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Student's Book & Workbook



#InstaEnglish

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Starter



Introductions

1 Look at the picture. How do they introduce themselves?

2 2 Complete the sentences with the words in the box. Then listen and check your answers.

Australia cousin French
going to the movies math
swimming 14

- Hi. I'm Izzie. I'm _____ years old.
- Hello. I'm Will. I'm from _____.
- My name's Louise. I love _____.
- Hi, my name's George. My favorite sport is _____.
- Hi, I'm Doug. This is my _____ Sam.
- Hello, I'm Sam. My favorite subject is _____.
- I'm Susie. I'm _____.

Physical Description

3 Look at the picture again and describe the students using the words in the box.

brown curly square straight tall

- Louise and George have _____ eyes.
- Sam and Susie both have _____ hair.
- Izzie has _____ hair.
- Doug is _____.
- Will's face is _____.

4 3 Listen and repeat.

TIP

Possessive 's / s'

Use 's after a name or singular noun.

Will's face is square.

Use ' after a plural word ending in -s.

The students' faces look happy.

School Subjects and Free-time Activities

- 5 4 Listen to Izzie and Will and complete the chart.

	favorite school subject	free-time activities
Izzie		
Will		
Louise		going to the movies
George		
Doug		
Sam	math	
Susie		

- 6 INTERFACE Work in pairs. Talk about your favorite school subjects and free-time activity.

What's your favorite subject?

I guess it's music. And yours?

Places in Town

- 7 5 Complete Susie's email with the words from the box. Then listen and check your answers.


gym library museum
restaurant subway station

From: Susie
To: Will
Subject: About Paris

Dear Will,

The picture attached shows one of my favorite places in Paris: the Pompidou Center. It holds an amazing **a** _____ of modern art and a huge public **b** _____. It's very close to a **c** _____ so it's pretty easy to get there. Just a few meters away there is this great **d** _____ where I usually have pasta with five cheese sauce. I'll definitely have to be serious about going to the **e** _____ when I come back lol!

XOXOXOXO,
Susie



Feelings and Opinions

- 8 Find 17 words related to feelings and opinions in the word search.

E	X	C	I	T	E	D	R	B	F	D
S	C	A	R	E	D	I	N	O	F	A
B	A	M	A	Z	I	N	G	R	U	N
I	N	T	E	R	E	S	T	I	N	G
A	G	E	A	S	Y	A	W	N	E	E
N	R	B	O	R	E	D	M	G	X	R
G	Y	W	O	R	R	A	S	P	C	O
R	J	E	A	L	J	L	A	L	I	U
W	O	R	R	I	E	D	V	E	T	S
N	E	R	T	S	A	C	A	A	I	E
I	N	T	I	L	L	I	X	S	N	M
S	N	E	R	V	O	U	S	E	G	B
B	O	R	E	G	U	S	O	D	P	A
E	X	C	D	I	S	T	D	A	L	R

- 9 6 Listen and check your answers.

Simple Present: *be* and *have*

- 10 Write true sentences with the affirmative or negative form of *be*.

- a I _____ from Turkey.
b My best friend _____ 12 years old.
c We _____ in a math class.
d Moscow _____ the capital of the UK.

- 11 Choose the correct form of the verb *have*.

- a I **have** / **has** two sisters and one brother.
b My father **have** / **has** a great sense of humor.
c She **have** / **has** really good ideas.
d They **have** / **has** new neighbors.

Subject / Object Pronouns and Possessive Adjectives

- 12 7 Underline the correct words. Then listen and check your answers.

My friends and I love hanging out. **a We** / **Us** are always together. On the weekends my sister usually joins **b we** / **us**. My friends really like **c her** / **she**. **d Her** / **She** is really funny and I love having **e she** / **her** around. She is also very protective and takes really good care of **f I** / **me**.

