



APEX ENGLISH

Your voice. Global.

B1 · GENERAL ENGLISH

UNIT 6 · B1·6A

What do you actually enjoy?

Theme · Free time

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What do you actually enjoy?

Theme: Free time

B1 · General English



Learning objectives

- Talk about hobbies and free-time activities honestly.
- Use verbs + gerund (-ing) and verbs + infinitive (to do) correctly.
- Describe what you enjoy, what you avoid and what you keep meaning to do.

Ask the teacher — notes to bring to class



Class Book

Warm-up · Your last free Saturday

Think about your **LAST** free Saturday. Describe it in 3 sentences: what you did, who with, and how you felt at the end of the day.

What did you actually do?

Who was with you (if anyone)?

Sunday morning — energised or tired?

Lead-in · Guess the hobby

Read each cryptic description. Guess which free-time activity it is. Then reveal the answer.

1. You spend hours choosing the wool, then more hours undoing your mistakes. Meditation with sharp sticks.

2. You go somewhere with no phone signal on purpose, carry your bed on your back, and pay to be uncomfortable.

3. You watch a match by yourself at 2 a.m., shout at the TV, and pretend the next morning you slept fine.

4. You buy a small square of paper, fold it 40 times, and end up with... a crane. Or a mess.

5. You cook something you can't pronounce, follow a video from Japan, and eat the result alone at 11 p.m.

followUp: Which of these is closest to a hobby YOU actually do? Which one would you never do?

Reading · The hobby I stopped lying about

For years, when people asked me about my hobbies, I gave the same lie. 'I love reading and travelling,' I said. It sounded like the right answer — cultured, curious, respectable. The truth? I hate long novels and I get travel-sick on buses.

What I actually enjoy is boring. I like watching football, playing video games with people I've never met, and cooking the same three recipes on repeat. None of these sound impressive at a dinner party. All of them make my week better.

The lesson took me years to learn. A real hobby is not the one that sounds good — it's the one you keep coming back to when nobody is watching. If you enjoy something on a rainy Tuesday when you're tired, that's the real thing. Everything else is theatre.

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1. What was the writer's old lie?
 - (A) That he liked football
 - (B) That he loved reading and travelling
 - (C) That he cooked well
2. How does he define a REAL hobby?
 - (A) The one that sounds impressive
 - (B) The one you come back to when no one is watching
 - (C) The one that costs the most money
3. How does he feel about his real hobbies?
 - (A) Ashamed
 - (B) Proud that his week is better
 - (C) Bored

Vocabulary in context

Match the phrase to its meaning.

respectable — socially approved, that sounds good to others

on repeat — again and again

impressive — makes others admire you

theatre (figurative) — for show, not real

True / False / Not Given

Based only on the text.

1. The writer used to lie about his hobbies.
 - (A) True
 - (B) False
 - (C) Not Given
2. He now enjoys running marathons.
 - (A) True
 - (B) False
 - (C) Not Given
3. His real hobbies sound impressive at dinner parties.
 - (A) True
 - (B) False
 - (C) Not Given

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4. He thinks the real test of a hobby is doing it on a bad day.

- (A) True
- (B) False
- (C) Not Given

React to the text

Answer in 2–3 sentences.

1. Have YOU ever lied about a hobby to sound more interesting?

2. What's your most 'unimpressive' hobby that you'd defend?

Scan for meaning

Find the word or phrase from the text.

1. again and again

2. socially approved

3. makes others admire you

Vocabulary · Free time & hobbies

hobby — an activity you enjoy in your free time

pastime — a slightly more formal word for hobby

board game — a game played on a board (chess, Monopoly)

gig — a live music show, usually small

gym — the place where you go to work out

podcast — an audio show you listen to on demand

spend quality time (with) — spend relaxed time with someone

unwind — relax, do nothing much

take up — start a new hobby

give up — stop doing something

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be into (something) — really like an activity

kill time — do something small while waiting

practice

Complete each sentence with ONE word or phrase from the lists.

1. I'm really ____ true-crime podcasts at the moment.

2. I ____ yoga last year and I already feel better.

3. I ____ smoking three months ago — hardest thing ever.

4. Let's just ____ at my place this weekend, nothing fancy.

5. There's a great ____ tonight at the small venue near the river.

6. I play chess on my phone to ____ at the airport.

Collocations · verbs + free-time nouns

Match each verb with the noun it usually goes with.

play — a game / a sport / an instrument

do — yoga / karate / exercise

go — hiking / running / swimming

watch — a film / a series / a match

listen to — music / a podcast / the radio

Odd one out

Choose the word that does NOT belong.

