



VOCABULARY BANK

Sports and Leisure

Sports and Leisure | Bank 2: leisure, hobbies and extreme sports | Cambridge IGCSE ESL 0511

1. Quick confidence check

Before you study the topic, mark the column that best describes your confidence with each word or phrase.

Word or phrase	New to me	I recognise it	I can use it
free-time activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
leisure centre	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
extreme sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
take a risk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
safety equipment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
challenge yourself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
sense of achievement	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
outdoor activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
indoor activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
relax after school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
take up a sport	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

2. Vocabulary bank

Here are some useful words, adjectives, verbs and chunks that can be reused in exam answers. If you are not sure of their meaning, check online or ask your teacher.

Category	Useful vocabulary
Leisure	free-time activity, leisure centre, hobby, relax after school, indoor activity, outdoor activity
Adventure	extreme sport, take a risk, safety equipment, challenge yourself, try something new, sense of achievement
Choices	healthy lifestyle, enjoyable, competitive, give up, take up a sport, sports facilities
Opinion chunks	I find it relaxing to..., It can be exciting because..., Safety is important because..., I would like to try..., The main risk is...

3. Match the meaning

Match each word or phrase with the correct meaning. Then choose four and write your own examples.

Word or phrase	Meaning
1. free-time activity	a. items used to protect people from injury
2. extreme sport	b. a feeling of success after doing something difficult
3. safety equipment	c. something someone does when they are not working or studying
4. challenge yourself	d. start doing a sport as a new activity
5. sense of achievement	e. a sport that can be exciting and risky
6. take up a sport	f. try something difficult in order to improve

4. Build useful chunks

Choose useful chunks from the grid. Then write three natural sentences you could use in a speaking or writing answer.

free-time activity	relax after school	take up a hobby
extreme sport	take a risk	use safety equipment
challenge yourself	sense of achievement	try something new

- _____
- _____
- _____

5. Read in context

Read the text. The bold words are from the vocabulary bank.

Trying Something New

Free time is important because it gives people a chance to rest and enjoy themselves. A **free-time activity** might be relaxing, creative or active.

Some people prefer a quiet **hobby**, while others enjoy an **extreme sport** that feels exciting and challenging.

Adventure activities can build confidence, but safety matters. People should use the correct **safety equipment** and understand the risks before they **challenge themselves**.

Trying something new can give people a strong **sense of achievement**. Even if they are not perfect at first, they may discover a new interest or improve their confidence.

6. Check your understanding

Answer the questions in your own words. Use the vocabulary bank where it fits naturally.

READING CHECK

1. Why is free time important?

2. What kinds of free-time activities are mentioned?

3. Why is safety important in adventure activities?

4. How can trying something new help people?

VOCABULARY IN CONTEXT

What does 'challenge yourself' mean?

- A. Try something difficult in order to improve
- B. Stop all activities
- C. Watch someone else play
- D. Avoid new experiences

What is the writer's main idea?

- A. New leisure activities can build confidence if people stay safe.
- B. Extreme sports are always too dangerous.
- C. Hobbies are never useful.
- D. Free time should be avoided.

7. Use the vocabulary

Task	What to do
Speaking 1	Describe a free-time activity you enjoy and explain why.
Speaking 2	Discuss this question: Should teenagers try more challenging activities?
Writing	Write a short paragraph about a hobby or sport you would like to take up.
Review	Return to the confidence table. Choose one item you want to improve and write a clear example sentence.

8. Topic discussion questions

Use these for pair work, small-group discussion, or speaking-test warm-up practice.

- What hobby would you like to try?
- Are extreme sports worth the risk?
- How can hobbies reduce stress?
- Do teenagers have enough free time?
- What activity gives you a sense of achievement?

**ANSWER KEY**

Sports and Leisure

3. Match the meaning

1. c = something someone does when they are not working or studying
2. e = a sport that can be exciting and risky
3. a = items used to protect people from injury
4. f = try something difficult in order to improve
5. b = a feeling of success after doing something difficult
6. d = start doing a sport as a new activity

6. Check your understanding

1. It gives people a chance to rest and enjoy themselves.
2. Relaxing, creative, active, quiet hobbies and extreme sports are mentioned.
3. People need to understand risks and avoid injury.
4. It can give them a sense of achievement and improve confidence.

MCQ 1: A. Try something difficult in order to improve.

MCQ 2: A. New leisure activities can build confidence if people stay safe.