1

Free Time







VOCABULARY 1

Free-time Activities

- 1 Look at the words and phrases in the box. Then write the ones that correspond to the activities represented in pictures 1-5.

chat online do a martial art
do volunteer work draw
go out for a meal go to a youth group
go to the gym go to the movies
hang out with friends
learn a language make models
play an instrument
play video games relax

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

- 2 Listen and repeat.

- 3 Complete the sentences with the words and phrases from activity 1.

- a I _____. I go to German classes twice a week.
b I like working with my hands. I _____ of animals.

- c I do a lot of exercise. I often _____ or _____.
d I _____ once a week. I visit people in hospital.
e I sometimes _____ with my friends. We love pizza!
f I love technology. I often _____ or _____.

- 4 Listen to Megan and Dan. What is Megan's favorite free-time activity?

PRONUNCIATION

a/ /ɔ/ /oʊ/

- 1 Listen and repeat the words.

/a/ volunteer, model, online

/ɔ/ draw, sport, boring

/oʊ/ go, disco, don't

- 2 Listen and repeat the sentences.

- a I volunteer at a sports club.
b I don't want to go to the movies. It's boring.
c I often draw cartoons online.
d I don't make models.



READING 1




1 Look at the title of the news article. What do you think the text is about?

- a Teenagers are worried about school.
- b Teenagers are stressed because they do too many activities.

READING STRATEGY

Use the title to help you guess what the text is about.



2  12 Read and listen. Underline the free-time activities mentioned.

3 Read the text again and underline the correct words.

- a The writer is **describing / imagining** some American parents' evening routines.
- b Around **one third / two thirds** of American teenagers play sports in their free time.
- c Beth thinks that **only parents / parents and friends** put pressure on teenagers.
- d In her free time, Beth **doesn't do many / does a lot of** activities.
- e Beth thinks that teenagers **should enjoy their / don't need much** free time.



4 Match the columns. Then check your answers in the text.

- | | |
|-----------|----------------------|
| a prepare | sports |
| b play | a meal |
| c have | to guitar classes |
| d go | at an animal shelter |
| e help | fun |



Teens under Pressure

Stressed Parents

Imagine this situation ... your parents come home from work. They're tired, but they don't relax. Instead, they have a full program of activities. Your dad has a music lesson, then he gets some work ready for the next day before he prepares the evening meal. After eating, he does volunteer work at the hospital. Your mom does judo, then she studies for an hour, eats and then goes to her computer class. Does this sound crazy? Well, for some teenagers, it's typical!

Busy Teenagers

In the US, doing organized activities outside school, such as playing an instrument or going to a youth group, is popular among young people. Around 35% play sports as a free-time activity. About 29% of teens regularly volunteer, for example they help at an animal shelter. Parents want their children to do well at school, but they also want them to have other skills, such as learning languages. They want them to take part in community activities such as volunteering. But are they putting their children under too much pressure?

A Teenager Speaks

Thirteen-year-old Beth Jefferson is a typical teenager. 'You get a lot of pressure from your parents to study and you get pressure from your friends to go out and have fun. I'm always busy. I'm in a youth theater and we do a play every year. I go to guitar classes, play basketball and I help at home, too. I hardly ever watch TV during the week because I don't usually have time! It's really stressful sometimes.'



Advice

However, Beth has some good advice: 'Don't try to do too much. Have fun doing activities and learning new things, but don't get stressed. Remember, you need to enjoy your life, too!'





GRAMMAR 1

Review: Simple Present and Present Progressive

simple present

+	I often meet my friends on Saturday. She is always tired after school.
-	She doesn't usually have time.
?	Do you usually do activities after school?

1 Complete the simple present rules below with the information in the box.

Do Does doesn't / does not don't / do not 's'

- We add _____ to the verb in the third person singular affirmative form.
- We make the negative form by adding _____ before I / you / we / they.
- We make the negative form by adding _____ before he / she / it.
- _____ is used in questions before I / you / we / they.
- _____ is used in questions before he / she / it.

