

Lesson 39

1 TOPIC QUESTION

今日のトピック

What do you do in your free time?

暇なときは、何をしますか？

2 ARTICLE

記事

Directions: Read the following article aloud.

課題：以下の記事をはっきりとした声で音読しましょう。



Free Time

I'm a fitness fanatic, so in my free time I do a lot of sporting activities. My major activity is Ju Jitsu. It's a type of martial art similar to Judo and Aikido. Ju Jitsu originated in Japan and is a wonderful way to stay fit and learn how to defend yourself. I usually go to three training sessions a week. It keeps me fit and reduces stress, especially after a hard day at work. Sometimes I also take part in competitions and tournaments.

As well as sports, I also love watching films. I go to the cinema at least once a month, sometimes more often if there are many good films to watch. I also love watching DVDs at home. I have a 72 inch TV and surround sound speakers so it's like a home cinema system. I listen to many film soundtracks too.

Some of my other pastimes include reading books and socializing with my friends and family. Sometimes we meet in the pub or go to a restaurant. I think it's important to enjoy your free time and sometimes I feel like I need more free time. Sometimes I just like to be lazy and lie on the sofa eating junk food and watching TV.

Lesson 39

3 VOCABULARY

語い

Directions: First repeat after your tutor and then read aloud by yourself.

課題: 先生の後が続いてくり返した後、今度はひとりで発音してみましょう。

martial arts 武術

fitness fanatic フィットネス狂

originated 起源をもつ

reduces 減少させる

inch インチ

surround サラウンド

soundtrack サウンドトラック

junk food ジャンクフード

4 QUESTIONS

質問

Directions: Read the questions aloud and answer them.

課題: 質問を声に出して読んだ後、答えてみましょう。

1. What is his main sporting activity?
2. What is his other main pastime?
3. What kind of TV system does he have at home?
4. How do you like to enjoy your free time?