8 Time to Spare

Reading: multiple-choice questions, reading around the gap
Vocabulary: words related to free time, phrasal verbs
Grammar: modals & semi-modals (1 & 2)
Listening: multiple-choice questions (pictures), predicting from pictures
Speaking: talking about free-time activities, decision making, talking about all the options, talking about possibility
Writing: postcard, linking words & phrases, writing the correct amount, writing a postcard

Two boys practicing freerunning parkour Aberystwyth, Wales
Reading

A What do people do in their free time?
Below is a list of popular free-time activities for young people in the UK. Put them in the order of popularity from 1 (most popular) to 10 (least popular).

- Listening to music
- Shopping
- Reading
- Watching TV
- Eating out
- Going for a day out
- Exercising
- Going to after school clubs
- Going to the cinema
- Spending time with friends / family

Your teacher will give you the correct answers.

B Work with a partner. Think of some activities people enjoy that can be very dangerous. What makes them dangerous?

C Read the title of the text. Where do you think this activity is taking place?

Deep Into Darkness

Deep underground, darkness surrounds you. Where are you? You're inside one of Earth's millions of caves. Why are you there? You're a caver and you want to explore its twisting tunnels, study its strange rock formations and look for the animals that live in it.

Meet a Caver

Stephen Alvarez is a caver. He travels the world exploring and photographing caves. He (1) _______ to climb mountains to reach some caves or dive deep down to search for underwater caves. He has photographed some very impressive caves including the longest in the world, Mammoth Cave in the USA, (2) _______ has 580 kilometres of tunnels.

Underground Danger

People sometimes ask Alvarez (3) _______ caving is dangerous. It is. 'Caves are dangerous if you don't know what you're doing,' he says. Staying safe is important. Alvarez goes into caves with other cavers, never by himself. That way, team members can look out for each other.

Cavers carry the right (4) _______ for all situations. Knee pads and gloves are important, and they must wear a (5) _______ to protect the head. Most cavers use headlamps to provide light. This leaves their hands free to climb and crawl. They also carry extra torches and they know how to use ropes.
D Read the Exam Close-up. Then read the text again and think of words which could go in each gap.

E Now complete the Exam Task. Remember to check if each word fits in the gap before choosing the correct one. Your teacher will give you the words.

F Find these words in the text and use them to complete the definitions below.

<table>
<thead>
<tr>
<th>capture</th>
<th>crawl</th>
<th>destroy</th>
<th>explore</th>
<th>flow</th>
<th>surround</th>
</tr>
</thead>
</table>
1 To ______ means to be all around something or someone.
2 To ______ means to damage something completely.
3 To ______ means to catch someone or something.
4 To ______ means to travel around an area to learn about it.
5 To ______ means to move slowly along the ground on hands and knees.
6 To ______ means to move easily in one direction.

Exam Close-up

Reading around the gap
- Read the text quickly to get a general understanding of it.
- Then re-read the sentences with gaps and try to think of a word that could fit before you look at the answer options.
- Read the answer options, start by eliminating the obviously wrong answers, and then focus on the options that are left.
- Sometimes, two answers seem possible, so read ‘around’ the gap so you understand the complete sentence.

Exam Task

Read the text and choose the correct word for each space. For each question, mark the correct letter a, b, c, or d. Your teacher will give you the words.

Decorations
There are fantastic shapes to see in caves. These shapes are called decorations and they form when rainwater drips onto stone. Examples of these are stalactites, which hang down from a cave ceiling, and stalagmites, which grow upwards from the cave floor. But Alvarez says there are many (6) ______, including some that look like popcorn and some that look like a nest of eggs.

Cave Creatures
Beautiful cave decorations are not all that you’ll see in caves. Animals live in caves, too. Many of (7) ______ are eyeless. They don’t need eyes because there is no light in the cave. Alvarez has seen fish and spiders without eyes. Because they can’t see, these creatures can hear, touch or smell very well. They can move around and they know what’s nearby. They can capture their food without ever seeing the victim!