2 When do we use the simple present? Check (✓) the correct definition.

- ☐ The simple present is used for actions and routines.
- ☐ The simple present is used for actions happening now.

Adverbs of Frequency

3 Read paragraph 3 of the news article on page 13. Circle the words that describe *how often* people do things.

4 Look at the graphic. Complete it with the following adverbs of frequency:

always ~~hardly ever~~ never often
sometimes usually

100%



0%

hardly ever

5 Underline the correct words to complete the rules for the position of adverbs of frequency.

- Adverbs of frequency go **before** / **after** the main verb, except with the verb *be*.
- Adverbs of frequency go **before** / **after** the verb *be*.

6 Complete the sentences with the adverbs of frequency and the correct form of the verbs in parentheses.

I often play sports. (play / often)

- Jane _____ her friends on the weekend. (meet / always)
- My friends _____ busy with homework. (be / sometimes)
- We _____ to music. (listen / hardly ever)
- He _____ to parties. (go / never)
- I _____ at the mall with my friends. (not / hang out / usually)
- Daniel _____ (volunteer / often)
- Do you _____ to the gym? (go / sometimes)

present progressive

+	I'm watching TV at the moment.
-	She isn't studying math this week.
?	Are you chatting online now?

7 Look at the sentences in the chart above. Then complete the rule for when we use the present progressive.

We use the present progressive for actions **happening now** / **habits and routines**.

Time Expressions

8 Complete the chart with time expressions for the simple present and the present progressive.

always at the moment every day
now often this week
twice a week usually

simple present	present progressive
always	



9 Complete the sentences with the correct form of the verbs in parentheses.

- a I _____ (play) video games every day.
- b At the moment, we _____ (draw).
- c He _____ (play) tennis twice a week.
- d My mom and dad always _____ (relax) on Sunday evenings.



10 Complete the sentences with the correct form of the verbs in parentheses. Use the simple present or the present progressive.

- Simon isn't talking (not talk) about his free-time activities now.
- a At the moment Karen _____ (learn) French, she _____ (not study) Spanish.
 - b He _____ (not usually play) an instrument, but he often _____ (go) to the gym.
 - c They _____ (not do) anything complex at the moment, they _____ (relax).
 - d I _____ (not meet) my friends every day, I usually _____ (see) them on the weekend.



11 Read about what Meryl Streep does in her spare time. Underline the most appropriate verb form: simple present or present progressive.



The award-winning actress Meryl Streep **a loves / is loving** knitting. She says she hand knitted the shawl for the movie *Doubt*. Meryl **b is admitting / admits** that she usually **c spends / is**

spending a lot of her free time on set knitting. She **d is believing / believes** the hobby is therapeutic. In her opinion, it is a way of gathering her thoughts and contemplating life. In fact, many actors, especially those who have spare time on set between takes, **e love / are loving** to spend their free time knitting. Some of them are Julia Roberts and Christina Hendricks.



12 **INTERFACE** Work in pairs. Use the prompts below to ask and answer questions.

- a What / you / usually / do / on the weekend?

- b Where / you / usually / meet your friends?

- c What / you / wear / now?



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LISTENING



Sport

1 Look at the pictures and answer the questions.

- a What sports are these?

- b What equipment do you need to do each sport?

- c Do you practice any of these sports?



2 **13** Listen to an interview on free-time activities and choose the correct answers.

- a Lucas is **12 / 13** years old.
- b His favorite sport is **tennis / running**.
- c He **always / sometimes** feels better after running really fast.
- d At the moment things are going really **well / badly** for Lucas.
- e Lucas meets his friends every **day / weekend**.

3 **13** Listen again and write T for *true* or F for *false*.

- a ☐ Lucas doesn't often go running.
- b ☐ Lucas plays tennis every day.
- c ☐ Lucas isn't feeling stressed now.
- d ☐ Lucas plays tennis when he feels stressed.
- e ☐ Lucas and his parents usually talk about any problems.



