

## Unit 4 – Free time action

Spending my time		
to be less / very active	I used to be less active until I started gaining a lot of weight.	weniger / sehr aktiv sein
to be one's favourite hobby	Surfing is my favourite hobby and has been since I was a boy.	jmds. Lieblingshobby sein
to join the local football / tennis / gymnastic / rural youth club	If you really want to test your skills, you should join the local tennis club.	dem örtlichen Fußball- / Tennis- / Turn- / Landjugendverein beitreten
to become a member of the fire brigade / Red Cross	My Austrian friend Samuel became a member of the fire brigade when he was just 18 years old.	Mitglied der Feuerwehr / des Roten Kreuzes werden
to do sports three times per week	If you want to be fit, you need to do sports three times per week.	dreimal pro Woche Sport treiben
to work out / train / practise regularly	You need to train regularly if you want to run a marathon.	regelmäßig trainieren / üben
to stay healthy	I eat carrots every day because I want to stay healthy.	gesund bleiben
to grow more muscles	The only way to grow more muscles is to eat a lot of protein.	mehr Muskeln aufbauen
to get in shape	I can't wait to go to the gym every day so I can get in shape this summer!	in Form kommen
to get challenged	I love to get challenged by a difficult book so I can improve my language skills.	herausgefordert werden
to get better at sth.	I need to get better at skiing before it snows again.	besser werden in etw.
to meet friends	At the weekend, I love to meet friends at the mall.	Freunde/Freundinnen treffen
to relax	I try to relax on my days off.	sich entspannen
to clear one's mind	Kelsey decided to leave the city and clear her mind.	den Kopf frei bekommen
to balance out the exhausting school day	Hannah decided to balance out the exhausting school day by taking a nice bath.	den anstrengenden Schultag ausgleichen
to play an instrument	I want to learn to play an instrument, but it sounds like a lot of work.	ein Instrument spielen
to play video games	I can't wait to go home and play video games.	Videospiele spielen
to enjoy creative tasks	She has always enjoyed creative tasks, which is why art is her favourite subject.	kreative Aufgaben genießen
to spend time online / on social media	You don't need to spend time on social media to meet new friends.	Zeit online / in sozialen Medien verbringen
to spend most of one's free time studying for school	Julie spends most of her free time studying for school, which is probably why she's so excited for summer.	den Großteil seiner Freizeit mit Lernen für die Schule verbringen
My favourite pastime		
to build connections	Joining a local club can help to build connections with people who share similar interests.	Verbindungen aufbauen
to become more self-confident	The speech class allowed him to become more self-confident overall.	selbstbewusster werden
to improve one's emotional well-being	Spending time in nature is a great way to reduce stress and improve one's emotional well-being.	das emotionale Wohlbefinden verbessern

to gain muscles	Mike couldn't wait to gain muscles so he could impress all the girls at his work.	Muskeln aufbauen
to improve endurance	Running a few times a week is a great way to improve endurance before a big race.	die Ausdauer verbessern
to improve communication skills	Learning a new language is a great way to improve communication skills.	die Kommunikationsfähigkeiten verbessern
to become a team player	You need to become a team player if we have any chance at getting first place.	ein Teamplayer werden
to feel good about oneself	He really feels good about himself after a workout.	sich gut fühlen
to increase physical activity	Joining a gym is a great way to increase physical activity and improve yourself overall.	die körperliche Aktivität steigern
to reduce stress	I meditate to reduce stress.	Stress abbauen
to learn new skills	YouTube is a surprisingly easy way to learn new skills.	neue Fähigkeiten erlernen
to increase the risk of injury	Lifting weights without a trainer around can increase the risk of injury for people new to the gym.	das Verletzungsrisiko erhöhen
to have better time management skills	Setting alarms on one's phone can help to have better time management skills.	die Zeitmanagement-Fähigkeiten verbessern
to boost one's energy levels	Boosting one's energy levels may require more exercise.	das Energieniveau verbessern
to experience pressure to perform well	Some teens experience pressure to perform well in sports from their parents.	Leistungsdruck erleben
to get fit and healthy	I want to get fit and healthy, but I don't know how.	fit und gesund werden
to be able to deal with challenges	One thing I pride myself on is that I am able to deal with challenges without getting too stressed.	mit Herausforderungen umgehen können
to be time-consuming	Learning German is time-consuming but worth it in the end.	zeitaufwändig sein
to have less time for other important tasks	Extra English homework means that I have less time for other important tasks tonight.	weniger Zeit für andere wichtige Aufgaben haben
to learn to behave in a group	Games are a great way for kids to learn to behave in a group and develop social skills.	lernen, sich in einer Gruppe gut zu benehmen
to have games or tournaments at the weekend	We cannot have games or tournaments at the weekend anymore because they use the court for something else.	am Wochenende Spiele oder Turniere haben
to form new friendships	Many people play sports to form new friendships.	neue Freundschaften schließen
to become more creative	I want to write a story in order to become more creative.	kreativer werden
to feel a sense of belonging	A lot of people join clubs to feel a sense of belonging.	sich zugehörig fühlen