1. gym · yoga · gig · pilates

(A) gym

(B) yoga

(C) gig

(D) pilates

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2. hiking · running · knitting · swimming

- (A) hiking
- (B) running
- (C) knitting
- (D) swimming

3. podcast · album · playlist · umbrella

- (A) podcast
- (B) album
- (C) playlist
- (D) umbrella

Word building · verb ↔ noun

Complete each pair.

utility:

1. to relax → I need some ____

2. to entertain → this movie is pure ____

3. to enjoy → what a lovely ____

4. to exercise → I do daily ____



Grammar · Verb + gerund / verb + infinitive

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1. Verb + gerund (-ing) — common verbs — • enjoy, love, like, hate, don't mind, avoid, keep, finish, mind, suggest, imagine, practise. • I enjoy watching football. • She avoids working late. • Do you mind waiting five minutes?

2. Verb + infinitive (to + verb) — common verbs — • want, decide, plan, hope, promise, offer, refuse, learn, would like, need. • I want to learn Italian. • She decided to move to Porto. • Would you like to come with us?

3. Verbs where BOTH are possible (little/no change of meaning) — • love, like, hate, prefer, start, begin, continue. • I love cooking. = I love to cook. • It started raining. = It started to rain.

4. Verbs where the meaning CHANGES — • remember/stop/try + -ing OR + infinitive. • Remember to lock the door. (a future action you must do) • I remember locking the door. (a memory of a past action) • I stopped smoking. (I don't smoke any more.) • I stopped to smoke. (I paused in order to smoke.)

Exercise A — gerund or infinitive?

Complete each sentence with the correct form of the verb in brackets.

1. I enjoy ____ (cook) on Sunday mornings.

2. She decided ____ (take up) yoga this year.

3. Would you like ____ (join) us for dinner?

4. I don't mind ____ (wait) for you.

5. He avoids ____ (talk) about his job.

6. We plan ____ (move) house in spring.

Exercise B — remember / stop / try

Choose the correct form and explain the meaning briefly.

1. Please remember ____ (call) your grandmother — it's her birthday.

2. I remember ____ (call) her yesterday — she sounded well.

3. He stopped ____ (smoke) two years ago.

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4. On the way home I stopped ____ (buy) some milk.

Exercise C — Find and fix the mistake

Each sentence has ONE mistake.

1. I enjoy to watch films at the weekend.

2. She decided taking up guitar lessons.

3. I want learn Italian this year.

4. Do you mind to wait five minutes?

Exercise D — Rewrite with a different verb

Rewrite each sentence using the verb in brackets.

1. I really like cooking. (love)

2. I don't like waking up early. (hate)

3. I go running every morning. (enjoy)

Exercise E — About you

Complete each sentence truthfully about YOUR free time.

1. This year I've decided to ____

2. I've been meaning to take up ____

3. I really enjoy ____ but I avoid ____

Exercise F — Complete the mini-conversation

Complete each gap with the correct form.

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1. — What do you usually do at the weekend? — I love ____ (hang) out with friends and I try ____ (go) to a gig once a month.

2. — Any new hobby this year? — I've decided ____ (learn) Portuguese properly and I enjoy ____ (watch) short shows in the language.

Listening · Two friends: what to do on Saturday

Two friends make plans for Saturday. Notice how they use gerunds and infinitives naturally as they suggest and refuse.

pre

When you make plans with a friend, who usually decides — you or them?

What is your golden rule for a good Saturday?

gist

1. What do the two friends finally agree to do?

2. Why does Voice A refuse the cinema idea?

3. What does Voice B suggest first?

detail

1. What did Voice B do last Saturday?

2. Where is the brunch place?

3. What does Voice A promise to bring?

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Third listen — read between the lines

Answer from what is *IMPLIED*.

1. Are these two close friends?

2. Who is the more spontaneous of the two?

Useful language from the audio

Match each phrase to what it does.

"I don't mind going for a walk." — verb + gerund

"I'd love to go to the gig." — verb + infinitive

"Do you fancy meeting at 11?" — informal suggestion

"Sounds good to me." — accepting a plan

"I'm not really up for it." — politely refusing

Voice A: Hey — any plans for Saturday? I need to get out of the flat.