SPEAKING

Saturday Off



14 Jane and Rita are on an online video call. Listen and complete the dialogue.



Hi, Rita, what are you up to now?

a I' _____ for the math test on Monday.

Studying???? But it's Saturday!

What do you b _____ do on Saturdays, Jane?

Well, I always c _____, play tennis and sometimes I go to the movies ... How about you?

Well, I go swimming and when I d _____ to study for tests, I also go to the movies or read a book.

So how about going to the movies later on?

Sorry, Jane, but I really e _____ to study...
Oops, my dad's calling me for lunch! Talk to you later, OK?

Alright, bye for now!

Bye!

FUNCTIONAL LANGUAGE

Talking about Free Time on a Call
Questions

What are you up to now?
What do you do on...?

Answers

I'm...
I usually / always / sometimes...

Speaking Task

Write an online dialogue between you and a friend.

Step 1

Think of possible free-time activities and things going on now.



going to the park



go to the movies

Step 2

Prepare questions to ask your friend

What are you doing now?
What do you do in your free time?

Think about possible answers

I'm watching TV / helping around the house, etc.
I always / usually / sometimes play with my friends, travel, etc.

Step 3

Work in pairs. Write your dialogue.

Step 4

Take turns practicing your dialogue.



Spare Time in Australia

Australians love hobbies and pastimes where there isn't much planning involved. They often stay indoors, or 'take it easy,' as they usually say. Most of them (around 84%) like to spend their leisure time watching TV (Netflix series, mostly) and 64% spend their time scrolling through social media.

The most enthusiastic *Aussies* (another way of referring to Australians), however, prefer to spend their free time outdoors having picnics and BBQing in the park with their family or friends, hiking, cycling, camping, admiring wild animals out in the country, among other things. As Australia is a country with fairly warm weather all year round, exploring the vast Aussie terrain is ideal most part of the year and, as a result, the younger generation are camping more and more. Most of the population is settled along the coast. Therefore, everyone from little kids to teenagers to men and women take surfing quite seriously. Australia has beautiful surfing spots, which means that surfers have a lot of choice as to where to practice.

In Australia, there's a phrase that says 'work hard, play harder'. That means if you work hard to pay your bills, you can play hard so that you can live life to the fullest. After all, when it comes to taking things easy, having fun is the most important thing.



- 1 15 Read and listen to what Australians like doing in their free time. Then answer the questions below.



a What do Aussies usually do indoors?

b How do they spend their free time outdoors?

c What's the weather like in Australia?

- 2 What do people like doing in their free time in your country? Complete the table below.

indoors	outdoors

VOCABULARY 2

Character Adjectives

- 1 16 Listen and repeat the adjectives. Then underline the adjectives that describe the pictures.



a cautious / adventurous

talkative / quiet b



c friendly / unsociable

generous / selfish d



e energetic / lazy



serious / funny f



g shy / confident



honest / dishonest h



- 2 Complete the description with the correct adjectives from activity 1.

My brother Pete has a lot of energy – he's very energetic. I suppose that's why he's a _____ and loves exploring places like the Amazon. He has a lot of friends because he's very b _____ and he often pays for things for them because he's c _____. – he isn't d _____ at all. Sometimes he doesn't stop talking, he's very e _____. He isn't shy like me, he's very f _____, and he can make people laugh because he's g _____.

READING 2

- 1 Before reading the magazine article, look at the pictures and guess which celebrity does which hobby.

skydiving doing magic playing the piano

- 2 17 Read and listen. Check your answers.

- 3 Read the text and answer the questions.

- a Which instruments does Robert Pattinson play?
b Does Nicole Kidman do any sports?
c What does Fernando Alonso do in his free time?

Celebrity Hobbies

You probably have a lot of hobbies, but what about these stars? What do they like doing in their free time? Read on and find out!

Actor **Robert Pattinson** is really musical. He's very good at playing the piano and the guitar – in fact, he plays on the soundtrack of some of his movies! He also enjoys reading.



