

Name: _____ No.: _____ Class: _____ Date: ____/____/____
 Mark: _____ Teacher: _____ Enc. Educação: _____

A. Listen and tick (✓) the correct answer to the questions.

1. What inspired Lily to start skateboarding?
 - a) A classmate taught her how to skate. ☐
 - b) She saw people skateboarding in the park. ☐
 - c) She watched a film that had an influence on her. ☐
2. What does Noah mean when he says, "I can't survive a minute on a skateboard"?
 - a) He is too lazy to try. ☐
 - b) He thinks skateboarding is very difficult. ☐
 - c) He has no interest in learning anything new. ☐
3. What does Lily suggest about falling while skateboarding?
 - a) It's part of the learning process. ☐
 - b) It is embarrassing and not fun. ☐
 - c) It makes her feel like a professional. ☐
4. What is Noah doing as a new hobby?
 - a) Making videos for YouTube. ☐
 - b) Designing websites. ☐
 - c) Creating a computer game. ☐
5. What do both Lily and Noah say about their new hobbies?
 - a) They are useful for school. ☐
 - b) They are better than doing nothing online. ☐
 - c) They help them become famous. ☐



B. Listen to two friends. Are the sentences true (T) or false (F)? Tick (✓) the correct column.

- | | T | F |
|--|--------------------------|--------------------------|
| 1. Mia wants to meet up with Lucas instead of just chatting online. | ☐ | ☐ |
| 2. Lucas spent six hours on his phone. | ☐ | ☐ |
| 3. Mia spent the morning watching a TV series. | ☐ | ☐ |
| 4. Lucas only watched one short video on YouTube. | ☐ | ☐ |
| 5. Mia started a routine where she avoids using her phone in the evenings. | ☐ | ☐ |
| 6. Mia says that avoiding her phone after 7 p.m. helped her sleep better. | ☐ | ☐ |
| 7. Lucas is excited to try a full week without his phone. | ☐ | ☐ |
| 8. Mia tells Lucas to make small changes, not big ones. | ☐ | ☐ |

Good work! 😊

Name _____ No.: _____ Class: _____ Date: ____/____/____
 Mark: _____ Teacher: _____ Enc. Educação: _____

A. Listen and tick (✓) the correct answer to the questions.

1. What inspired Lily to start skateboarding?
 - a) She saw people skateboarding in the park. ☐
 - b) She watched a film that had an influence on her. ☐
2. What does Noah mean when he says, "I can't survive a minute on a skateboard"?
 - a) He is too lazy to try. ☐
 - b) He thinks skateboarding is very difficult. ☐
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 - a) Creating a computer game. ☐
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5. What do both Lily and Noah say about their new hobbies?
 - a) They are useful for school. ☐
 - b) They are better than doing nothing online. ☐



B. Listen to two friends. Are the sentences true (T) or false (F)? Tick (✓) the correct column. There are THREE false sentences.

- | | T | F |
|--|--------------------------|--------------------------|
| 1. Mia wants to meet up with Lucas instead of just chatting online. | ☐ | ☐ |
| 2. Lucas spent six hours on his phone. | ☐ | ☐ |
| 3. Mia spent the morning watching a TV series. | ☐ | ☐ |
| 4. Lucas only watched one short video on YouTube. | ☐ | ☐ |
| 5. Mia started a routine where she avoids using her phone in the evenings. | ☐ | ☐ |
| 6. Mia says that avoiding her phone after 7 p.m. helped her sleep better. | ☐ | ☐ |
| 7. Lucas is excited to try a full week without his phone. | ☐ | ☐ |
| 8. Mia tells Lucas to make small changes, not big ones. | ☐ | ☐ |

Good work! 😊

Name _____ No.: _____ Class: _____ Date: ____/____/____
Mark: _____ Teacher: _____ Enc. Educação: _____

Read the article.