Cave Threats
Explorers like Alvarez know how important it is to (8) ______ caves. Pollution is one threat. Polluted water from farms or businesses can flow into caves, destroying decorations and killing animals. Human visitors can also be a threat. A (9) ______ caver can destroy in minutes what took thousands of years to form. That’s (10) ______ responsible cavers say, ‘Take nothing but pictures. Leave nothing but footprints. Kill nothing but time’!

Ideas Focus

- Would you like to try caving? Why? / Why not?
- Do you enjoy doing all of the activities in Exercise A? Why? / Why not?
Vocabulary

A Match the free-time activities 1–8 with pictures a–h

1 photography   3 martial arts   5 sculpture   7 ballet
2 cookery       4 drama         6 painting     8 gaming

B Complete the sentences with some of the words in A.

1 Ben teaches ______________ to primary school students. Some of them want to become actors now.
2 “I don’t understand this _______________. The colours are bright but I can’t see what it is”.
3 The _______________ course I went on was excellent. I know a lot more about my camera now.
4 He’s done Judo since he was four. He’s always preferred _______________ to team sports.
5 Tom loves _______________. He’s always got his nose in a recipe book.
6 She’s a very talented artist; her _______________ stands in many famous art galleries.

C Work with a partner. Use the words below to talk about the activities in A. Give your opinion of each and a reason why you like it or why not.

adore    love    really like / like a lot   quite like   like ... a bit   don’t like   really don’t like   hate   can’t stand

I really like cookery because I love eating!

So do I!

Ideas Focus

• Are there any hobbies you do with your family? If yes, what are they?
• Do you think hobbies should be educational as well as entertaining? Why / Why not?
Choose the correct answers.

1. Is it OK if I borrow your pencil for a minute?
   - I borrow your pencil for a minute?
   a. Should  
   b. Can  
   c. Am I able

2. I’m certain he’s in the park because his football boots aren’t here.
   - His football boots aren’t here so he ______ in the park.
   a. must be  
   b. can’t be  
   c. might be

3. You are able to join the photography club.
   - You _____ join the photography club.
   a. must  
   b. can  
   c. mustn’t

4. You ought not to go swimming today.
   - You ______ go swimming today.
   a. mustn’t  
   b. aren’t able to  
   c. shouldn’t

5. He was able to play the piano very well when he was younger.
   - When he was younger, he ______ play the piano very well.
   a. wasn’t able  
   b. can  
   c. could

6. It’s possible that he will have an art exhibition next spring.
   - He _____ have an art exhibition next spring.
   a. should  
   b. must  
   c. may

7. I think it’s a good idea for you to go outside more.
   - You _____ go outside more.
   a. might  
   b. must  
   c. ought to

8. They weren’t able to open the window.
   - They ______ open the window.
   a. couldn’t  
   b. can’t  
   c. did not

D Work with a partner. Decide on the advice you would give your friend for each point below and suggest things that could help in each situation.

Your friend wants to …
1. get fit and lose weight
2. learn bungee-jumping
3. start a recycling campaign at school
4. change schools because she has broken up with her boy / girlfriend
A Look at the pictures below and write a word or phrase to describe the connection between the pictures in each set.

1

A  look  at  the  pictures  below  and  write  a  word  or  phrase  to  describe  the  connection  between  the  pictures  in  each  set.

2

B Imagine the pictures in A (a, b or c) are the answer choices to a listening task. Discuss with a partner what the people might talk about and any words they might say.

C Now listen to the conversations and see if you were right. Choose the pictures in A (a, b or c) that answer the questions below.

1 How is the girl going to travel to Scotland?
2 What has the woman planned to do first?

D Read the Exam Close-up. Then read the Exam Task and note down what you might hear for each set of pictures.

E Now complete the Exam Task.

Exam Close-up

Predicting from pictures
- Before you listen, it’s important to read the questions and look at the pictures carefully.
- When you look at the pictures, try to imagine what the listening could be about.
- Think about the differences and the words you could hear for each picture.

