

Objectives: Listen, read and talk about lifestyles and sport; describe and discuss photos; write a description of an ideal day; learn more about present tenses.

TOPIC TALK

1 Look at the photos (a-c). Think about the questions (1-3) then tell the class your answers.

- How are the people feeling? (relaxed, tired, stressed)
- When do you get stressed about time? (e.g. in exams,)
- Are you a 'morning person' or a 'night person'?

2 **1.2 1.3** → **SKILLS BUILDER 1** Use the strategies in the Skills Builder to listen to three people and match them with the photos (a-c).

3 **1.4 1.5** Listen again to the first person. Complete the information in the network.

Routines

I'm ¹ *very* / I'm not very organised.

I sleep ² *eight/nine* hours a night.

I go to bed at about ³ *10.30/11.30*.

I get up at ⁴ *7.30/7.40*.

I feel tired ⁵ *in the morning/at night*.

On Thursday, I ⁶ _____.

At the weekend, I ⁷ _____.

have breakfast, lunch, dinner, a shower at ... o'clock
do my homework, jobs in the house, sport
play football, basketball, computer games
go swimming, jogging, cycling go on Messenger
go to school, extra classes, the cinema, the park, parties
spend time with my friends, family, at home

4 **1.6 Pronunciation** Listen and repeat the sentences. Notice the unstressed words.

→ **LANGUAGE CHOICE 1 AND 2:**
VOCABULARY PRACTICE

5 Work in groups. Use the network to talk about your routine.



Warm Up

1 Work in pairs. Ask and answer the questions.

- 1 What do you use to plan your time, e.g. calendars, planners, a diary ... ?
- 2 What things do you do at the same time every day?
- 3 Which of these things do you choose to do and which are obligations?

Reading

2 → SKILLS BUILDER 11 Read the book review. Use the strategies in the Skills Builder to decide if it is about:

- a people with problems
- b people with unusual lives
- c people with daily routines

3 → SKILLS BUILDER 12 Use the strategies in the Skills Builder to match the paragraphs (1-6) with the headings (a-g). There is one extra heading.

- a A definition of eccentrics 2
- b A twenty-first century king
- c Eccentric men and women
- d A solitary life
- e Talking to eccentrics
- f An interesting book
- g A book about eccentrics

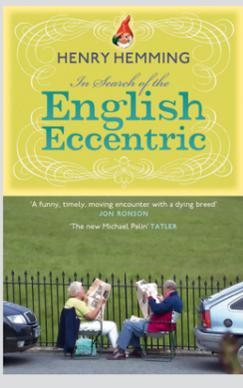
4 Read the text again. Answer the questions.

- 1 Why does Tom Leppard look unusual?
Ninety-two percent of his body has tattoos.
- 2 Why doesn't he need a clock or watch?
- 3 How often does he see other people?
- 4 Where does 'King Arthur' live?
- 5 What does he do on 21 June?
- 6 Does the reviewer think it is a good book?

Saturday reading

English Eccentrics 1.7

In Search of the English Eccentric
by Henry Hemming

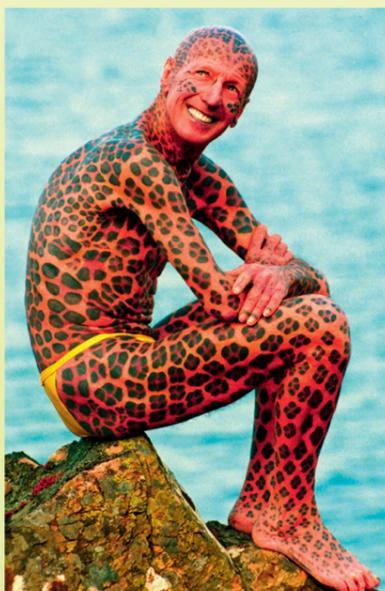


1 Most of us have very ordinary **daily** lives. We get up at the usual time, spend hours at school or work and come home at the same time every evening. In his book on English eccentrics, Henry Hemming looks at unusual people with very different lives from ours.

2 According to Hemming, eccentrics are not mad; they see the world differently from us, have their own **personal** timetables and are not worried about people's opinions of them.

3 In his book, Hemming looks at our **national** tradition of eccentrics and meets lots of different eccentric people. He interviews a **professional** boxer in **aristocratic** clothes, an **adventurous** inventor, a **successful** fashion designer and a **famous** rock musician.

