

# ENGLISH

## Chapter 4 Session A

**1st**  
SECONDARY

**ME TIME**

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# HELICOMOTIVATION






Me time

**WDYT?**  
(What do you think?)

How important  
are hobbies for  
teenagers?



- 1  Work in pairs. Read the statistics. Does any of the information surprise you?

I'm surprised American teenagers sleep for nearly 11 hours.

Really? I'm not that surprised. I think ...

### FREE time in the USA

how teenagers spend their weekends

4.3 hours a day on social media


Teens **sleep** for **10.9** hours a day

3.8 hours on hobbies

Teens spend **0.9** hours a day on sports

**1.1** hours a day on schoolwork

Teens also **meet friends**, work and **listen to music**

**2**  Complete the table with the free-time activities in red.

Media and communication	Sports	Art and music	Other
play video games watch a TV series	play soccer	listen to music take photos	sleep meet friends

3



Which free-time activities in the box do you see in photos 1–6? Add them all to the table in exercise 2.

collect things   draw   go to a dance class  
go to the gym   help at home   make videos  
play chess   play in a band   play on a team  
practice the piano   use social media

1 collect things2 go to the gym3 play in a band4 play on a team5 practice the piano6 use social media



- 4 Complete the description with words and phrases from exercise 3. Change the form of the verb if necessary.

My brother Archie and I are twins but we're very different. I'm really into sports. I love soccer and I play on a team called the Midland Juniors. I have to be quick and strong for soccer, so I also go to the gym once a week.


Archie is very musical. He plays the guitar and he sometimes practices for three hours a day. On weekends, he plays in a band with two friends.

We both use social media on our phones to chat with our friends and sometimes we make videos to put on YouTube™.

But it isn't all fun! On weekends, we also do homework and 7 help at home.





**7**  Watch the video. What activities does the vlogger do on the weekend?

He sleeps, gets dressed, eats, plays sports, helps at home, vlogs, uses social media, meets with his best friend, does football training, edits videos, plays videogames and watches videos.

## 8 Work in pairs. Discuss the questions.

- 1 Which elements of the video help you to understand it? Think about images, text and the presenter.   
The images (the clock, the sad face emoji).  
The text helps to understand the language.
- 2 Why are vloggers popular?  
Young people identify with vloggers because they usually are the same age, have similar interests and come from similar background.
- 3 Would you like to be a vlogger?  
Why/Why not?