There are seven questions in this part. For each question, there are three pictures and a short recording. Circle the correct picture a, b or c.

1 What time does the girl’s music lesson start tonight?

2 Which sport did Tom try?

3 Which concert is the boy NOT going to buy a ticket for?

4 Which bikini does the young woman prefer?

5 Where is the tennis racket?

6 How much does the woman pay per month for her gym?

7 What has the grandmother done this afternoon?

F Now listen again.
Exam Task
A boy and a girl are going on holiday by coach. It's a long journey and they might get bored so they want to take some things to do while they are travelling. Talk together about the things they could do.

Things to do on the coach
- reading
- taking pictures
- playing on your phone
- watching a film
- eating
- playing games
- writing

Now decide which one would be best for both of them.

Useful Expressions

Talking about possibility
Do you think … might be good?
I don’t think … would be a good idea because …
… could be good? What do you think?
Yes, I think … would be good because …
No, I don’t think that would work because …

Exam Close-up

• It’s important to talk about all the options in the exam before deciding on the best one.
• Think about the advantages and disadvantages of each option and give your opinion.
• It’s a good idea to say why an option might be good before you say why it might not be the best.
• Remember to ask your partner his or her opinion.

Speaking

A Work with a partner and answer these questions.
- Which type of transport do you prefer to use on a long journey?
- What could you do to stop getting bored when you go on a long journey?

B Write A (advantages) or D (disadvantages) after the statements 1–6 about going on a journey by car.
1 You feel sick.
2 You can look out of the window and enjoy the view.
3 There are traffic jams.
4 You can’t stand up and walk around.
5 It’s a fast way to travel and can be comfortable.
6 You can stop and get out when you want to.

C Read the Exam Close-up. Then read the Exam Task and think about the advantages and disadvantages of each option.

D Now work with a partner to complete the Exam Task. Use the Useful Expressions to help you.
Vocabulary

Phrasal Verbs

A Match the phrasal verbs with their meanings.

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>call for</td>
</tr>
<tr>
<td>2</td>
<td>cut out for</td>
</tr>
<tr>
<td>3</td>
<td>find out</td>
</tr>
<tr>
<td>4</td>
<td>show off</td>
</tr>
<tr>
<td>5</td>
<td>take to</td>
</tr>
<tr>
<td>6</td>
<td>take up</td>
</tr>
<tr>
<td>7</td>
<td>call out</td>
</tr>
<tr>
<td>8</td>
<td>try out for</td>
</tr>
</tbody>
</table>

B Complete the sentences with the correct form of the phrasal verbs from A.

1. You could have looked online if you had wanted to _______ about the different martial arts.
2. Are you really going to _______ the main role in the school play?
3. So you’re a top athlete – you still shouldn’t _______ about the fact that you’re super rich.
4. I didn’t like ballet in the beginning, but I’m really beginning to _______ it now.
5. You won an Olympic gold medal; this _______ a celebration!
6. I could have been a rock star, but I wasn’t _______ life on the road.
7. You’re overweight and unfit – you should have _______ a sport when you were younger.
8. Mary Jane can’t have been in the audience or she would have come on stage when I _______ her name.

C Rewrite the sentences below in your notebook replacing the words in bold with some of the phrasal verbs in A.

1. I wish Pete wouldn’t _______ in a boastful way about his iPod all the time.
2. I didn’t use to like tap dancing, but I’m beginning to _______ it now!
3. I want to _______ ballroom dancing, but I’m scared my friends will laugh at me!
4. Martial arts _______ great strength and stamina.
5. I’m not suited to drama classes. I’m too shy!
6. I’ll _______ what time the art classes start when I’m surfing the Net later.

D Discuss these questions with a partner.

• Are there any hobbies you would like to _______ in the future?
• Have you ever had to _______ for something? What happened?
• Have you ever _______? What happened?
Grammar

Modals & Semi-modals (2)

A Read the example sentences carefully. What do the modal verbs in bold in each group have in common?

