

I like mud running

4



How do you relax? • Do you like dancing? • Can you play tennis? • I love reading! • I like going shopping with her

1 How do you relax? → EXTRA PRACTICE (EP) 1

a Look at the photo. Is it a relaxing activity? Is it fun? Talk to a partner.

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




[contact](#) [hours](#) [events](#) [programme details](#)


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!




tennis
volleyball, handball
chess
snooker
football



t'ai chi
judo / karate
yoga
aerobics
weight training



bouldering **new!!**
climbing
dancing
spinning
swimming



[Special event this week](#)

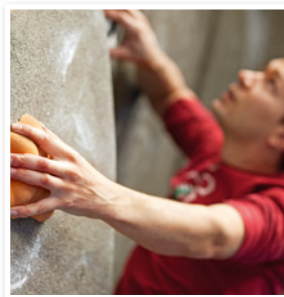
b Can you find the names of these activities on the website?



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.

I like ...			I don't like ...		
playing ...	doing ...	-	playing ...	doing ...	-
<u>tennis</u>	_____	<u>bouldering</u>	_____	<u>t'ai chi</u>	_____



?	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.

- What do you like doing in your free time?
- I like swimming.
- Me too.
- I don't like playing football.
- Me neither.
- ▲ Oh, really? I like it. I think it's great!

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

MIDLAND LEISURE CENTRE

We have a brand-new outdoor event this week: mud running in Manchester! We start at 2 p.m. on Saturday and we have a great surprise for the first 10 runners there! So come and run with us - see you there!

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

+ / -	I can / can't play tennis.
?	Can you play tennis ...?

activity	day	time	trainer
climbing	_____ 1a	5.00 p.m.	Jody Davies
football	_____ 1b	11.00 a.m.	Jack Davies
judo	Friday	_____ 2a	Jody Davies
t'ai chi	Tuesday	_____ 2b	Esther Davies
volleyball	Monday	7.00 p.m.	_____ 3a
yoga	Wednesday	6.30 p.m.	_____ 3b

- 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! → EP 9

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.

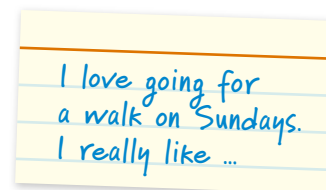
don't really like hate like love really like

- ☹☹☹ 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

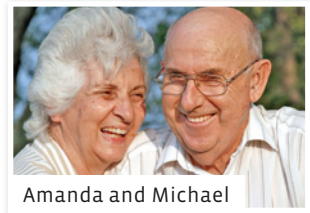
2



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?

I → me	we → us
you → you	you → you
he → him	they → them
she → her	
it → it	

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! 😊

Leave a message: →

Go for it!

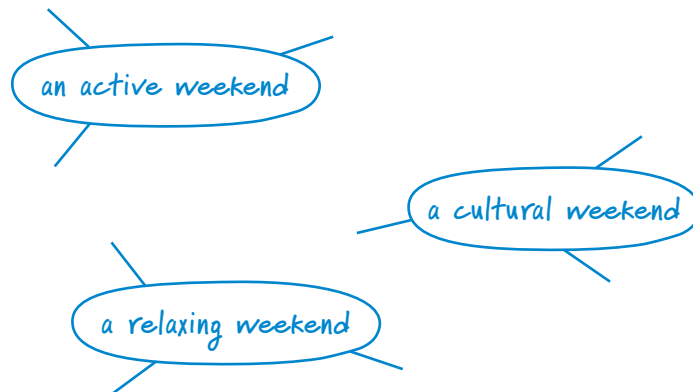
A perfect weekend

- 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 going to an art gallery



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

What kind of weekend is it?

Where is it?

What can people do?

- e** Now present your weekend package to the class.
Your classmates can ask for more information about the weekend.

- Can I book a sightseeing tour?
- 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.



A perfect weekend

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 like mud running

after Classroom Activities (CA) 1

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

- | | | | |
|---------------|-----------------|--------------------|-------|
| 1 od trop | <u>do sport</u> | 5 rade a bkoo | _____ |
| 2 wchat VT | _____ | 6 heva a thab | _____ |
| 3 od tnohng | _____ | 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.