Three unique teen hobbies

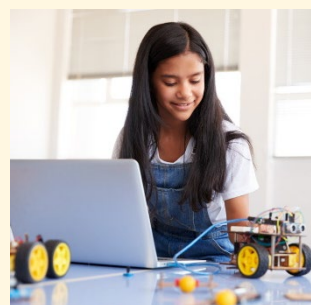
Disc golf

Lacey Brugler is a 16-year-old high school student from Ohio. She spends her free time playing disc golf, a sport in which individual players throw a flying disc at a target to traverse¹ a course in the fewest number of throws of the disc. “It’s an awesome sport, and you can get a lot of exercise,” she says. Lacey’s family supports her hobby. She learned how to play disc golf 11 years ago with her dad and her sister and has loved it ever since. Lacey is on three disc golf teams, won 57 tournaments, is a national champion and a two-time world champion! Her secret? “I study the courses before I play them!”



Robotics

Haley Donovan is a 14-year-old student from South Carolina. In eighth grade, she joined the First Lego League (FLL). “Robotics gave me a new experience,” she says. “It taught me about programming and engineering and it’s my first time on a team working together with others to achieve a goal². We learned together, we celebrated together and we accepted loss together.” Haley now competes in the First Robotics Competition (FRC) and is on team FIRE. She meets with her team three times a week. Because Haley spends so much time building with her team, her experience with robotics gave her strong communication skills.



Woodworking

Mason is a 16-year-old student from Ohio. When he was 14, he was having a class at a Woodcraft Store when he first realised how great that hobby could be. He likes that he “can make his own stuff with professional quality.” Mason learned measuring, planning, safety and various finishing techniques as well as fine carpentry skills. He advises someone who wants to start woodworking to “invest in quality tools.” Mason also practises knife making, sharpening blades and leather work.



<https://learningliftoff.com/curriculum/reading-and-writing/three-unique-teen-hobbies-that-might-surprise-you/>
(adapted; accessed in August 2025)

Vocabulary:

¹ traverse = cross; ² achieve a goal = get to an objective

A. Match each description with the correct teenager. Tick (✓) the correct name.



Lacey



Haley



Mason

1. He/She won many tournaments.
2. He/She was fourteen years old when he/she had the first contact with the hobby.
3. He/She enjoys woodworking and learned carpentry in a class.
4. He/She studies the courses carefully before playing.
5. He/She competes in robotics competitions such as FLL and FRC.

☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

B. Answer the questions about the article.

1. How old was Lacey when she first started playing disc golf?

2. How often does Haley meet with her robotics team?

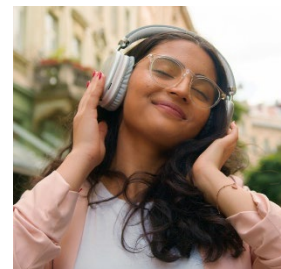
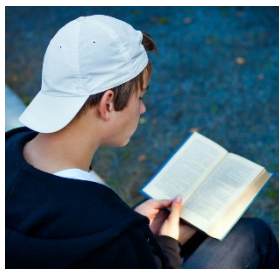
3. What skills did Haley gain from her robotics experience besides programming and engineering?

4. What advice does Mason give to beginners in woodworking?

Good work! 😊

Name _____ No.: _____ Class: _____ Date: ____/____/____
 Mark: _____ Teacher: _____ Enc. Educação: _____

A. Label the pictures with hobbies and free time activities.



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

B. Complete the text with the words/expressions from the box. There are three extra words/expressions.

oven wake up have breakfast go to school laundry room
 do homework brush my teeth go to bed lift

I usually ¹ _____ at 7 o'clock. Then I go to the bathroom to
² _____. After that, I sit with my family to ³ _____.
 At 8 o'clock, I leave home and ⁴ _____. In the afternoon, I often
⁵ _____ before watching TV.

In the evening, my mum prepares dinner in the kitchen. Finally, I usually ⁶ _____
 at around 10 p.m.

C. Circle the correct pronoun/determiner to complete the sentences.

- Lacey studies the disc golf courses before playing. Studying them helps **her / she / hers** win more tournaments.
- Haley's robotics team meets regularly. **Theirs / Their / Them** teamwork makes them stronger.
- Mason makes furniture in the workshop. That table is **his / him / he**.
- I usually wake up early and have breakfast in **me / mine / my** kitchen.
- My brother hates doing homework, but I don't mind doing **his / my / mine**.
- Look! The lights are on. Can you turn **it / them / their** off, please?

D. Tick (✓) the correct present simple or present continuous verb form to complete the sentences.

1. Lacey usually _____ to the park after school.
a) is going ☐ b) goes ☐ c) going ☐
2. Look! Mason _____ a new chair in his workshop right now.
a) makes ☐ b) is making ☐ c) make ☐
3. Haley's team always _____ three times a week.
a) meets ☐ b) meeting ☐ c) is meeting ☐
4. I _____ my outfit for tomorrow at the moment.
a) prepare ☐ b) prepares ☐ c) am preparing ☐

E. Complete the sentences with the past continuous of the verbs in brackets.

1. Yesterday at 6 p.m., I _____ (**do**) my homework in the kitchen.
2. Mason _____ (**work**) on a new wooden chair yesterday at 5 p.m.
3. While we _____ (**walk**) to school, it suddenly started to rain.
4. Haley _____ (**not pay**) attention because she _____ (**think**) about the robotics competition.

F. Complete the sentences with the past simple or past continuous form of the verbs in brackets.

1. I _____ (**watch**) TV when the lights suddenly _____ (**go**) off.
2. Yesterday at 5 p.m. Mason _____ (**measure**) the wood while his friend _____ (**hold**) the tools.
3. Lacey _____ (**play**) disc golf when she _____ (**hurt**) her hand.
4. We _____ (**not study**) in the living room when my mum _____ (**come**) in with some snacks.
5. Haley _____ (**work**) on the robot when one part suddenly _____ (**break**).

Good work! 😊

Name _____ No.: _____ Class: _____ Date: ____/____/____
Mark: _____ Teacher: _____ Enc. Educação: _____

Choose ONE of the following topics and write a short text about it (50-90 words).

1. Write about one hobby you enjoy or would like to try. Include details such as:
 - how/when you started (or why you want to try it);
 - how often you do it and who with;
 - what materials or equipment you need;
 - what you like about it and what is sometimes difficult;
 - how this hobby makes your life better.

2. Your school newspaper is asking students to write about “How I spend my free time.” Write an article following the guidelines below:
 - describe your favourite hobby and when you usually do it;
 - compare it with another hobby you don’t like;
 - explain why hobbies are important for teenagers.

Topic: _____

Good work! 😊

Name _____ No.: _____ Class: _____ Date: ____/____/____
Mark: _____ Teacher: _____ Enc. Educação: _____

Read the article.

Three unique teen hobbies

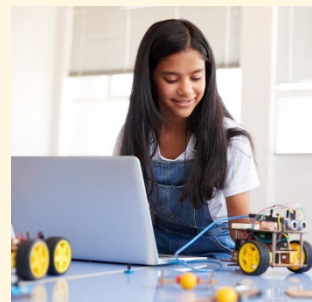
Disc golf

Lacey Brugler is a 16-year-old high school student from Ohio. She spends her free time playing disc golf, a sport in which individual players throw a flying disc at a target to traverse¹ a course in the fewest number of throws of the disc. “It’s an awesome sport, and you can get a lot of exercise,” she says. Lacey’s family supports her hobby. She learned how to play disc golf 11 years ago with her dad and her sister and has loved it ever since. Lacey is on three disc golf teams, won 57 tournaments, is a national champion and a two-time world champion! Her secret? “I study the courses before I play them!”



Robotics

Haley Donovan is a 14-year-old student from South Carolina. In eighth grade, she joined the First Lego League (FLL). “Robotics gave me a new experience,” she says. “It taught me about programming and engineering and it’s my first time on a team working together with others to achieve a goal². We learned together, we celebrated together and we accepted loss together.” Haley now competes in the First Robotics Competition (FRC) and is on team FIRE. She meets with her team three times a week. Because Haley spends so much time building with her team, her experience with robotics gave her strong communication skills.



Woodworking

Mason is a 16-year-old student from Ohio. When he was 14, he was having a class at a Woodcraft Store when he first realised how great that hobby could be. He likes that he “can make his own stuff with professional quality.” Mason learned measuring, planning, safety and various finishing techniques as well as fine carpentry skills. He advises someone who wants to start woodworking to “invest in quality tools.” Mason also practises knife making, sharpening blades and leather work.



<https://learningliftoff.com/curriculum/reading-and-writing/three-unique-teen-hobbies-that-might-surprise-you/>
(adapted; accessed in August 2025)

Vocabulary:

¹ traverse = cross; ² achieve a goal = get to an objective

A. Circle the teenager that matches each description.

1. He/She won many tournaments: **Mason / Lacey**
2. He/She was fourteen years old when he/she had the first contact with the hobby: **Haley / Mason**
3. He/She enjoys woodworking and learned carpentry in a class: **Lacey / Mason**
4. He/She studies the courses carefully before playing: **Haley / Lacey**
5. He/She competes in robotics competitions such as FLL and FRC: **Mason / Haley**

B. Tick (✓) the correct answer to the questions.

1. How old was Lacey when she first started playing disc golf?
 - a) She was five years old. ☐
 - b) She was fifteen years old. ☐
 - c) She was fourteen years old. ☐
2. How often does Haley meet with her robotics team?
 - a) They meet every month. ☐
 - b) They meet twice a week. ☐
 - c) They meet three times a week. ☐
3. What skills did Haley gain from her robotics experience besides programming and engineering?
 - a) She gained carpentry skills. ☐
 - b) She gained communication skills. ☐
 - c) She gained robotics skills. ☐
4. What advice does Mason give to beginners in woodworking?
 - a) Beginners should invest in quality tools. ☐
 - b) Beginners should have measuring skills. ☐
 - c) Beginners should be patient. ☐

Good work! 😊

Name _____ No.: _____ Class: _____ Date: ____/____/____
 Mark: _____ Teacher: _____ Enc. Educação: _____

A. **Circle** the correct hobby/free time activity to label the pictures.



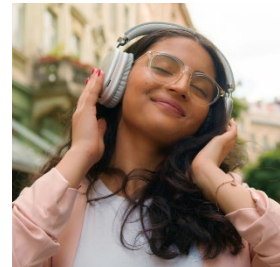
1. sleeping / reading



2. dancing / drawing



3. gaming / relaxing



4. playing the guitar /
listening to music

B. Complete the text with the words/expressions from the box.

wake up

have breakfast

go to school

do homework

brush my teeth

go to bed

I usually ¹ _____ at 7 o'clock. Then I go to the bathroom to
² _____. After that, I sit with my family to ³ _____.
 At 8 o'clock, I leave home and ⁴ _____. In the afternoon, I often
⁵ _____ before watching TV.

In the evening, my mum prepares dinner in the kitchen. Finally, I usually ⁶ _____
 at around 10 p.m.

C. **Circle** the correct pronoun/determiner to complete the sentences.

1. Lacey studies the disc golf courses before playing. Studying them helps **her / she** win more tournaments.
2. Haley's robotics team meets regularly. **Theirs / Their** teamwork makes them stronger.
3. Mason makes furniture in the workshop. That table is **his / him**.
4. I usually wake up early and have breakfast in **mine / my** kitchen.
5. My brother hates doing homework, but I don't mind doing **mine / him**.
6. Look! The lights are on. Can you turn **it / them** off, please?

D. Tick (✓) the correct present simple or present continuous verb form to complete the sentences.

1. Lacey usually _____ to the park after school.
a) is going ☐ b) goes ☐
2. Look! Mason _____ a new chair in his workshop right now.
a) makes ☐ b) is making ☐
3. Haley's team always _____ three times a week.
a) meets ☐ b) is meeting ☐
4. I _____ my outfit for tomorrow at the moment.
a) prepare ☐ b) am preparing ☐

E. Circle the correct option to complete the sentences with the past continuous.

1. Yesterday at 6 p.m., I **were doing / was doing** my homework in the kitchen.
2. Mason **is working / was working** on a new wooden chair yesterday at 5 p.m.
3. While we **were walking / was walking** to school, it suddenly started to rain.
4. Haley **wasn't paying / wasn't pay** attention because she **was think / was thinking** about the robotics competition.