Voice B: Same. I stayed home last Saturday and watched three episodes of the same series. Boring but comfortable.

Voice A: Sounds like me. How about a gig? There's that band playing at the small venue.

Voice B: I checked — sold out. Ugh.

Voice A: OK, cinema?

Voice B: Honestly, I'm not really up for it. I stared at screens all week. Can we do something outside?

Voice A: Fair. I don't mind going for a walk. Brunch first?

Voice B: Perfect. Do you fancy meeting at 11 at that place near the old market? Ten minutes from your flat.

Voice A: Sounds good to me. I'll bring sunglasses — for once.

Voice B: You always forget them. Miracle.

Fourth listen — fill the gaps

Listen again and complete the exact phrases.

1. I don't mind ____ (go) for a walk.

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2. Do you fancy ____ (meet) at 11?

3. I'm not really ____ ____ ____ it.

4. I'll ____ sunglasses — for once.

Speaking · Plan the perfect Saturday

In pairs, plan a Saturday together. Use at least THREE verb+gerund and THREE verb+infinitive structures. Agree on: morning, lunch, afternoon and evening.

Scene: A rainy Saturday with 20€ each

A: You: want cheap and cosy.

B: You: want to try something new indoors.

Scene: A sunny Saturday with a visiting friend

A: You: local — know the best spots.

B: You: visiting for the first time — want to see the city.

Scene: A Saturday recovering from a bad week

A: You: totally exhausted, want zero people.

B: You: think going out will actually help.

Discussion · free time

Choose 2 questions and speak for 30–45 seconds each.

What's the hobby you'd take up if you had unlimited time?

Do you enjoy doing things alone or in a group?

What's the last hobby you gave up? Why?

How much of your free time is really 'free'?

Role-play · Convincing a friend to try YOUR hobby

Read your role, prepare, then run the conversation for 2 minutes.

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Scene: You are obsessed with one hobby — your friend rolls their eyes every time you mention it

A: You: convinced this hobby would change their life. Prepare 3 honest reasons.

B: You: politely sceptical. Refuse twice, then find an honest compromise.

Mini-presentation · 60-second hobby portrait

Prepare and deliver a 60-second portrait of ONE of your hobbies — honestly, no theatre.

Beat 1 (10s) — What is the hobby, in one line?

Beat 2 (15s) — When and how you started.

Beat 3 (20s) — What you love AND what annoys you about it.

Beat 4 (15s) — What you'd say to someone thinking of trying it.

sample: My hobby is night walks — I walk for an hour after dinner, alone. I started three years ago because I couldn't sleep. What I love: the streets are quiet and my head clears. What annoys me: bad weather and my phone constantly buzzing. If you're thinking of trying it, start with 20 minutes, leave your headphones at home the first time — and it works better than any sleeping pill I've tried.

Writing · A hobby post for a friend

Write 80–100 words to a friend recommending a hobby. Use at least 2 verb+gerund and 2 verb+infinitive structures, and include ONE specific detail (a time, a price, a place).

bonus: Bonus — Rewrite the same recommendation in ONE sentence for a text message.

Wrap-up · What did we cover?

Verb + gerund: enjoy, avoid, mind, keep, finish, suggest.

Verb + infinitive: want, decide, plan, hope, promise, would like.

Remember / stop / try change meaning with -ing vs to +verb.

A real hobby is the one you do on a rainy Tuesday.

Quiz

1. "I enjoy ___ football at the weekend."

- (A) watch
- (B) to watch
- (C) watching

2. "She decided ___ up yoga."

- (A) taking
- (B) to take
- (C) take

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3. "Please remember ____ the door." (a future thing you must do)
- (A) locking
 - (B) to lock
 - (C) lock
4. 'Take up' means...
- (A) stop a hobby
 - (B) start a hobby
 - (C) hate a hobby
5. "Do you fancy ____ for a drink?"
- (A) go
 - (B) to go
 - (C) going



Workbook — home practice



1. Vocabulary recall

Complete each sentence with the best word from the class-book lesson.

1. Write ONE new word from the lesson and its meaning in your own words.

2. Write ONE collocation from the lesson and use it in a sentence about your life.

3. Write ONE phrase you'd use in real conversation this week.

2. Grammar practice · Verb + gerund / verb + infinitive

Rewrite each sentence using the target grammar of this lesson.

1. Sentence 1 → rewrite it correctly with the target grammar.

2. Sentence 2 → rewrite it correctly with the target grammar.

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3. Sentence 3 → find and fix ONE mistake.