Group 1
Can I go to the party, please?
You can borrow my new game if you like.
Could you get me a glass of water, please?
May we have another ice cream, please?
You may leave when you finish the test.
The modal verbs refer to ____________________

Group 2
I must make some snacks for the party.
You have to be at the sports club by seven o’clock.
You mustn’t park your car here.
The modal verbs refer to ____________________

Group 3
You needn’t buy any milk because there’s some in the fridge.
We don’t have to go to the festival if you don’t want to.
The modal verbs refer to ____________________

B Work with a partner and complete the meanings of each group with the words below.

• lack of obligation or necessity
• necessity, obligation and prohibition
• permission and request

Grammar Focus p.168 & 169 (8.1 to 8.9)

C Choose the correct answers.

1 Don’t forget you ____ do your maths homework by 10 tomorrow. Mr King will be angry if you don’t do it!
   a have to   b don’t have to   c could
2 We ____ buy any materials for the arts and crafts class. It’s all provided by the school.
   a need      b must      c don’t have to
3 Mum told me I ____ stay up so late watching TV.
   a ought not b shouldn’t c must
4 Excuse me? ____ you help me with this suitcase?
   a Must      b Can’t     c Could
5 Members ____ use the school theatre without asking Mrs Devon.
   a mustn’t   b needn’t   c have to
6 It’s OK. You ____ come early; I’ll have lots of helpers so come a bit later.
   a needn’t  b have to   c mustn’t
7 She hurt her ankle but, luckily, she ____ go to hospital.
   a doesn’t have to b might     c must
8 We ____ bring your passport here tomorrow so we can check it.
   a need      b must      c ought

D Complete the sentences with these words or phrases, then match them to the responses.

<table>
<thead>
<tr>
<th>Can</th>
<th>Could</th>
<th>Do we have to</th>
<th>He doesn’t have to</th>
<th>may</th>
<th>must</th>
<th>mustn’t</th>
<th>shouldn’t</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 You _____ work all the time; get a hobby.</td>
<td>a Okay, I’ll tell him.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 You _____ shout at your teammates! It’s wrong!</td>
<td>b What? Again? Why don’t you walk?</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 ________ go to summer camp?</td>
<td>c Let me know when you’re sure and I’ll join you</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 Excuse me, Mr Jenkins. ________ you help me with my sculpture?</td>
<td>d Yes, of course. Give me a minute, please.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 You ________ wear a helmet when you go cycling or you’ll get a fine</td>
<td>e No, only if you want to.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6 Hey, Dad! ________ you give me a lift to the gym?</td>
<td>f I know. I’ll put it on right now.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7 ________ take a racket; I’ve got an extra one.</td>
<td>g Sorry, Coach. It won’t happen again.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8 I ________ start weightlifting again, but I’m not sure if I have time.</td>
<td>h You know, that’s very good advice.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
A Circle the correct words.
1 I’ve got three sisters as well / as well as a brother.
2 We’re making a cake because / and it’s my best friend’s birthday.
3 Tell me more about your family. For example / Such as, where does everyone live?
4 I’m going to art college like / since painting and sculpture are my favourite pastimes.
5 They went to Peru in 2010 and / too again in 2012.
6 Activities also / like ice hockey, skiing and snowboarding are very popular in Canada.
7 Aunt Meg will help us as / for instance she’s very reliable.
8 They invited their relatives and their in-laws as well / because to the party.

B Read the writing task below and then answer the questions about it in your notebook.

You are on holiday with your family. Write a postcard to your friend Jo in America. In your card you should:
• tell Jo about your holiday
• say what you are going to do tomorrow
• ask Jo about his holiday

Write 35–45 words.

1 What will you write?
2 Who will read it?
3 What information should you include?
4 What question do you need to include?
5 How many words do you have to write?

C Read the example postcard and circle the linking words and phrases that Luke has used.

Hi Jo!

