



# **ACADEMIC LYCEUM “INTERNATIONAL HOUSE – TASHKENT”**

**2<sup>nd</sup> semester**  
**ENGLISH LANGUAGE**

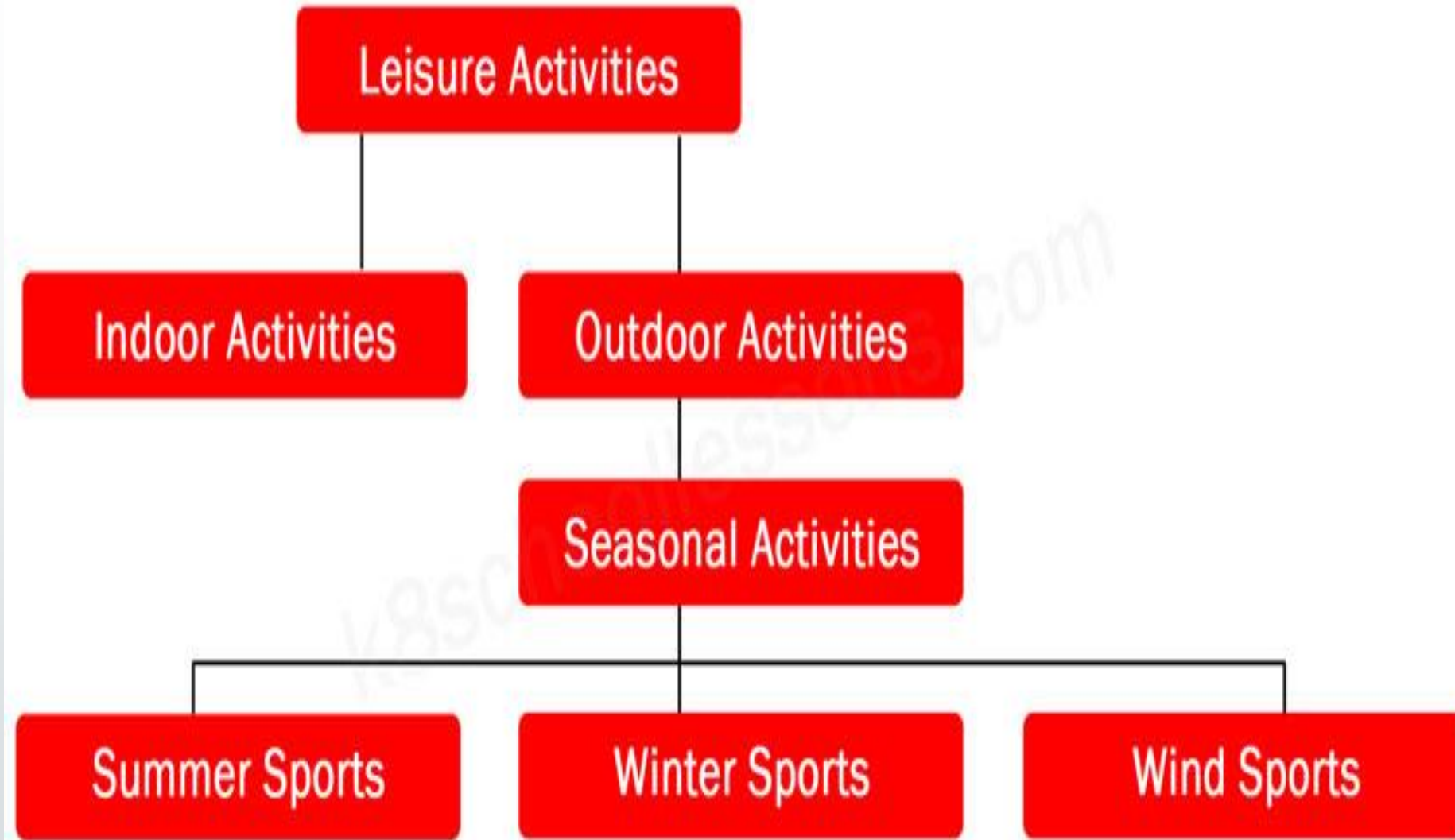
# Topic 49: Pupils book for the 11<sup>th</sup> grade pupils Unit 8 How to avoid plagiarism. Destination C1 Unit 26 Preference and leisure activities.



# Types of Leisure Activities

- Leisure activities can be classified as
  - Cultural
  - Physical
  - Social
  - Solitary
- Other ways to distinguish between leisure activities
  - The degree of cognitive, emotional, or physical involvement
  - Preoccupation versus interests







# Leisure Activities are Important!

- Positive leisure activities have lots of benefits
- Help you learn about yourself and stay healthy



GO

Swimming



Shopping



Jogging



Running



Skiing

Sailing



Fishing





**Watch TV**



**Go to the movies**



**Play video games**



**Listen to music**



**Read**



**Surf the internet**



**Play an instrument**



**Go shopping**



**Do/Play sport**



**Spend time with the family**



**Go out with friends**



**Study**



# ADVANTAGES OF ACTIVE WAY:

- \* it's good for health;
- \* it helps to keep fit;
- \* it improves your mood;
- \* finally, it's really fun.

