

1 Hobbies, free time, sports and games

Hobbies

When you want to get to know someone, ask about their hobbies and interests.

A hobby is a regular activity done for enjoyment, typically during one's leisure time, not professionally and not for pay. Having a hobby that we enjoy brings us joy and makes our lives richer.

There are many kinds of hobbies that can be done either outdoors or indoors, individually or with friends. Some hobbies are very expensive and time-consuming while others don't require much time and money.

Examples of **indoor hobbies**: reading books, watching TV, playing board games, PC games, keeping tropical animals, cooking, drawing, painting, listening to music, playing a musical instrument, collecting stamps or postcards... some of them can be done outdoors too.

Examples of **outdoor hobbies**: playing team sports, cycling, running, swimming, travelling, hiking, climbing, scuba diving, birdwatching, gardening, fishing... some of which, of course, can be done indoors too.

Examples of **hobbies related to culture/arts**: visiting galleries, museums, cinemas, theatres, concerts, festivals...

Hobbies and free time - questions

When do you have the most free time? I have... the most free time after school / free time only during the week / on weekdays... because I have to study for school / help at home / look after my younger brother / work on the weekend... I have free time only at the weekends because I... work after school / always have lots of homework during the week. I don't have much / any free time during the day / the week.

How do you (like to) spend your free time? / What do you (like to) do in your free time? In my free / spare time I like / enjoy... reading / shopping / going... to the cinema / to the disco. When I... get the time / have some spare / free time, I usually... surf the internet / spend time on the computer / play computer games / read a book / walk my dog / stay at home with my family and cook meals / chat with friends / listen to music / play sports. I have many hobbies, so in my free time I like to sew / cook / fish / dance / garden / draw / paint / play a musical instrument. I like pop culture, so in my free time I like to read about celebrities and see new films. I enjoy being physically active, and spend a lot of time playing sports and team games.

If you had more free time, what would you do with it? I'd read all / some of the / at least one of the books I have bought but haven't had time to read yet. / If I had more (free) time, I'd (definitely)... sign up for a language course / start learning French / spend more time with my friends / get back to collecting stamps / commit to volunteer work / finish all the projects I've started and run out of time to finish / try to get into better shape / get better at playing the guitar. There are so many places I would like to explore so I'd definitely travel around the world. I am an outdoor type of person and I would use that time to explore new places with my friends.

Do you prefer spending your free time alone or in the company of other people? / Who do you like to spend your leisure time with? It depends on the activity and also on my mood. Usually, I spend my free time with friends / my... girlfriend / boyfriend. I prefer spending / I love to spend my free time alone / with... my friends / my family / my dog because...

If it were suddenly announced that tomorrow was a free day at school, what would you do?

I would... sleep late and then go out... with my friends / dancing at my favourite club. I'd spend the day... shopping / studying / doing nothing.

Would you rather go to a disco, a party, or hiking? Why? I would prefer to go to a disco, I love music and dancing and discos are a great place to meet other people who like to do the same. For me, I like to go to parties. You can hang out with your friends, most parties are relaxing and often you will meet new people. I would rather go hiking. I love to be outside, in the fresh air and getting some exercise. It's an activity I can do with my friends, family or by myself.

Do people's leisure activities change as they get older? Yes, because when you are younger you want to be with your friends. You like to play sports, stay out late, go to clubs and concerts. When you are older, you may be married and have a family and do different activities with your kids or spouse / husband / wife. Also when you are older, you have more money so you can travel more and do other activities that cost money like going to the theatre. You also have to work when you are older, so you might not have much time for leisure activities.

Sports and games

• **What kind of sports are there?** There are team sports, individual sports, indoor sports, outdoor sports, water sports, ball sports, field sports, extreme sports, racket sports and winter sports.

• **What equipment do you need for different sports?** For aerobics / fitness you need... some weights / a floor mat... In tennis / badminton you play with... a racket / shuttlecock over a net... In baseball you use... a bat / plate / ball and mitt or glove... In ice hockey you need a hockey stick / puck / helmet / goal / ice skates / protective padding... For climbing you need... climbing shoes / ropes / harnesses / carabiners... For rowing / canoeing you need... oars / a paddle / canoe / kayak / boat... For scuba diving you need... a wet suit / oxygen tank / breathing mask / goggles.

• **Where do you play different sports?** Tennis, badminton, squash, volleyball and basketball are played on a court... Football and cricket are played on a pitch... American football, baseball and rugby are played on a field... Ice hockey is played on an ice rink... Swimming and diving are done in a swimming pool... Indoor sports are played in a gym... Rock climbing can be done inside on a climbing wall / outside on mountains and cliffs.

• **What are some main sporting events?** In most sports there is / you have... an international competition called a world championship... The Olympic Games are held once every four years. There are Winter and Summer Olympic Games. Athletes / teams from all over / around the world take part / participate in the Olympics. It is very prestigious to participate in the Olympics. Winter Olympic sports include skiing, ice skating, ice hockey and curling. In the Summer Olympics, athletes compete in gymnastics, swimming, football and table tennis.

• **What are the benefits of doing sports / Why play sports?** They keep you healthy / fit... You can... lose weight / make friends / develop social skills / learn the value of fair play. It keeps you active and is a good hobby.

• **What kind of sports do you like? Which ones don't you like?** I love many / a lot of sports... I like / enjoy playing... basketball / baseball / floorball / football / ice hockey / rugby / tennis / volleyball... My favourite sport is cycling / rowing / surfing... I prefer extreme sports... I would like to try parachuting / surfing / rock climbing... I can't stand cross-country skiing / jogging / doing aerobics / spinning... Weight training is not my cup of tea... I don't like outdoor sports but I enjoy working out in a gym.

• **How often do you play / practice sports?** I play football / basketball... I go swimming / cycling... I do gymnastics / athletics / karate... every day after school / on weekends / on Mondays / once a week / twice a month... I don't play sports apart from at school... because I prefer to read / watch TV / go out with my friends.

• **What do you do in practice / training?** I / we... run laps / sprints... swim laps... work on defence / offence drills... practice shooting... work on ball / puck control... do exercises to keep (us) fit... play practice games.

• **Do you enjoy watching sports on TV?** I like / enjoy watching... football / tennis / winter sports / figure skating on TV... I don't like watching sports on TV because... I don't enjoy sports / prefer to watch something else / prefer to play them myself.

• **Would you like to be a professional sportsman?** Yes, my dream is / I would love / I hope... to be a professional athlete / sportsman / sportswoman... I would like to have a collection of trophies... It would be nice to be a professional athlete, but the reality is that... I'm not good enough / I lack the talent / the drive / the ambition. I am not a good team player... No, because I think some professional sportsmen... use drugs / could damage their health.

• **Who / what are your favourite players / teams? Why do you like them?** My favourite sportsman/sportswoman is Roger Federer / Ester Ledecká... He/She comes from my country / is a fair athlete / works hard / seems to have a good personality... My favourite sports team is Sparta Prague / Arsenal because... they are my local team / they always win / everyone in my family supports them / they have really good players... I don't have a favourite because I just like the sport and I am not interested in who is playing.