

# 1 Language Excellence

## Presentation: A personal profile

1 Read the personal profile and answer the questions.

- 1 What are Jay's two favourite free-time activities?
- 2 What three benefits of sport does Jay mention?
- 3 Why doesn't he play computer games at night?
- 4 What does he dream about?

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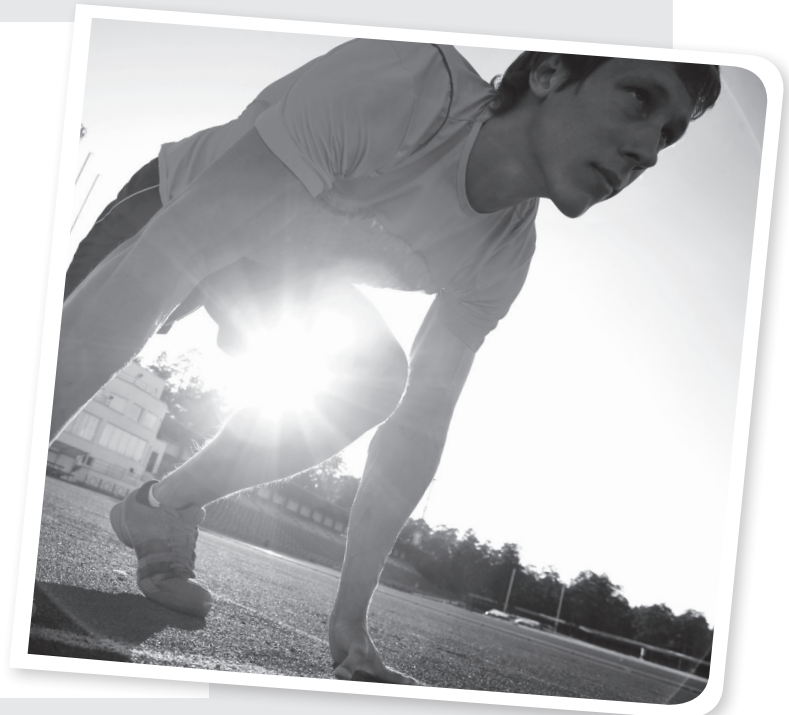
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## JAY STEVENS

I'm 15, I live in Manchester and I'm crazy about sport. Doing sport is brilliant for building confidence and life skills. It's also great for relaxing when you're stressed. I love running and I train every evening after doing my homework. On Saturday mornings, I start training at nine o'clock. The hardest part is beginning the session, but when I finish training I always feel great! However, I really don't like running in bad weather! Apart from doing sport, playing computer games is my other favourite free-time activity. However, I avoid playing at night because sleeping well is really important for athletes. I go to bed early and read. I usually stop reading and switch off the light at ten. Then I dream about winning an Olympic gold medal, like my hero, Mo Farah!



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### A personal profile

Use the first person: *I*

Give a little bit of background information about yourself: *I'm 15, I live in Manchester ...*

Talk about your hobbies, likes and dislikes: *I love running and I train every evening ...*

### Remember!

We form gerunds with the verb + *-ing*. Remember to check spelling rules to form gerunds correctly.  
*build-building, make-making, run-running*

# 1 Language Excellence

## Practice: A personal profile

### Gerunds after preference verbs

I love **running**.

I really **don't like running** in bad weather.

### Gerunds after prepositions

Sport is brilliant **for building** confidence.

It's also a great way **of relaxing**.

I train every evening **after doing** my homework.

I dream **about winning** an Olympic™ gold medal.

### Gerunds as the subject of the sentence

**Doing** sport is brilliant.

**Playing** video games is my other favourite free-time activity.

**Sleeping** well is really important.

### Gerunds after certain verbs (eg start, stop, suggest, admit, deny, finish, avoid, consider)

I **start training** at nine o'clock.

I **avoid playing** at night.

When I **finish running** I always feel great!

I usually **stop reading** at ten.

### Typical errors

I don't like to ~~getting~~ up early. ✗

I don't like ~~getting~~ up early. ✓

I train ~~after to do~~ my homework. ✗

I train ~~after~~ doing my homework. ✓

### 1 Circle the correct spelling of the gerunds.

I hate ~~training~~ / **training** when it's cold.

1 **Hiking** / ~~Hikeing~~ is my favourite free-time activity.

2 My sister loves **swimming** / ~~swiming~~.

3 I avoid ~~sharing~~ / **sharing** too much personal information online.

4 Can you stop ~~chatting~~ / **chating**!

5 How do you like ~~relaxxing~~ / **relaxing**?

6 She's great at **speaking** / ~~speakking~~ Chinese.

7 They dream about **winning** / ~~wining~~ a trip to Las Vegas.

### 2 Complete the sentences using the gerund form of the verbs in the box.

get up learn lie meet play swim write

Learning a foreign language is a great way of meeting people!

1 Do you prefer \_\_\_\_\_ or \_\_\_\_\_ tennis?

2 The man admitted \_\_\_\_\_ to the police about the robbery.

3 I'm not very keen on \_\_\_\_\_ early in the morning to go training.

4 'Put your pens down and stop \_\_\_\_\_, please. The exam has finished.'

### 3 Complete the interview between the interviewer (I) and Clara (C) with the correct form of the verbs in the box.

eat finish get have love start train try

I Take us through your routine, Clara.

C I get up at half past seven. After having breakfast, I drive to the track. I <sup>(1)</sup> \_\_\_\_\_ training at nine o'clock. I train for three hours. Then I go home for lunch. At half past two, I go back and continue <sup>(2)</sup> \_\_\_\_\_. I <sup>(3)</sup> \_\_\_\_\_ training at about six. Then I go home.

I Tell us about your diet.

C <sup>(4)</sup> \_\_\_\_\_ the right food is very important for an athlete. Enjoying your food is also important. I <sup>(5)</sup> \_\_\_\_\_ cooking and I enjoy <sup>(6)</sup> \_\_\_\_\_ new recipes.

I How do you stop <sup>(7)</sup> \_\_\_\_\_ dehydrated?

C I drink sports drinks and lots of water.

## Final Writing Task

### A personal profile

Write a short personal profile about yourself. Use Jay's profile to help you.

- Include background information about yourself.
- Describe your hobbies, likes, dislikes and preferences.
- Practise using the gerund form of verbs.