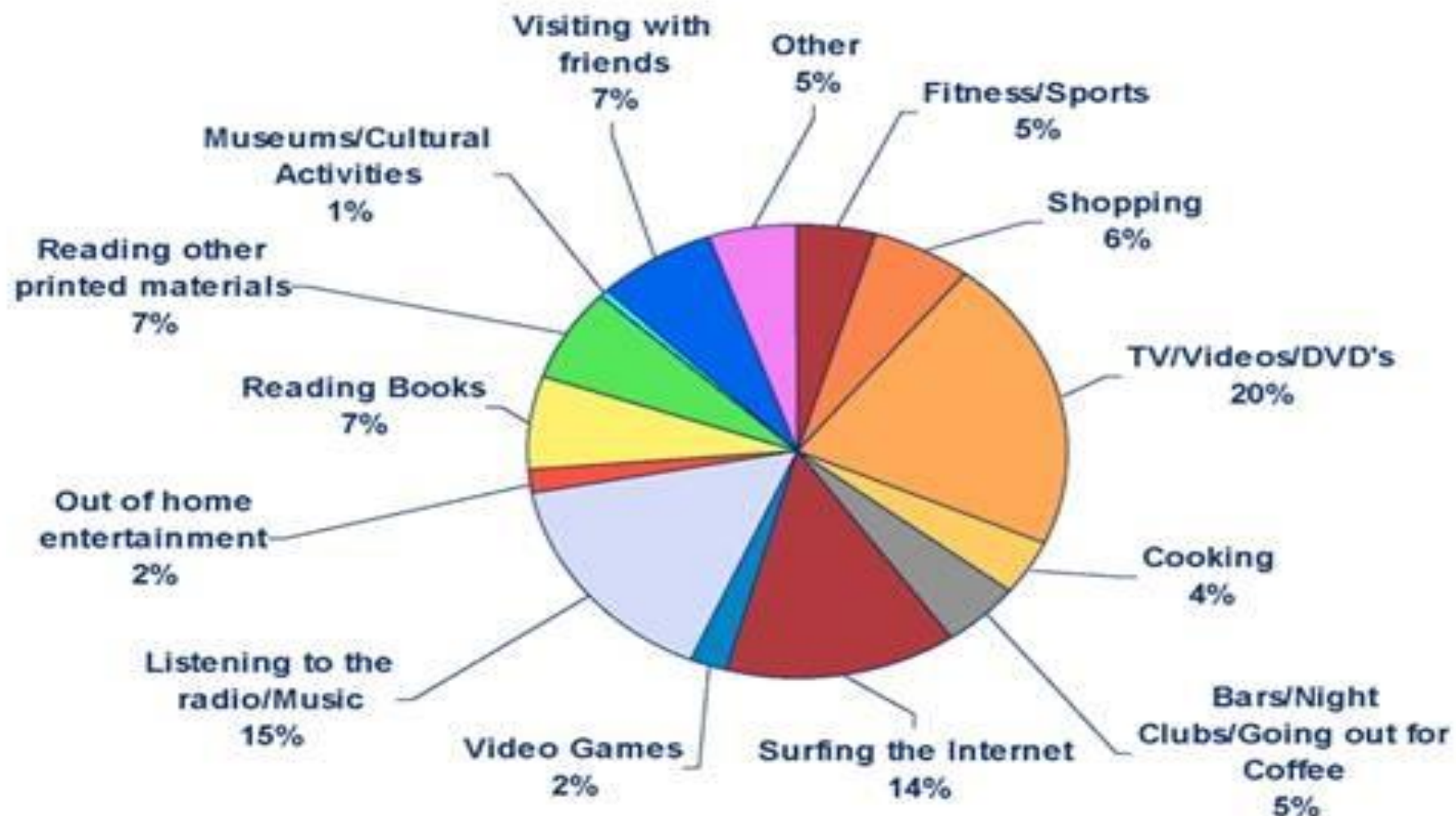




# ADVANTAGES OF PASSIVE WAY:



- \* silence and calm;
- \* the opportunity do hobbies;
- \* it helps to relax.



**Average leisure time in 1 week: 50 hours**



## Answer the questions.

1. What do people usually do in their free time in your country?
2. What hobbies are done by women?
3. What hobbies are done by men?
4. What do the young do in their spare time in your country?
5. What do the old do in their leisure time in your country?
6. What free time activities are useful to do?
7. What hobbies do you have? Why do you like these activities?
8. Do you ever read? Why is reading a good free time activity?
9. Can you play music? If yes, what instrument?
10. Do you do any sports? If yes, what?



# Leisure time