4 Hemming finds people like Tom Leppard, the Leopard Man. Ninety-two percent of his body has tattoos. Tom lives alone on a **beautiful, windy** Scottish island in a cabin. He does not need a watch or a clock because he has no obligations. He gets up and goes to bed when he wants to. 'I can do what I like and when I like,' he says. 'And that is paradise.' On a typical day, Tom feeds the birds or goes for a swim in the sea. Every two weeks he goes to town in his kayak. He goes to the bank, gets food and then goes back home. Tom is a hermit 'but I never get lonely here,' he says.



5 Hemming's favourite eccentric is the **friendly** John Rothwell, now called King Arthur after the sixth century British king. 'King Arthur' does not work and has no routine or typical day. He rides around Britain on his motorbike and campaigns to save **historic** monuments and trees. 'I don't have a home,' says Arthur. 'I never sleep two nights in the same bed.' He does not need a diary to plan his life and his only important date is 21 June, the summer solstice. Then, Arthur goes to Stonehenge to see his 'people', the hippies and pagans at the festival.

6 Hemming's book is full of **wonderful** characters and is often very **funny**. It is definitely worth reading.

5 Vocabulary Look at the Word Builder. Complete it with the adjectives in blue from the text.

Word Builder Making adjectives

Noun	Adjective
1 beauty/success/wonder	<i>beautiful</i>
2 fame/adventure	
3 aristocrat/history	
4 day/wind/friend/fun	
5 nation/person/profession	

LANGUAGE CHOICE 3: VOCABULARY PRACTICE

6 Complete the sentences with words from Exercise 5.

- 1 It is often cold and windy in Scotland.
- 2 Roger Federer was very _____ last year and won lots of competitions.
- 3 My _____ routine is always the same.
- 4 My sister is very _____ and loves extreme sports. She is also very _____ and loves people.
- 5 I'd like to be a _____ footballer and play for the England _____ team.

Writing

7 Look at the Sentence Builder. How do you say the words in bold in your language?

Sentence Builder Linkers

- 1 They have their own personal timetables **and** are not worried about our opinions.
- 2 Tom feeds the birds **or** goes for a swim.
- 3 King Arthur does not work **but** rides around Britain.
- 4 He goes to the bank, gets food **and then** goes back home.

→ SKILLS BUILDER 22

8 Use the linkers in brackets to join the sentences. Leave out words where possible.

- 1 In the morning, I have a shower. I have breakfast with my family. (*and*)
In the morning, I have a shower and have breakfast with my family.
- 2 On Thursday afternoons, we play basketball. We sometimes go swimming. (*or*)
- 3 I meet my friends on Friday nights. I come home before ten o'clock. (*but*)
- 4 On Saturdays, I go cycling with my dad. I have lunch at my grandma's. (*and then*)
- 5 On Sunday evenings, I do my homework. I listen to music at the same time. (*and*)

9 Work in pairs. Choose one of the options (a-c) and write notes.

get up at ten o'clock / have breakfast next to the pool / phone friends

- a your ideal day on holiday
- b your ideal school day
- c your ideal Saturday

10 Tell the class about your ideal day.

I get up at ten o'clock and then I have breakfast next to the pool or I phone friends ...

No Comment

'I am not eccentric but I am more alive than most people. I am an electric eel in a pond of goldfish.'

Edith Sitwell, English poet

Warm Up

- Look at the photos (a-c). Who is happy and relaxed? Why?
- Read the text. Which of these things does the Slow Movement promote?
 - fast food restaurants
 - eating with your family
 - yoga and tai chi
 - difficult exams
- Do you think the Slow Movement is a good idea? Why/Why not?



Lifestyle



Slow is Beautiful 1.8

In the modern world, we do everything fast. We do not have time to relax or spend time with our family and friends. For people in the Slow Movement, this is crazy. They think we need to slow down and enjoy life.

Slow Food people cook meals at home and eat at the table, with their families and not in front of the TV. The movement started in Italy in 1986, to protest against the first McDonald's restaurant in Rome.

Slow Cities promote quiet lifestyles. Martin, a 19-year-old student, is living in London now but he comes from Ludlow, Britain's first Slow City. He says, 'Life in London is too fast and noisy. I prefer Ludlow, my hometown – it's quiet, the air is clean and everybody is relaxed.'

