

Sample Discussions

Pre-reading Part B (p.71)

1. Which of the activities mentioned above interest you the most, and why? [Please refer to the module opener page for the activities mentioned.]

A: Of all the above activities, I like playing winter sports the best because they enable me to fully exercise both mentally and of course physically. Skating, for example, is a **systemic** sport that can develop and train bodily **coordination**. Moreover, it improves my **balance, stamina and endurance**.

B: Agreed, but it's too stimulating for me. What interests me most is playing chess, since it can **relieve my tension and fatigue**. In the process of playing chess, I can forget all about daily troubles and **concentrate**, which **is conducive to** cultivating a calm mind.

2. What kinds of leisure activities do you enjoy doing?

A: In my leisure time, I like listening to music. Especially when I'm feeling down, music can **refresh** me. Let me set an example, my favourite band is BTS. Their songs are really **powerful** and help me through many unhappy times. When **confronted with** difficulties, listening to their music can inspire me.

B: Yes, I share the same feelings with you. I like their songs, too. But my favourite leisure activity is doing sports, such as running and swimming. I'm **obsessed with** the feeling of releasing happiness **hormones**, such as **dopamine**, which makes me **relax mentally**. What do you like to do in your free time?

C: Sounds great! Doing sports is also **beneficial for** your health, and I enjoy watching films. Through watching films, I can experience countless different lives, feel the protagonist's **ups and downs** and obtain a new perspective towards life. For instance, one of my favourite films is *Soul*. After watching the process of Joe's search for spark, I understand that actually finding spark was not the purpose, **what counted most was** to cherish life at all times.

D: That sounds **philosophic!** In my spare time, however, my favourite **pastime** is doing handicrafts like **embroidery**. I find that it takes me away from prolonged screentime, and making something with my hands results in an indescribable sense of achievement which makes all of the **time-consuming effort** worthwhile...

CLASSROOM Reading Headway Pre-HKDSE Targeted Practice (Book 2)

Module 3 Leisure, Sports, Health and Fitness