Movie star **Nicole Kidman** is very adventurous and enthusiastic about trying new things. She's really into doing sports and she often goes skydiving. 'I don't want to miss out on anything just because it's dangerous,' she says. 'I love skydiving, it's fantastic.'



Fernando Alonso is a world champion race car driver, but in his free time he does magic. We bet his guests love watching his magic tricks!



GRAMMAR 2

Gerunds

1 Look at the charts which show when we usually use gerunds.

after preference verbs

He **likes playing** tennis.
She **hates going** skydiving.

after prepositions

I'm (not) **into drawing** cartoons.
They're (not) interested **in reading** books.
He's good / bad **at playing** the piano.

2 Read the sentences in activity 1 again. Check (✓) the correct information as to the use of gerunds.

- a ☐ Gerunds are used after preference verbs such as *enjoy, like* and *love*.
b ☐ Gerunds are used before prepositions such as *at, about, on, in*.
c ☐ Gerunds can be used after prepositions such as *at, about, on, in*.

3 Write sentences and questions using gerunds.

Peter / like / play tennis.

Peter likes playing tennis.

a Kate / good at / draw cartoons.


d you / good at / learn languages?

b you / enjoy / listen to music?

e She / not interested in / go to the movies.

c We / not like / run.

f you / love / do sports?

4  **INTERFACE** Work in pairs. Use the cues below to ask and answer questions.

Do you like playing tennis?

Yes, I do.

a you / enjoy / listen to music?

b you / like / play sports?

c you / good at / play / team sports?

d what / you / love / do / in your free time?

5 Read the text and underline the correct answers.

Kate and her friend Sam **a love traveling / love travel** all over the world.

They like **b meet / meeting** people. Sam **c enjoys / hates** talking to everyone he meets.

What does Kate like **d doing / do**? She's a history teacher so she **e doesn't like visiting / loves visiting** museums and ancient monuments. She's also very good at **f learning / learn** languages – she can speak four! She likes **g study / studying** science in her free time. Sam is not much **h into / bad at** doing a lot of activities – he enjoys relaxing!



ART

Bringing Drawings into Life

Everyone is into animation movies or cartoons, but do you ever wonder how they are made?



To begin with, cartoons are a series of drawings or frames. Each frame is different, but only in a very small way. For example, imagine a stick figure whose hand changes position over six frames. When the frames are presented one after another very quickly, the stick figure waves its hand.

This is *animation*, which literally means 'bringing to life.' However, the hand doesn't actually move. It just appears to move. This is because of an optical illusion called persistence of vision. Experts believe that an image persists in your vision for a split second after the original image disappears.

Making an animated movie is an incredibly long and laborious process. If you need 24 frames to film a second of a movie, you can imagine how long it takes to make a full-length animated movie like *Toy Story*!



1 18 Read and listen. Then answer the question.



What does the word 'animation' mean?

2 Complete these sentences about animation with the words in the box.

different drawings long moving one quickly

- A cartoon is a series of _____.
- Each drawing is _____ in a very small way.
- The drawings are shown one after the other very _____.
- This gives the illusion that the drawing is _____.
- You need 24 drawings to film _____ second of a film.
- It takes a _____ time to make a full-length animated film.



VOCABULARY IN PICTURES

Free-time Activities



chat online



do judo



draw



go to the movies



go to the gym



go to a youth club



go out for a meal



learn a language



make models



play video games



play an instrument



relax



do volunteer work

Character Adjectives



adventurous



cautious



friendly



unsociable



energetic



lazy



shy



confident



talkative



quiet



generous



selfish



serious



funny



honest



dishonest



GRAMMAR GUIDE

Simple Present

- we use the simple present for habits and routines
- we form the simple present with the base form (eg *play, watch*) of the verb
- we add -s or -es to the verb with *he, she* or *it*
- we form the negative with *do not (don't)* + the verb
- we use *does not (doesn't)* + the verb (without -s or -es) with *he, she* or *it*

+	I / You play	tennis.
	He / She / It plays	
	We / You / They play	
-	I / You don't play	tennis.
	He / She / It doesn't play	
	We / You / They don't play	
?	Do I / you play tennis? Yes, I do . No, I don't .	
	Does he / she / it play tennis? Yes, he does . No, he doesn't .	
	Do we / you / they play tennis? Yes, we do . No, we don't .	