We’re having a lovely time. The food is delicious. We’ve had grilled fish, as well as tasty starters like Greek salad and calamari.

We’re going water-skiing tomorrow afternoon.

When are you going on holiday? Send me a postcard!

Bye!

Luke

Jo Denman
42 Acacia Ave.
Denton,
California 802543
USA
D  Read the example postcard again and tick (✓) the things the writer has done.
1 included a question
2 described negative things about the holiday
3 used different adjectives
4 included the plan for the next day
5 described the weather
6 used informal language
7 explained the positive points about the holiday
8 included a greeting and ending

E  Read the Exam Task below. Then work with a partner and complete the sentences with your ideas.
1 We’re on holiday in ...
2 The weather is ...
3 The hotel / campsite / apartment is ...
4 The food is ... We’ve had ...
5 We’ve been to ... and seen ...

F  Now read the Exam Close-up and complete the Exam Task. Remember to check your postcard when you have finished.

Exam Task
You are on holiday with your family. Write a postcard to your friend Ed in England. In your card you should:
• say where you are
• say what you have done
• ask Ed about his holiday
Write 35–45 words.

Exam Close-up
Writing the correct amount
• Remember to read the number of words you can write before you plan your writing.
• If you write too many words, remember not to cross out the information the exam question asked you to include.

Useful Expressions
Writing a postcard
We’re having a lovely time. We’ve been to …
The weather is … We’ve seen …
The hotel / campsite / apartment is … We’ve done some sightseeing.
The beach is … See you soon!
The food is … Miss you!
We’ve had …
8 Young Adventurers

Before you watch

A Look at the photo and label it with these words.

- caver
- ledge
- ropes
- waterfall

While you watch

B Watch the video and circle the words you hear.

1. But this is no ordinary / normal camping trip.
2. Using ropes to rappel into the cave is the only real choice / option for going underground.
3. Lights and warm clothes are both necessities / requirements for the cavers.
4. After only a few feet, they’re at a very tight spot called ‘the chimney’. It’s a fall / drop of nine metres.
5. But she says, in the cave, everyone encourages / supports each other.
6. Nature is better / bigger than we are, and it will be here, the caves will be here, even if we aren’t.

After you watch

C Complete the summary of the video below using these words.

- choice
- confidence
- descend
- exhilarating
- huge
- narrow
- techniques
- underground

Jessica Fagan has been caving since she was very young. She learnt many of her caving (1) ____________ from her father, Joey, an experienced caver. Today, Jessica and her fellow Girl Scout cavers have decided to (2) ____________ into a difficult cave in the hills of Virginia.

To get access to the cave, the girls use ropes to gently lower themselves through the cave entrance. Once (3) ____________, the girls continue on through the tunnels. Sometimes the only (4) ____________ the girls have is to squeeze their way through the (5) ____________ passages on their hands and knees. It can be a frightening experience, which is why Jessica feels that (6) ____________, not strength, is the main requirement for being a caver. Eventually the girls arrive at a(n) (7) ____________ 18-metre waterfall, a(n) (8) ____________ sight at the end of their long journey.

Ideas Focus

- What qualities does a person need to be a caver?
- Would you like to spend your free time caving, or doing a less extreme kind of activity? Why / Why not?
Vocabulary

A Complete the sentences with the correct form of the words in bold.

1. Despite the weather, the woman took her dog for an __________ walk in the park. EXHILARATE
2. The archaeologists discovered two huge __________, at the entrance to the tomb. SCULPT
3. Jane wanted to take up __________ classes as a hobby. COOK
4. Jo has been good at __________ since she was two years old. PAINT
5. The climber just didn’t have the __________ to go any further that day. STRONG
6. Mark has made a career out of __________, selling most of his pictures to online news sites. PHOTO
7. The __________ of the climbers was the rescue team's main concern. SURVIVE
8. He's Dutch and works in the __________ industry. He gets to try out all the new games. GAME
9. Roger is very __________ about how much money his family has. BOAST
10. The explorer was __________ after walking through the desert for thirty days. EXHAUST

B Circle the correct words.