Now I can ...
Jetzt kann ich sagen, wie ich mich in
meiner Freizeit entspanne.

after CA 2

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

		like + -ing		
		habit Gewohnheit +	like Vorliebe +	dislike Abneigung -
1	watch	I often watch TV.	I like watching TV.	I don't like watching TV.
	read	He often reads.	He likes read _____	_____
2	swim	She often swims.	She likes swimming.	She doesn't like swimming.
	run	We often run.	We like run _____	_____
3	dance	They often dance.	They like dancing.	They don't like dancing.
	hike	I often hike.	I like hik _____	I don't like hik _____

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* → _____. 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* → _____. 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 ...

use it

1 jog → _____

4 do yoga → _____ yoga.

2 surf → _____

5 read comics → _____ comics.

3 have fun → _____ fun.

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. 4 He always working works on Mondays.

2 I like walking walk on the beach. 5 We watching watch TV every day.

3 I don't like watching watch TV. 6 He doesn't like working works on Sundays.

4 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.

😊 → 😊

■ *I like doing t'ai chi.*

● *Me too! It's so relaxing.*

😞 → 😞

■ *I don't like skiing.*

● *Me neither. It's so cold!*

😊 → 😞 / 😞 → 😊

■ *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.



after CA 3

6a Look at the table and complete the rules. Sehen Sie sich die Tabelle an und ergänzen Sie die Regeln.

can / can't					
+ / -			?		
I you he / she / it	can can't / cannot	play tennis.	Can	I you he / she / it	play tennis?
we you they				we you they	

see it

understand it

- 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: *can* oder *can't*?

use it

- 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.

Now I can ...
Jetzt kann ich sagen, welche Freizeitaktivitäten und Sportarten ich betreiben kann.



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? Yes, I do. / No, I don't.
- 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? _____

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.

- | | true | false |
|---|--------------------------|--------------------------|
| 1 Terry phones his mum at 11.15 a.m. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 Terry's football match starts at 4 p.m. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Maria can meet her son at 3.45 p.m. | <input type="checkbox"/> | <input type="checkbox"/> |

after CA 4

9a Find 12 free-time activities in the grid and sort them.
Finden Sie 12 Freizeit-Aktivitäten im Rätsel und sortieren Sie sie.



a cricket player

TiPp

Lernen Sie neue Wörter in für Sie sinnvollen Wortfeldern.

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.

Now I can ...

Jetzt kann ich differenziert angeben, was ich gerne / nicht so gerne mache.



after CA 5

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

he her it they us you (2x)

subject pronouns Subjektpronomen	object pronouns Objektpronomen		
		wen?	wem?
I	me	mich	mir
_____	you	dich	dir
_____	him	ihn	ihm
she	_____	sie	ihr
_____	it	es	ihm
we	_____	uns	uns
you	_____	euch	euch
_____	them	sie	ihnen

see it



Yoga in Central Park in New York

10b Complete the rules. Ergänzen Sie die Regeln.

understand it

- 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.

use it

- My brother has an interesting hobby. *He* loves bouldering. I sometimes go with *him*.
- My aunt and uncle have six horses. _____ often go riding. I love riding with _____.
- My girlfriend can tango. _____'s really good. I often dance with _____.
- My in-laws live in Austria. _____ love skiing. We visit _____ every winter.
- My grandmother's garden is beautiful. _____'s very big, so I do the gardening for _____.
- My job is great. _____'s hard work, but I love _____.
- 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

14b 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

/eɪ/

neighbour

/i:/

skiing

/aɪ/

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!

Gratulation! Sie sind mit Lektion 4 fertig. Unter www.hueber.de/go-for-it finden Sie ein Lied mit einem Aufgabenblatt dazu. Den Song können Sie sich auch anhören, indem Sie den QR-Code scannen. Viel Spaß!

▶ 1/47



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? _____

c Do you have a favourite café? What do they have there? Tell your partner about it. POST-READING

Listening Go for it!

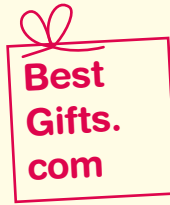


- a** Do you often listen to the radio? Where? When? Talk to a partner. **PRE-LISTENING**
- b** Write the names of the businesses under the correct photo.

The Perfect Couple.com



MY STYLE
DANCE SCHOOL



WEBSTER'S WINES



a _____

b _____

c _____



d _____

e _____

f _____

- c** Listen and match the radio ads to the photos. ▶ 1/48 **LISTENING**

- d** 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? _____

- e** In small groups, create a radio ad for a business or service.

Use the ideas from c and present your ads to the class. **POST-LISTENING**

Quellenverzeichnis

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