4. Sentence 4 → complete the gap with the correct form.

5. Sentence 5 → write your own example, true about you.

3. Reading recall

Look back at the class-book reading. Answer briefly in your own words.

1. What was the main idea in ONE sentence?

2. What is ONE opinion of the writer you agree with?

3. What is ONE opinion you disagree with, and why?

4. Listening · a follow-up dialogue

Two voices talk about free time for about a minute. Notice the target grammar in use.

1. What is the main topic of the conversation?

2. Who sounds more confident and why?

3. Which target-grammar phrase appears TWICE in the audio?

Voice A: So — tell me about your free time this week. Anything different?

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Voice B: Honestly, yes. I've been trying something new — and it's changed how I feel completely.

Voice A: Give me one specific example — I want the small detail, not the big story.

Voice B: OK: I stopped checking my phone before bed. Just that. And I already sleep better.

5. Writing · a short reflection

Write 70–100 words about the theme of this lesson. Use at least 2 examples of the target grammar and 3 words from the vocabulary list.

6. Reflection

Look back at your notes from class. Answer briefly.

1. What is ONE thing from this lesson you already use naturally?

2. What is ONE thing you'd like to practise more this week? How exactly?

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Answer key — Class Book

Lead-in · Guess the hobby

1. Knitting.
2. Hiking / trekking / camping.
3. Watching football (or any live sport in a different time zone).
4. Origami.
5. Cooking / trying new recipes.

Reading · The hobby I stopped lying about

1. (B) That he loved reading and travelling
2. (B) The one you come back to when no one is watching
3. (B) Proud that his week is better
1. (A) True
2. (C) Not Given
3. (B) False
4. (A) True
1. Model: yes — I've said I love running when in truth I only like the shower afterwards.
2. Model: watching cooking videos I'll never cook. It relaxes me more than any book.
1. on repeat
2. respectable
3. impressive

Vocabulary · Free time & hobbies

1. into
2. took up
3. gave up
4. chill / hang out
5. gig
6. kill time
1. (C) gig
2. (C) knitting
3. (D) umbrella
1. relaxation
2. entertainment
3. enjoyment
4. exercise

Grammar · Verb + gerund / verb + infinitive

1. cooking
2. to take up
3. to join
4. waiting
5. talking
6. to move
1. to call (future action you must do)
2. calling (memory of a past action)
3. smoking (he doesn't smoke any more)
4. to buy (paused in order to buy)
1. I enjoy watching films at the weekend.
2. She decided to take up guitar lessons.
3. I want to learn Italian this year.
4. Do you mind waiting five minutes?
1. I love cooking. / I love to cook.
2. I hate waking up early.
3. I enjoy running every morning.

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1. Model: This year I've decided to swim twice a week.
2. Model: I've been meaning to take up salsa.
3. Model: I really enjoy cooking, but I avoid washing up.
 1. hanging / to go
 2. to learn / watching

Listening · Two friends: what to do on Saturday

1. Have brunch at 11 and then go for a walk along the river.
2. She's tired of screens after a long week at work.
3. Going to a gig, but the tickets are already sold out.
 1. Stayed home and watched three episodes of a series — 'boring but comfortable'.
 2. Near the old market, ten minutes from Voice A's flat.
 3. Sunglasses — apparently she always forgets them.
1. Yes — informal language, no explanations of context, easy compromise.
2. Voice B — proposes the gig, wants to decide 'on the way'; Voice A is more organised.
 1. going
 2. meeting
 3. up for
 4. bring

Quiz

1. (C) watching
2. (B) to take
3. (B) to lock
4. (B) start a hobby
5. (C) going

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Answer key — Workbook

1. Vocabulary recall

1. Open answer — check with your teacher.
2. Open answer.
3. Open answer.

2. Grammar practice · Verb + gerund / verb + infinitive

1. Model answer — see class notes.
2. Model answer — see class notes.
3. Model answer — see class notes.
4. Model answer — see class notes.
5. Open answer.

3. Reading recall

1. Open answer — around 15 words.
2. Open answer.
3. Open answer — 2 sentences.

4. Listening · a follow-up dialogue

1. Model: both speakers compare their own experience of free time.
2. Open answer — look for specific detail and full sentences.
3. Open answer — see transcript.

6. Reflection

1. Open answer.
2. Open answer — be specific: what, when, how often.

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