Lesson 20 — Vocabulary Builder: Free Time Activities

Name: _____ Class: 10 ____ Date: _____

34 useful words and phrases. Read each item, study the Uzbek meaning and the example sentence, then do the exercises.

A. go, do or play?

#	English	Uzbek	Example sentence
1	**go camping**	chodirda dam olishga bormoq	We **go camping** in the mountains every summer.
2	**go horse-riding**	ot minishga bormoq	My cousins **go horse-riding** in the village every weekend.
3	**go swimming**	suzishga bormoq	Dilnoza **goes swimming** at the sports centre on Wednesdays.
4	**go skiing**	chang‘i uchishga bormoq	In January we **went skiing** in Chimgan for the first time.
5	**go fishing**	baliq oviga bormoq	My grandad **goes fishing** early on Sunday mornings.
6	**go canoeing**	kanoeda suzishga bormoq	We **went canoeing** on the lake last August.
7	**go bowling**	boulingga bormoq	On Saturday we **went bowling** with our cousins.
8	**do ballet**	balet bilan shug‘ullanmoq	My little sister **does ballet** at the music school.
9	**do karate**	karate bilan shug‘ullanmoq	Bekzod has been **doing karate** for three years.
10	**do judo**	dzyudo bilan shug‘ullanmoq	My brother **does judo** at the sports centre.
11	**do martial arts**	yakkakurash bilan shug‘ullanmoq	My cousins have been **doing martial arts** at the sports centre since last year.
12	**play basketball**	basketbol o‘ynamoq	We **play basketball** in the school gym on Fridays.
13	**play volleyball**	voleybol o‘ynamoq	In summer we **play volleyball** on the beach.
14	**play video games**	video o‘yin o‘ynamoq	My brother **plays video games** only at the weekend.
15	**do drama**	teatr to‘garagiga qatnashmoq	My sister **does drama** at the youth centre and loves acting.
16	**play chess**	shaxmat o‘ynamoq	My grandfather taught me to **play chess** when I was six.

B. Idioms with time

#	English	Uzbek	Example sentence
17	**have time on your hands**	bo‘sh vaqti ko‘p bo‘lmoq	In the holidays I **have** a lot of **time on my hands**.
18	**kill time**	vaqt o‘tkazmoq (zerikmaslik uchun)	We played cards to **kill time** at the airport.
19	**take your time**	shoshilmasdan, bemalol qilmoq	There’s no hurry — **take your time** with the test.
20	**on time**	belgilangan vaqtda, kechikmay	The concert started exactly **on time**, at seven o’clock.
21	**in time**	vaqtida, ulgurib (kech qolmay)	We got to the stadium just **in time** to see the first goal.
22	**in no time**	bir zumda, juda tez	Don’t worry — we’ll be there **in no time**.

C. Phrasal verbs with down

#	English	Uzbek	Example sentence
23	**turn down**	rad etmoq, qabul qilmaslik	She **turned down** the offer to join the city team.
24	**look down on**	mensimaslik, past nazar bilan qaramoq	Good players never **look down on** beginners.
25	**come down with**	(yengil kasallikka) chalinmoq	I **came down with** a cold the day before the match.
26	**put down**	(qari yoki kasal hayvonni) uxlatmoq	The vet said the old horse was very ill and had to be **put down**.
27	**get sb down**	ruhini tushirmoq, siqmoq	Rainy weather always **gets me down**.
28	**let sb down**	umidini puchga chiqarmoq	Please don't **let me down** — the team needs you on Saturday.
29	**break down**	buzilib qolmoq	Our car **broke down** on the way to the lake.

D. Time collocations

#	English	Uzbek	Example sentence
30	**free time**	bo‘sh vaqt	What do you like doing in your **free time**?
31	**spend time**	vaqt sarflamoq	I **spend** a lot of **time** practising the guitar.
32	**waste time**	vaqtni behuda sarflamoq	Don't **waste time** on your phone — start your homework.
33	**run out of time**	vaqt yetmay qolmoq	I **ran out of time** and didn't finish the last question.
34	**can't afford the time**	(…ga) vaqt ajrata olmaslik	I'd love to join the club, but I **can't afford the time** before my exams.