Many people are taking up 'Slow Exercise': yoga or tai chi. Sophie, a teenager from Birmingham, is talking about her yoga practice: 'I practise every morning before school and I go to classes twice a week. Teenagers' lives are crazy nowadays – after school, we run from extra language classes to music lessons and feel tired a lot of the time. Yoga relaxes me and gives me lots of energy.'

In Slow Schools students have time to think and discuss ideas. Tests and grades are less important. And luckily, the number of these schools is growing fast. 🍅

Present Simple and Continuous

- Read the Present Simple sentences (1-4) from the text. Match them with the uses (a-b).
 - We **do** everything fast.
 - They **think** we need to slow down and enjoy life.
 - I **prefer** Ludlow.
 - I **go** to classes twice a week.

a a habit, a regular activity
b a present state, feeling or opinion
- Read the Present Continuous sentences (1-2) from the text. Match them with the uses (a-b).
 - Martin **is living** in London.
 - Sophie **is talking** about her yoga practice.

a It's happening right now, at the time of speaking.
b It's happening around now, not just at this moment.

Practice

LANGUAGE CHOICE 4

- Match the sentences (1-6) with the contexts (a-b).
 - I'm doing homework.
 - I do homework.
 - I am a hard-working student.
 - I am busy now.
 - I'm not drinking coffee.
 - I don't drink coffee.

a I don't like the taste.
b It's part of my new, healthy lifestyle.

 - I'm walking the dog.
 - I walk the dog.

a I'm in the park with my dog.
b It's my dog so it's my job to walk him.

LANGUAGE CHOICE 5

- Complete the dialogue in a bookshop with the Present Simple or the Present Continuous.

Alex: Hi, Sonia! What ¹ are you doing (you / do) here?
Sonia: I ² _____ (look) for a vegetarian cookbook.
Alex: ³ _____ (you / often / cook)? At my home, we ⁴ _____ (not cook). Usually, my mum ⁵ _____ (buy) ready-made meals in the supermarket or we ⁶ _____ (order) pizza.
Sonia: Cooking is fun! My gran ⁷ _____ (teach) me to cook. She ⁸ _____ (never eat) fast food or ready-made meals. This week we ⁹ _____ (try) some vegetarian recipes.
Alex: I ¹⁰ _____ (not eat) vegetables. I ¹¹ _____ (think) they're horrible!
Sonia: They are not! Why don't you have lunch with us? Gran ¹² _____ (make) roast vegetables!

Grammar Alive

Talking on your mobile

- 1.9 Listen to three telephone conversations. Where are Robbie, Tina and Jack? What are they doing?
- Work in pairs. Use the cues to make your own mobile conversations. Use the Present Continuous.

A: Hi, Ewa! Where are you? Can you talk now?
B: I'm on the train. I'm going to Oxford. Can I ring you back?
A: Okay, speak to you later.

 - train / go to Oxford
 - street / wait for the bus
 - café / have tea with a friend
 - park / jog
 - shopping centre / buy shoes
 - hospital / visit sister

Talking about habits

- 1.10 Listen to the dialogue. What is unhealthy about the boy's lifestyle?
- Work in pairs. Use the cues to ask and answer questions. Use the Present Simple.

A: Do you eat meat?
B: No, I don't. I eat fruit and vegetables.

A starts	B answers
1 eat meat?	1 eat fruit and vegetables
2 cook?	2 buy ready-made meals
3 watch TV?	3 listen to the radio
4 listen to classical music?	4 listen to jazz and soul music?
B starts	A answers
5 go for walks?	5 go cycling
6 eat fast food?	6 prepare food at home
7 go to bed late?	7 go to bed at 10 p.m.
8 play computer games?	8 watch DVDs

- Work in pairs. Use some of the expressions below to tell your partner about your family's lifestyle.

I watch TV for about two hours every day and four or five at the weekend. My mother cooks ...

- watch TV
- cook at home
- eat fast food
- go for walks
- eat in front of the TV
- sleep eight hours or more
- talk to family
- spend time with friends
- go to bed early

- How 'slow' is your partner's life? Tell the class.

Warm Up

- 1 **Vocabulary** Look at the network and the photos (a-c). Answer the questions.

- What activities are part of a triathlon?
- What equipment do you need for:
a swimming b running c cycling?
- What kinds of races do you like taking part in or watching? Has your school or area got an athletics club/swimming club/cycling club?

