

Unit 4 – Free time well spent

Different types of sports

to play

badminton	Lauren plays badminton every Sunday afternoon.	Badminton
baseball	Baseball is known as America's pastime.	Baseball
basketball	Basketball has the tallest players.	Basketball
football	Football is the most popular spectator sport in the world.	Fußball
golf	A game of golf has 18 'holes'.	Golf
hockey	Hockey can be played by women or men.	Hockey
ice hockey	Ice hockey is often associated with Canada.	Eishockey
table tennis	Table tennis can get really competitive.	Tischtennis
tennis	Teresa used to play tennis, but she stopped when she was 12.	Tennis
volleyball	People who play volleyball are so fast on their feet.	Volleyball

to do

aerobics	My grandmother does aerobics at the local gym.	Aerobic
archery	Francis has to wear wrist guards when he does archery.	Bogenschießen
athletics	I really enjoy the running events at athletics competitions.	Leichtathletik
ballet	Nathalie started ballet later in her twenties.	Ballett
boxing	Boxing is a great way to let out extra energy.	Boxen
gymnastics	Gymnastics competitions are so impressive.	Gymnastik
karate	Karate is a type of martial art.	Karate

to go

cross-country skiing	If you're going to try cross-country skiing, make sure to dress warmly.	Schilanglauf
cycling	Cycling is one of the most common sports around.	Radfahren
dancing	Robin loves dancing with friends.	Tanzen
fishing	Everyone says fishing requires a lot of patience.	Angeln
hiking	Hiking is a sport that many students participate in.	Wandern
mountain biking	Hailie loves mountain biking and makes sure to try out all of the new tracks through the woods when she can.	Mountainbikefahren
rock climbing	Kesha started rock climbing when she was a teenager and is really good at it now!	Klettern
rowing	Rowing gets difficult when you can't see where you're going.	Rudern
running	Not everyone likes running, but it's a cheap way to get your heart rate up.	Laufen

sailing	The feeling of sailing is absolutely wonderful.	Segeln
skiing	Skiing is my favourite winter sport.	Schifahren
swimming	Chad finds swimming quite difficult.	Schwimmen
Sports equipment		
ball	The ball is always in motion.	Ball
basket	He made another basket in the game today.	Korb
elbow pads	Some sports require elbow pads.	Ellbogenschützer
football	It's difficult to throw a football correctly.	Fußball
football boots	To prepare for the upcoming season, he bought new football boots.	Fußballschuhe
football shirt	My football shirt smells awful after last night's match.	Fußballtrikot
gloves	It's helpful to wear gloves while skiing.	Handschuhe
goggles	I wear goggles when I go swimming.	Taucherbrille, Schibrille, Schutzbrille
golf bag	Zach's golf bag weighs about 15 kg when loaded with a full set of golf clubs.	Golftasche
golf club	Don't swing too hard with that golf club, you'll hurt someone.	Golfschläger
gum shield	Ute always wears a gum shield to protect her teeth during contact sports.	Zahnschutz / Mundschutz
helmet	One should always wear a helmet when riding a bike.	Helm
ice skates	There are two different types of ice skates; figure skates and hockey skates.	Schlittschuhe
mountain bike	When the roads are really muddy, you need a mountain bike if you want to go for a ride.	Mountainbike
net	He just missed the net with his shot.	Netz
punchbag	It's really fun to use the punchbag at the fitness studio.	Boxsack
racket	You need a racket to play tennis.	Schläger
road bike	Riding a road bike is a great cardio workout for you.	Rennrad
shin pads	Shin pads are required for football games.	Schienbeinschützer
ski boots	Ski boots often pinch your feet when you first put them on.	Schischeuhe
ski suit	Ski suits were popular with skiers in the 1980s and 90s.	Schianzug
skis	My skis are over 10 years old.	Schi / Schier
sticks	Klaus taught himself how to use his ski sticks correctly when skiing through deep snow.	Schistöcke
sweatband	Sia wears a sweatband when she does pilates, so the sweat doesn't drip in her eyes.	Schweißband
tennis skirt / shorts	My tennis skirt is / My tennis shorts are really uncomfortable.	Tennisrock / -hose
trainers	Zane wears trainers almost every day.	Turnschuhe
training suit	Alicia has a special training suit.	Trainingsanzug
water bottle	When Rachel goes to the gym, she always brings her water bottle with her.	Wasserflasche