Reading — today's words in context

Read the text. The words in **bold** are from today's list — cover the table above and try to understand them from the sentence.

My cousin never kills time

My cousin Dilnoza never **kills time**. On Mondays she **does ballet**, on Wednesdays she **goes swimming**, and at the weekend she **plays volleyball** with her school team. In the summer the whole family **goes camping** in the mountains.

Last month she **came down with** a cold and had to stay at home. At first she was happy to have **time on her hands**, but after two days of **playing video games** the boredom started to **get her down**.

Then her coach offered her a place in the city team. Of course, she didn't **turn it down**. Now she **spends** even more time training, so she never **wastes** a minute: to save time, she does her homework on the bus. Her time is valuable — but she always makes time for me.

Answer the questions in one sentence.

1. Which activities does Dilnoza do, go or play?
2. What happened to her last month?
3. What started to get her down?
4. What did she do when the coach offered her a place in the city team?
5. How does she save time?

Exercise 1 — Gap fill

Complete the sentences with one word or phrase from the list.

1. Let's _____ horse-riding tomorrow. (go / do / play)
2. How long have you been _____ karate? (going / doing / playing)
3. How much time do you spend _____ video games? (going / doing / playing)
4. I _____ ballet twice a week after school. (go / do / play)
5. Since my mum retired, she's got a lot of time on her _____.
6. We got to the pool just _____ time to see Robert win the race. (in / on)
7. If you _____ down an offer, you refuse it.
8. If you come down _____ a minor illness, you start suffering from it.
9. The test was long, and we _____ out of time before the last part. (r…)
10. Hurry up! We mustn't _____ time — the bus leaves in ten minutes. (w…)

Exercise 2 — Match the word with its Uzbek meaning

#	English		Uzbek
1	get sb down	a)	buzilib qolmoq
2	go bowling	b)	chodirda dam olishga bormoq
3	go swimming	c)	video o'yin o'ynamoq
4	do martial arts	d)	balet bilan shug'ullanmoq
5	break down	e)	(…ga) vaqt ajrata olmaslik
6	go camping	f)	suzishga bormoq
7	can't afford the time	g)	ruhini tushirmoq, siqmoq
8	play video games	h)	yakkakurash bilan shug'ullanmoq
9	do ballet	i)	boulingga bormoq
10	play chess	j)	shaxmat o'ynamoq

Exercise 3 — Your own sentences

Write 4 true sentences about yourself, your family or your school — one word from each section (A-D). Underline the word you use.

1. _____
2. _____
3. _____
4. _____

Homework

1. Laser B1+ Workbook p. 21, ex. 1–2.
2. Learn the 34 items with the flashcards: sozlar.com/vocab/cards/?set=grade10-lesson20
3. Write eight sentences about your family's free time: three with go / do / play, three idioms, two phrasal verbs with down.

Memory tasks (optional — choose one)

Students need to meet a word 5–7 times before they really know it.

1. **Sentences (tonight).** Write 8 true sentences using words from the list — at least one from every section.

2. **Flashcards.** sozlar.com/vocab/cards/?set=grade10-lesson20 — listen to each word, then test yourself English → Uzbek and back.

3. **Short text (100–120 words).** Use at least six words from the list.

4. **Speaking.** Tell a partner about the topic for one minute without stopping, using ten words from the list.

Answer key (teacher's copy)

Do not hand this page to the students.

Reading questions: 1. She does ballet, goes swimming (and camping) and plays volleyball.; 2. She came down with a cold and had to stay at home.; 3. The boredom, after two days of playing video games.; 4. She accepted it — she didn't turn it down.; 5. She does her homework on the bus.

Exercise 1: 1. go; 2. doing; 3. playing; 4. do; 5. hands; 6. in; 7. turn; 8. with; 9. ran; 10. waste

Exercise 2: 1-g 2-i 3-f 4-h 5-a 6-b 7-e 8-c 9-d 10-j