Races

Athletics: running races - 100m sprint, 1500m, marathon
Cycling: road races, track races, mountain bike events
Swimming: freestyle, breaststroke, crawl, backstroke
Triathlon: cycling, running, swimming

Equipment

ball, bike (mountain/road/triathlon), boots, cap, goggles, helmet, running shoes, shorts, skis, sunglasses, swimsuit, water bottle, wetsuit

LANGUAGE CHOICE 6: VOCABULARY PRACTICE

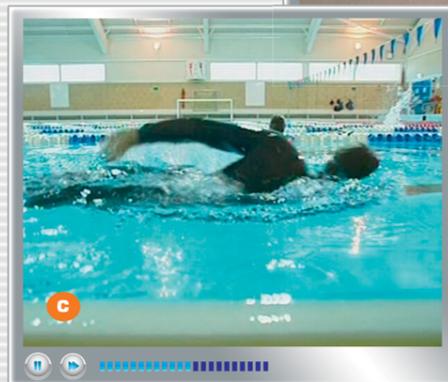
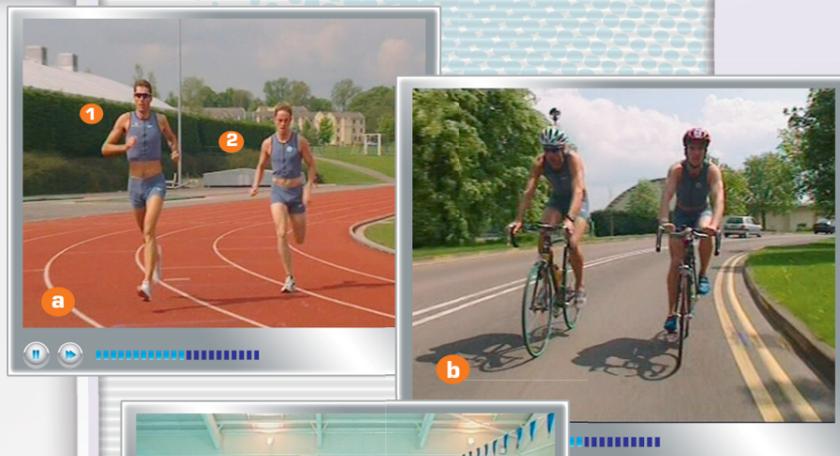
Listening

- 2 **1.11 1.12** Listen to a conversation between a student and his PE teacher about triathlon. Check your guesses from Exercise 1.

- 3 **1.13 1.14** Listen again. Choose the best answer to the questions.

- Why is triathlon very good exercise?
a because of the long distances b because you do more than one sport c because you use all your muscles
- What is Stephen good at?
a swimming and running b cycling and swimming c running and cycling
- What are the distances for cycling in Olympic triathlon?
a 14 kilometres b 40 kilometres c 44 kilometres
- What equipment do students at the school need to buy for the cycling part of triathlon?
a goggles b a water bottle c a helmet
- How often is training for triathlon at the school?
a twice a week b three times a week c four times a week
- What does Stephen decide to do?
a wait and think about it b start doing triathlon c do the triathlon next year

DVD Choice



- 4 Look at the photos (a-c) again. Guess the answers to the questions.

- Which of the two men (1-2) in photo a is the athlete (Simon Lessing) and which is the journalist (Simon Thomas)?
- In what order do they do the three sports?
- How does the journalist feel afterwards?

- 5 **DVD 1** Watch the DVD and check your guesses from Exercise 4.

- 6 **DVD 1** Watch the DVD again. Answer the questions.

- How many times has Simon Lessing been world champion?
- How long is the run (in miles) in the Olympic triathlon?
- How much of the triathlon (e.g. $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$) are they doing today?
- Why are the transition stages between parts of triathlon important?

- 7 Would you like to try triathlon? Why/Why not?

Watching and Speaking

- 8 **1.15 DVD 2** Listen to or watch the dialogue. What do Judy and Adam think about the Tour de France? Find three factual mistakes in the description of the photo below about:

- the man with the camera (x 2)
- the cyclists

- 9 **1.16 DVD 2** Listen to or watch the dialogue again. Complete the sentences in the Talk Builder with the words below.

probably maybe in the middle of on the right
 in the foreground in the background because
 definitely perhaps on the left behind

Talk Builder Describing photos

- The three cyclists _____ the photo are very hot.
- Look, that guy _____ with the camera is wearing shorts.
- _____ it's Spain _____ it's hot and sunny there.
- Yes, but it's _____ in France.
- Yes, it's _____ the Tour de France.
- Look at those guys _____.
- The guy _____ is winning.
- Look at those people _____ the cyclists.
- _____ we're near the finish.