Present Progressive

- we use the present progressive to describe what is happening at the moment
- we form the present progressive with *be* + verb + *-ing*

+	I'm drawing .
	You're drawing .
	He / She / It's drawing .
	We / You / They're drawing .
-	I'm not drawing .
	You aren't drawing .
	He / She / It isn't drawing .
	We / You / They aren't drawing .
?	Is he / she / it drawing ?
	Yes, he is . No, he isn't .

Adverbs of Frequency

- adverbs of frequency go before the verb, but after the verb *to be*



Time Expressions

- with the simple present and the present progressive, time expressions (eg *once a week, every day, now*) usually go at the end of the phrase, but they can also go at the beginning

now everyday at the moment
twice a week on the weekend this year

She never does homework **on the weekend**.
We usually chat online **twice a week**.
On Mondays I do volunteer work.

Gerunds

- we use the gerund (*-ing* form) after verbs for like or dislike, and after prepositions

after preference verbs

He **likes playing** tennis.
She **hates going** skydiving.

after prepositions

I'm (not) **into drawing** cartoons.
They're (not) interested **in reading** books.
He's good / bad **at playing** the piano.



PROGRESS CHECK

Free-time Activities



1 Match the words to form activities.

- | | |
|----------|--|
| a learn | <input type="checkbox"/> a youth group |
| b do | <input type="checkbox"/> volunteer work |
| c play | <input type="checkbox"/> cartoons |
| d go to | <input type="checkbox"/> online |
| e chat | <input type="checkbox"/> models |
| f draw | <input checked="" type="checkbox"/> a language |
| g make | <input type="checkbox"/> for a meal |
| h go out | <input type="checkbox"/> tennis |

Character Adjectives



2 Complete the sentences with the words in the box.

cautious funny generous
lazy talkative

- a Paul's _____, he often gives money to charities.
- b Kevin is _____, he doesn't like trying new activities.
- c Kate always makes me laugh, she's very _____.
- d They're always on the telephone, they're very _____.
- e He never wants to help at home – he's very _____.

Simple Present and Present Progressive (Review)



3 Complete the sentences and questions. Use the simple present or the present progressive form of the verbs in parentheses.

- a Sally _____ (use) the computer every day.
- b They _____ (not play) sports on the weekend.
- c _____ you _____ (watch) TV at the moment?
- d I _____ (not relax) now.
- e How often _____ you _____ (go) shopping?

- f We _____ (study) English three times a week.
- g What _____ your friends _____ (do) now?
- h Jamie _____ (play) a video game at the moment.

Gerunds

4 Write sentences and questions using gerunds.



- a Simon / interested in / play football?

- b Simon / into / play computer games.

- c Maggie / like / play tennis?

- d Maggie / not into / play tennis.

- e Tim and Sue / hate / go shopping.

- f What / Tim and Sue / enjoy / do?

Grammar Buildup 1

1 2 3 4 5 6 7 8

5 Choose the correct words.



To: Sam

From: Jane

Subject: All about me

Hi! My name's Jane. I'm American, but I **a don't live / doesn't live** in the US, I **b lives / live** in Canada. I go to high school in my town. At the moment I **c study / 'm studying** a lot because we have exams soon. What **d do I usually / do usually I** do in my free time? Well, I **e go / am going** swimming once a week. I love **f meet / meeting** my friends on the weekend. I really enjoy **g draw / drawing** and I'm good **h in / at** art.

Write soon!

Jane

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House and Home