Places to do sports		
bike path / mountain bike trail	Where are the best bike paths / mountain bike trails in your area?	Fahrradweg / Mountainbikestrecke
course	The cross-country course was 5 kilometres long.	Parcours, Kurs
court	She feels at home on the tennis court.	Platz
pitch	He left the pitch disappointed after the match.	Spielfeld
ring	The boxing ring terrified Jonas at first.	Ring
rink	The ice rink was a beautiful place to practice.	Eisbahn
slope	My favourite ski slope is the one through the trees.	Piste
track	Allyson ran 800m on the track.	Bahn, Laufbahn
The advantages of doing sports		
to do sports regularly / once a week / twice a week	Gary does sports twice a week, either playing tennis or going for a run.	regelmäßig / einmal die Woche / zweimal die Woche Sport treiben
to work out regularly	It's important to work out regularly to stay fit.	regelmäßig trainieren
to stay in shape / healthy	Chem stays healthy by swimming a mile every day.	in Form / gesund bleiben
to keep fit	Toby keeps fit with his dog because they go on runs together.	fit bleiben, sich fit halten
doing sports helps to reduce stress	James always tells his friends that doing sports helps to reduce stress.	sportliche Betätigung hilft Stress abzubauen
to be a lot of fun	Some sports are a lot of fun!	eine Menge Spaß machen
to make friends with other teenagers	Getting active is a great way to make friends with other teenagers and find common interests.	mit anderen Jugendlichen Freundschaft schließen
to share the same interests	Most of Elijah's friends share the same interests, which is why they do everything together.	die gleichen Interessen teilen
to be part of a team	Erzsie is part of an ultra-running team.	Teil eines Teams sein
to be motivated by training partners	Adrian is motivated by her training partners at every workout.	von Trainingspartnern/-partnerinnen motiviert werden
exercise is good for every part of the body	My doctor told me that exercise is good for every part of the body, not just those that are getting actively moved.	sportliche Betätigung ist gut für jeden Körperabschnitt/Körperteil
to improve brain health and learning	Cardio improves brain health and learning.	geistige Fitness und Lernfähigkeit verbessern
to reduce the risk of some diseases	Regular exercise and stretching reduces the risk of some diseases.	Krankheitsrisiken reduzieren
to strengthen one's muscles / bones	Bowen strengthens his muscles / bones by rock climbing twice a week.	die Muskeln / Knochen stärken
to lift weights	Jenny lifts weights with her sister.	Gewicht heben
to stop doing an exercise programme	Dan stopped doing an exercise programme when he started working at a construction company.	mit einem Übungs-/ Trainingsprogramm aufhören
to be hard to keep up with something	If you don't remind yourself every day, it is hard to keep up with exercising consistently.	schwierig sein, dranzubleiben / mit etwas nicht aufzuhören
to join a team	Jess joined a volleyball team last summer.	sich einem Team anschließen

to talk to a fitness expert at a gym	Liv talked to a fitness expert at a gym, but wasn't very impressed with his advice.	mit einem Fitnessexperten/einer Fitnessexpertin in einem Fitnessstudio sprechen
What to do in your free time		
to watch <i>Netflix</i> series / movies / <i>YouTube</i> videos	Carlos watches <i>Netflix</i> series / movies / <i>YouTube</i> videos every weekend.	<i>Netflix</i> -Serien / -Filme / <i>YouTube</i> -Videos schauen
to hang out with friends	It's fun to hang out with friends.	mit Freunden/Freundinnen abhängen
to look at memes	Most teenagers look at memes at least once a day.	Internet-Memes anschauen
to go to the gym	Every Thursday and Saturday, Nimea goes to the gym.	ins Fitnessstudio gehen
to text one's friends	Mavi texts her friends every evening.	Freunden/Freundinnen schreiben / Textnachrichten schicken
to play video games	Grant plays video games in a group every Sunday afternoon.	Videospiele spielen
to use social media	Many elderly people use social media these days.	soziale Medien nutzen
to go shopping	My sister goes shopping almost every week.	einkaufen gehen
to go out / to party	In college, most students go out / party at the weekends.	ausgehen / Party machen
to engage with family / friends	It's fun to engage with family / friends around the holidays.	sich mit der Familie / Freunden/Freundinnen auseinandersetzen, Kontakte zu Familie / Freunden/Freundinnen pflegen
to listen to music	Pia listens to classical music when she needs to relax.	Musik hören
to play an instrument	Everyone in Fred's family plays an instrument; he plays the piano.	ein Instrument spielen
to read a book	Georgie reads a book every time she gets stressed.	ein Buch lesen
to go to the theatre / cinema	Stephanie goes to the theatre / cinema every week.	ins Theater / ins Kino gehen
Talking about unusual hobbies		
to explore old buildings and forgotten places	Tamas explores old buildings and forgotten places all over Germany.	alte Gebäude und vergessene Plätze erkunden
to be a thrilling hobby	Cliff-diving is a thrilling hobby.	ein spannendes / aufregendes Hobby sein
to bring a first aid kit	Liesel always brings a first aid kit in case anyone needs it.	einen Erste-Hilfe-Kasten mitbringen
to reuse items	Lenny reuses items as much as he can.	Gegenstände wiederverwenden
to reduce waste	Her favourite hobby is upcycling, as she can help reduce waste.	Abfall reduzieren
to be a satisfying and environmentally-friendly hobby	Raising chickens for their eggs is a satisfying and environmentally-friendly hobby.	ein zufriedenstellendes und umweltfreundliches Hobby sein
to be good for the body and the mind	Riding in a kayak is good for the body and the mind.	gut für Körper und Geist sein
to stay active and healthy	Leon stays active and healthy by doing push-ups every day.	aktiv und gesund bleiben
Talking part in an English project week		
to make the class community stronger	Having a conversation with everyone makes the class community stronger.	die Klassengemeinschaft stärken
to be a fun activity	Walking around a new town or city with your classmates is a fun activity.	eine lustige Aktivität sein / eine Aktivität sein, die Spaß macht

to get to know one's classmates better	Asking other students about themselves allows you to get to know your classmates better.	seine Mitschüler/innen besser kennenlernen
to learn how to talk about one's feelings	Teambuilding activities during the English project week helped Emie to learn how to talk about her feelings with her classmates.	lernen, über die eigenen Gefühle zu sprechen
to broaden one's horizons	Listening to other people's perspectives broadens your horizons.	den Horizont erweitern
to collect memories	Kenny collects memories of his best friends by taking many pictures.	Erinnerungen sammeln
to get out of one's comfort zone	Brook feels the best when he pushes himself and gets out of his comfort zone.	die Komfortzone verlassen
to have a change from school	Johannes was excited to have a change from school and work.	eine Abwechslung vom Unterricht haben