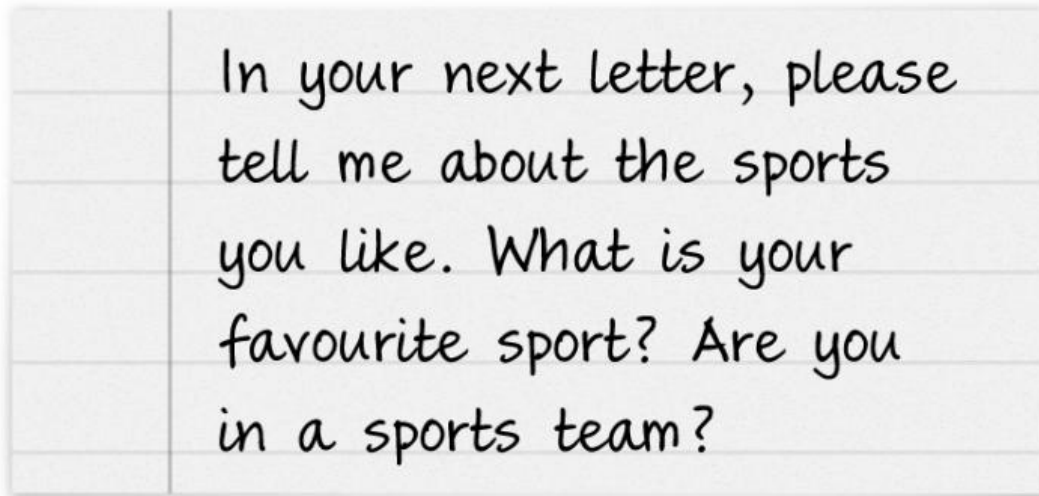
I also play for a football team. I joined the school team when I was 12. We do football training twice a week, and we usually play a match on Saturdays with other school teams. I always feel _____ after matches, so I go to bed early! Sometimes we play on the football field at our school, and sometimes we travel to other schools by bus and play there. Every year, our school enters a football competition with schools all over California. Last year, our team won the competition, so we were all really _____, and we had a special dinner at a restaurant to celebrate. Next year, I want to join another girl's football team in Los Angeles. It is a strong team with lots of good players, so it's _____ to get onto the team. I need to do a lot of training this summer!

Hope to hear from you soon!

Best wishes,

Exercise 5

Read part of a letter from your penfriend. Reply to the letter and answer the questions. Use the notes to help you.

**Notes**

- 1 Start with a greeting.
- 2 Make sure you answer all of the questions in the letter.
- 3 Write a paragraph to answer each question.
- 4 Remember to include some adjectives to make your writing more interesting.
- 5 End your letter.

Please add text into the Student post.

Student post:

