

IELTS Speaking about leisure sports and health (IELTS Masterclass Unit 3)

Speaking Part One questions

What did you usually do at the weekend when you were a child?

What do you think your weekends will be like in 10 years' time?

Do you want to change what you do with your weekends?

Do you have a lot of time to relax at the weekend?

What do you do to relax?

Speaking Part Two questions

Talk about something you often do at the weekend or other days off. You should say:

- What it consists of
- Why you do it
- When you first starting doing it

And say how long you think you will carry on doing that thing

Talk about something you used to do at the weekend when you were a child. You should say:

- What it was
- When and why you started doing it
- Why you enjoyed it

And say whether children nowadays often do that thing or not and why

Make a short presentation about something you would like to change about your weekends or other days off. You should include in your presentation:

- What it is
- Why you want to change that thing
- What effect you think changing it would have

And say whether you think you will change that thing soon or not and why

Speaking Part Three questions

Do you think that people your age/ in your country have enough free time?

What do you think the effect of having a three day weekend would be?

Do you believe that people your age in your country spend their weekends in the right way?

How important are public holidays for people in your country?

Do you think that moving all public holidays to Mondays is a good idea?

What are the advantages and disadvantages of moving all public holidays to Mondays?

How could the government persuade people to do more exercise/ more volunteer work at the weekend?

How do you think leisure time will change in the future?

How has people's leisure time changed over the last 50 years in your country?

In what ways does people having days off benefit society?

Do you think that the way people use their leisure time is changing?

Do you think that the amount of free time people have has changed?

Do you think that more leisure time will lead to people becoming more sedentary/ people demanding even more time off?

Why is it important to have regular days off?

Why do some people do unpaid overtime at the weekend?

Do you think there is a danger that fewer days at school will lead to children getting into trouble?

Ask similar opinion questions about sport

You are going to listen to a discussion on how a university sports centre should be improved (Unit 3 pg 39). What would your suggestions be?

Listen for their suggestions and do the exercises on page 39.

What do you think about the following things?

Free access to sports centres for all

Compulsory sports lessons for 16 to 18 year olds

Compulsory sports for university students

Vitamin tablets for school kids

Alternative exercises like yoga and tai chi in school PE lessons

Doctors being able to supply placebo cures such as dummy pills to patients who they know have mainly psychological problems or in the place of anaesthesia

Government funding for complementary therapies (= alternative medicine)

Official licensing for alternative medicine practitioners and banning of the quacks (= charlatans)

Training for conventional doctors on how to become more warm, friendly, sympathetic and reassuring (using physical contact, aromas etc.)

Useful language

Sentence stems

It's an ethical dilemma

It would be counterproductive

I intuitively feel that...

It faces the obstacles that...

It depends partly on...

Our state of mind can influence...

If you have faith in the power of...

... can be triggered by...

Words and phrases

Feel better

Mysticism

Endorphins

Analgesia (= pain relief)

Wisdom of the ages

I'm ambivalent about...

It's a touchy subject

sedatives- stimulants

aromatherapy

acupuncture

herbalist

Read the text on pgs 34-35 and check whether the article makes any of the same arguments as you