F. Circle the correct option to complete the sentences with the past simple or past continuous.

1. I **was watching / watched** TV when the lights suddenly **were going / went** off.
2. Yesterday at 5 p.m. Mason **was measuring / measured** the wood while his friend **was holding / held** the tools.
3. Lacey **played / was playing** disc golf when she **hurt / was hurting** her hand.
4. We **didn't study / weren't studying** in the living room when my mum **was coming / came** in with some snacks.
5. Haley **worked / was working** on the robot when one part suddenly **was breaking / broke**.

Good work! 😊

Name _____ No.: _____ Class: _____ Date: ____/____/____
Mark: _____ Teacher: _____ Enc. Educação: _____

Complete the text about a hobby you enjoy. Follow the instructions in brackets.

A hobby I really enjoy is _____ (hobby you enjoy). I started when I was _____ (your age when you started the hobby) because _____ (reason why you started). I usually practise it _____ (how often you do it) with _____ (who you do it with).

All I need is _____ (what you need to do it).

I like it because _____ (what you like about it).
_____ (your hobby) makes my life _____ (how this hobby makes your life).

Good work! 😊

Name _____ No.: _____ Class: _____ Date: ____/____/____
Mark: _____ Teacher: _____ Enc. Educação: _____

Read the article. (Lê o artigo.)

Two unique teen hobbies

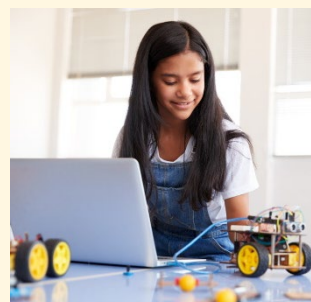
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Robotics

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(adapted; accessed in August 2025)

Vocabulary:

¹ traverse = *atravessar*

² achieve a goal = *atingir um objetivo*

A. Tick (✓) the correct answer to the questions. (Assinala a resposta correta às perguntas.)

1. How old was Lacey when she first started playing disc golf?
 - a) She was five years old. ☐
 - b) She was fifteen years old. ☐
 - c) She was fourteen years old. ☐

2. How does Lacey prepare before playing in disc golf tournaments?
 - a) She practises with her coach. ☐
 - b) She studies the courses before playing. ☐
 - c) She watches videos online. ☐

3. What does Haley enjoy most about robotics?
 - a) Building robots alone. ☐
 - b) Travelling to competitions. ☐
 - c) Working together with her team. ☐

4. How often does Haley meet with her robotics team?
 - a) They meet every month. ☐
 - b) They meet twice a week. ☐
 - c) They meet three times a week. ☐

5. What skills did Haley gain from her robotics experience besides programming and engineering?
 - a) She gained carpentry skills. ☐
 - b) She gained communication skills. ☐
 - c) She gained robotics skills. ☐

Good work! 😊

Name _____ No.: _____ Class: _____ Date: ____/____/____
 Mark: _____ Teacher: _____ Enc. Educação: _____

A. **Circle** the correct hobby/free time activity to label the pictures.

(Rodeia o passatempo/atividade de tempo livre correta para legendares as imagens.)



1. sleeping / reading



2. dancing / drawing



3. gaming / relaxing



4. playing the guitar /
listening to music

B. **Circle** the correct word/expression to complete the text.

(Rodeia a palavra/expressão correta para completares o texto.)

I usually ¹ **wake up / go to bed** at 7 o'clock. Then I go to the bathroom to
² **have breakfast / brush my teeth**. After that, I sit with my family to ³ **have dinner /**
have breakfast.

At 8 o'clock, I leave home and ⁴ **go to school / do my homework**. In the afternoon,
 I often ⁵ **have lunch / do homework** before watching TV.

In the evening, my mum prepares dinner in the kitchen. Finally, I usually ⁶ **make my bed /**
go to bed at around 10 p.m.

C. **Circle** the correct pronoun/determiner to complete the sentences.

(Rodeia o pronome/determinante correto para completares as frases.)