SKILLS BUILDER 38

- 10 **1.17 Pronunciation** Listen and repeat the sentences. Notice the contractions.

- 11 Choose the correct option to complete the description of photo a from Exercise 1.

In the ¹foreground/background of the photo you can see two people. They are ²definitely/maybe athletes because they are running and wearing special clothes. In the ³background/foreground you can see lots of trees and it is sunny so it is probably in the summer. The runner on the ⁴right/left is wearing sunglasses and is very tall. The other man is ⁵probably/definitely more tired because he is smaller and ⁶maybe/because they are running quite fast.

- 12 Choose one of the photos (a-b) on page 128. Write notes to answer the questions (1-4) about the photo.

- What is the picture about? Where is it from? Why do you think that?
- What is happening? Who is in the photo? What are they doing? What are they feeling?
- What time of day/year is it? What is the weather like?
- What else you can see in the photo? (e.g. in the background)

- 13 Work in pairs. Ask and answer the questions in Exercise 12 about the photos.



Language Review Module 1

1 Routines Complete the gaps with the correct words.

My sister is a university student and she is not ¹ _____ organised. She goes to bed ² _____ about 2 a.m. and sleeps only five or six hours ³ _____ night. She doesn't ⁴ _____ breakfast because she is always tired ⁵ _____ the morning. And it takes her an hour to ⁶ _____ a shower and get ready for her classes. ⁷ _____ the weekend, she ⁸ _____ a lot of time with her friends - they ⁹ _____ to clubs and parties. She usually studies ¹⁰ _____ night. I don't think her lifestyle is healthy!

/10

2 Making adjectives Use the words in brackets to complete the sentences with the correct adjectives.

The film is great. It is a ¹¹ _____ (beauty) story and it is ¹² _____ (fun) at the same time.
 Leonardo DiCaprio is a ¹³ _____ (fame) actor and all his films are ¹⁴ _____ (success).
 Rome is a ¹⁵ _____ (wonder) city - it has lots of ¹⁶ _____ (history) buildings.
 The ¹⁷ _____ (day) life of ¹⁸ _____ (profession) footballers is often quite ordinary.
 It is often cold and ¹⁹ _____ (wind) in Scotland but the people are very ²⁰ _____ (friend).

/10

3 Linkers Use the linkers in brackets to rewrite the sentences. Leave out unnecessary words.

- 21 The dress was cheap. It was really nice. (*but*)
- 22 Teenagers often wear black clothes. They often have original hairstyles. (*and*)
- 23 We have breakfast. We leave home. (*and then*)
- 24 My brother likes sport. I prefer reading. (*but*)
- 25 My friends don't like theatre. They don't like opera, either. (*or*)

/5

4 Present Simple or Present Continuous Complete the dialogue with the correct forms of the verbs in brackets.

A: Hi, Adam. What ²⁶ _____ (you / do) here?
 B: Hi. I ²⁷ _____ (look for) a book for my sister. She ²⁸ _____ (like) fantasy. And you?
 A: I ²⁹ _____ (buy) some DVDs for my dad. He ³⁰ _____ (learn) Spanish and he ³¹ _____ (want) to watch some Spanish films. What ³² _____ (you / think) about this film? It's by Pedro Almodóvar.
 B: I ³³ _____ (not know) much about Spanish cinema. I only ³⁴ _____ (watch) action films. My sister ³⁵ _____ (have) a lot of Spanish DVDs. I'm sure she can lend you some.
 A: Thanks! So I can spend this money on some games.

/10

5 Describing photos Look at photo c on page 8 and complete the description with the words below. There are two extra words.

background because behind probably definitely foreground left

The photo shows a group of people having a meal in the garden. They are ³⁶ _____ a family because they are different ages and look a bit similar. In the ³⁷ _____, we can see a big table with a lot of food - it looks really delicious. The people around the table are ³⁸ _____ enjoying the meal because they are all smiling. In the ³⁹ _____, there is a man in a yellow shirt. ⁴⁰ _____ him, we can see a house and a big grill with some food on it.

/5



Self Assessment

1.18 Listen and check your answers. Write down your scores. Use the table to find practice exercises.

Exercise	If you need practice, go to
1	Language Choice 1 and 2
2	Language Choice 3
3	Students' Book (SB) p.7 ex 8
4	Language Choice 4 and 5
5	SB p.11 ex.11