<b>Extreme hobbies</b>		
to be dangerous	Surfing can be dangerous if you don't know what you're doing.	gefährlich sein
to connect with nature	I hike in the mountains so that I can connect with nature more.	eine Verbindung zur Natur aufbauen
to escape routine	We decided to get out of the city to escape routine and enjoy the fresh mountain air.	der Routine entkommen
to cost a lot of money	It costs a lot of money to buy a boat.	viel Geld kosten
to lead to addiction	For some people, extreme sports are so thrilling that they can lead to addiction, as they constantly seek more excitement.	zur Sucht führen
to feel alive	Most people try extreme sports because they want to feel alive.	sich lebendig fühlen
to experience adrenaline rushes	If you don't enjoy experiencing adrenaline rushes, skydiving isn't for you.	Adrenalinschübe erleben
to damage the environment	If people scuba dive too much, it can really damage the environment.	die Umwelt schädigen
to be illegal	In the United States, it is illegal to drink alcohol before you turn 21.	illegal sein
<b>Couch potatoes</b>		
to clear one's mind	Sometimes you need to go outside and just clear your mind.	den Kopf frei bekommen
to reduce stress	Meditation helps me to reduce stress.	Stress reduzieren
to experience a change to the routine	In school, it's sometimes nice to experience a change to the routine, like when the teacher lets us have class outside.	eine Abwechslung zur Routine erleben
to sit less at school	We all wish we could sit less at school and move around more.	in der Schule weniger sitzen
to have little free time	I'm really busy with school, so I have little free time to spend with my friends.	wenig Freizeit haben
to have to study for exams	I can't believe that I have to study for exams all weekend!	für Prüfungen lernen müssen
to have long school days	I've heard that it's normal to have long school days in Japan.	lange Schultage haben
to need expensive equipment	You need expensive equipment if you want to play video games professionally.	teure Ausrüstung benötigen
to rather chill with friends	I would much rather chill with friends than do homework.	lieber mit Freunden entspannen
to get enough exercise	It was clear he didn't get enough exercise when none of his old shirts fit.	genügend Bewegung bekommen
to have the highest percentage of active boys	My city has the highest percentage of active boys in the country.	den höchsten Anteil an aktiven Jungen haben
to meet exercise recommendations	You'll need to meet exercise recommendations if you want to be on the basketball team.	die Bewegungsempfehlungen erfüllen
to spend at least three hours a day in sedentary activities	If you spend at least three hours a day in sedentary activities, you should make sure to balance it out by increasing your daily step count.	mindestens drei Stunden pro Tag mit sitzenden Aktivitäten verbringen

to have physical education classes	We never had physical education classes when I was in school and I think we really missed out.	Sportunterricht haben
to educate students about the importance of exercise	It's important for parents to educate students about the importance of exercise.	Schüler über die Bedeutung von Bewegung aufklären
to have a huge problem with physical inactivity among schoolchildren	The United States has a huge problem with physical inactivity among schoolchildren.	ein großes Problem mit Bewegungs- mangel bei Schülern/Schülerinnen haben
to be too exhausted after a school day	Teens often don't want to work out because they are too exhausted after a school day.	nach einem Schultag zu erschöpft sein
to keep on gaining weight	If you don't swap sugary drinks for water, you will keep on gaining weight.	weiterhin an Gewicht zunehmen
to feel more comfortable	I always feel more comfortable at home than at school.	sich wohler fühlen
to pay attention to a healthy diet	If you don't pay attention to a healthy diet, you will not feel well.	auf eine gesunde Ernährung achten
to lose social contacts	I don't want to lose social contacts by only staying in my house.	soziale Kontakte verlieren
to feel more relaxed	He only feels more relaxed once he's in his room.	sich entspannter fühlen
to have no adequate physical activity	Sitting in school all day can lead to health problems if you have no adequate physical activity.	keine ausreichende körperliche Aktivität haben
to get depressed easily	Karl gets depressed easily, especially in the winter.	leicht depressiv werden
to be in good shape	You need to be in good shape if you want to win the race.	in guter Form sein
to watch the news to gain general knowledge	He watches the news to gain general knowledge, even if it's sometimes depressing.	die Nachrichten schauen, um Allgemeinwissen zu erlangen