1. My brother likes to show up / off about his sports car.
2. Rock climbing calls for / about great concentration and strength.
3. The village is situated between / among two rivers.
4. She didn’t like cooking at first, but now she has taken by / to it.
5. Peter has decided to try out with / for the long-jump team.
6. The hikers managed to cope at / with the extreme heat.
7. Are you cut out in / for being the leader on an expedition?
8. I’m thinking of taking up / off salsa dancing in my free time.
9. The temperature in Sweden can go below / under freezing.
10. Some islands in the Pacific rise just a few metres above / on sea level.

C Match the opposites.

1. survive □ a. healthy
2. give up □ b. physical
3. cope with □ c. continue
4. hurt □ d. go away
5. mental □ e. die
6. go along □ f. panic

D Complete the sentences with these words.

adapt    collapse    do    go    prevent    companion

1. He was lucky he had a great travelling __________ with him.
2. A climber may __________ from lack of oxygen while climbing Mount Everest.
3. We decided to __________ on a journey to the mountains.
4. I will __________ my best when I take part in the competition.
5. If you live in a warm climate, it's difficult to __________ to a cold climate.
6. You must follow the safety rules to __________ accidents from happening.
An amazing survival
Aron Lee Ralston (1) to climb the red rocks near the Canyonlands National Park on Saturday, 26 April, 2003. Aron, who was an athletic 27-year-old and a very experienced climber, (2) Colorado’s peaks for years, before that fateful Saturday.

That day, he was dressed in a T-shirt and shorts. He also had a backpack with a few supplies. At some point while he (3) over a huge rock that filled a narrow slot in the canyon, it came loose and crashed down trapping his right forearm against the rock wall. He (4) to free his arm, but without success. He knew there was little hope of getting help as he (5) anyone about his plans for that day.

Aron’s condition was becoming worse and worse every day because he (6) very little food or water for days. He knew that if he didn’t do something soon, he would die. Then on Thursday morning, his fifth day in the canyon, he decided that the only chance he had to survive was to cut off his arm! He did it using a multi-tool he had with him. Even though he (7) in terrible pain, he (8) to walk out of the canyon. He was spotted by some hikers and eventually rescued by helicopter. The rescuers were amazed at Aron’s will to live and the brave thing he had done.

B Choose the correct answers.

1. Let’s keep on walking for a while, ___?
   a. should we  b. shall we  c. do we

2. Who ___ the equipment for the expedition?
   a. did prepare  b. prepared  c. prepare

3. You haven’t realised that we’re lost, ___?
   a. have you  b. haven’t you  c. did you

4. What ___ to land the plane safely?
   a. the pilot did  b. did the pilot  c. did the pilot do

5. ___ invited Jane to the party?
   a. You didn’t  b. Haven’t you  c. You

6. The climbers’ adventure was on the news, ___?
   a. weren’t they  b. wasn’t it  c. were they

7. I am going to adapt to this weather, ___?
   a. am I  b. I’m not  c. aren’t I

8. ___ enjoying your holiday?
   a. Not are you  b. Aren’t you  c. You aren’t

C Complete the second sentences so that they have a similar meaning to the first sentences. Use the words in bold.

1. Perhaps the climbers are lost. Let’s call the police. may
   The climbers ___ . Let’s call the police.

2. They had the ability to go on holiday last summer. able
   They ___ go on holiday last summer.

3. My advice is to ask for your parents’ permission. ask
   You ___ for your parents’ permission.

4. All rescuers are obliged to wear special clothes. had
   All rescuers ___ special clothes.

5. It wasn’t necessary for them to find a hotel because they camped every night. need
   They ___ a hotel because they camped every night.

6. I’m sure the explorers have reached their destination by now. reached
   The explorers ___ their destination by now.

7. The hiker took a raincoat with him, but it didn’t rain. have
   The hiker ___ a raincoat with him, as it didn’t rain.