- Lacey studies the disc golf courses before playing.
Studying them helps **her / she** win more tournaments.
- Haley's robotics team meets regularly. **Theirs / Their**
teamwork makes them stronger.
- Mason makes furniture in the workshop. That table is
his / him.
- I usually wake up early and have breakfast in **mine /**
my kitchen.
- My brother hates doing homework, but I don't mind
doing **mine / him**.
- Look! The lights are on. Can you turn **it / them** off,
please?

PAY ATTENTION!



**Possessive
determiners**

my
your
his
her
its
our
your
their

*This is **my**
book.*

**Possessive
pronouns**

mine
yours
his
hers
its
ours
yours
theirs

*The book is
mine.*

**Object
pronouns**

me
you
him
her
it
us
you
them

*Give **me**
the book.*

D. Tick (✓) the correct present simple or present continuous verb form to complete the sentences.

(Assinala a forma verbal correta do *present simple* ou *present continuous* para completares as frases.)

1. Lacey usually _____ to the park after school.
a) is going ☐ b) goes ☐
2. Look! Mason _____ a new chair in his workshop right now.
a) makes ☐ b) is making ☐
3. Haley's team always _____ three times a week.
a) meets ☐ b) is meeting ☐
4. I _____ my outfit for tomorrow at the moment.
a) prepare ☐ b) am preparing ☐

PAY ATTENTION!



Present simple:

Action that happens regularly.

Present continuous:

Action happening now.

E. Circle the correct option to complete the sentences with the past continuous.

(Rodeia a opção correta para completares as frases com o *past continuous*.)

1. Yesterday at 6 p.m., I **were doing / was doing** my homework in the kitchen.
2. Mason **is working / was working** on a new wooden chair yesterday at 5 p.m.
3. While we **were walking / was walking** to school, it suddenly started to rain.
4. Haley **wasn't paying / wasn't pay** attention because she **was think / was thinking** about the robotics competition.

PAY ATTENTION!



Past continuous

Affirmative: Subject + **was/were** + **-ing** verb

Negative: Subject + **wasn't/weren't** + **-ing** verb

Interrogative: **Was/Were** + subject + **-ing** verb + ?

F. Circle the correct option to complete the sentences with the past simple or past continuous.

(Rodeia a opção correta para completares as frases com o *past simple* ou *past continuous*.)

1. I **was watching / watched** TV when the lights suddenly **were going / went** off.
2. Yesterday at 5 p.m. Mason **was measuring / measured** the wood while his friend **was holding / held** the tools.
3. Lacey **played / was playing** disc golf when she **hurt / was hurting** her hand.
4. We **didn't study / weren't studying** in the living room when my mum **was coming / came** in with some snacks.
5. Haley **worked / was working** on the robot when one part suddenly **was breaking / broke**.

PAY ATTENTION!



Past simple: Action that interrupted an action in progress. **X**

Past continuous: Action in progress.



Good work! 😊

Name _____ No.: _____ Class: _____ Date: ____/____/____
Mark: _____ Teacher: _____ Enc. Educação: _____

Complete the text about a hobby you enjoy. Follow the instructions in brackets and use the words/expressions from the Language box.

(Completa o texto com um passatempo de que gostes. Segue as instruções entre parênteses e usa as palavras/expressões da *Language box*.)

A hobby I really enjoy is ¹ _____ (hobby you enjoy). I started when I was ² _____ (your age when you started the hobby) because ³ _____ (reason why you started). I usually practise it ⁴ _____ (how often you do it) with ⁵ _____ (who you do it with).

All I need is ⁶ _____ (what you need to do it).

I like it because ⁷ _____ (what you like about it).
⁸ _____ (your hobby) makes my life ⁹ _____
_____ (how this hobby makes your life).

Language box

1. playing the guitar, reading books, playing football, ...
2. twelve, ten, five, ...
3. my uncle gave me his old guitar, my teacher encouraged me to read, my father took me to a football match, ...
4. three times a week, every day, once a week, at the weekend, ...
5. alone, a friend from school, friends, my parents, my brother/sister, ...
6. a guitar and music sheets, interesting books, a ball and football shoes, ...
7. it helps me relax, it teaches me new things, it keeps me healthy and active, ...
8. playing the guitar, reading books, playing football, ...
9. more beautiful, easier, happier, more exciting, more interesting, ...

Good work! 😊