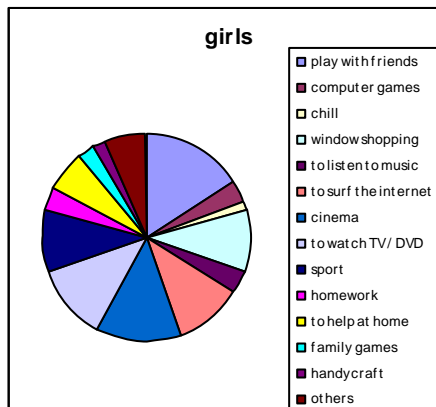
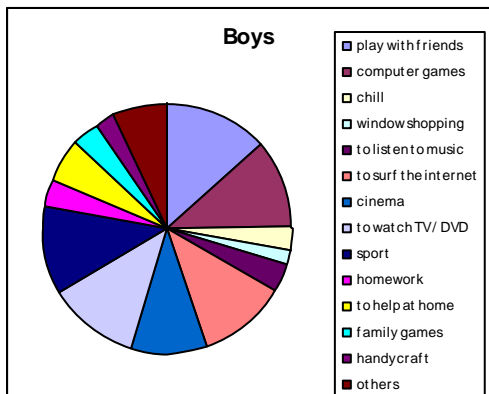
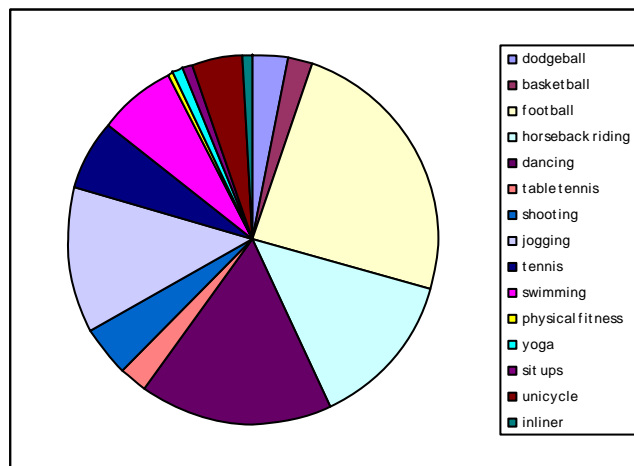
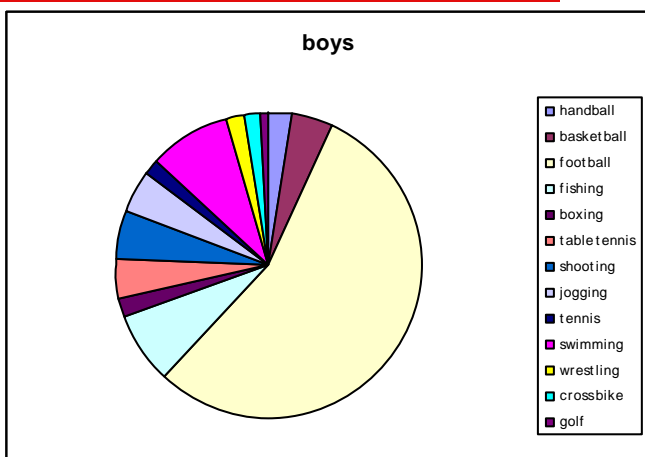


### 3) How do you spend your freetime duing the weekend?



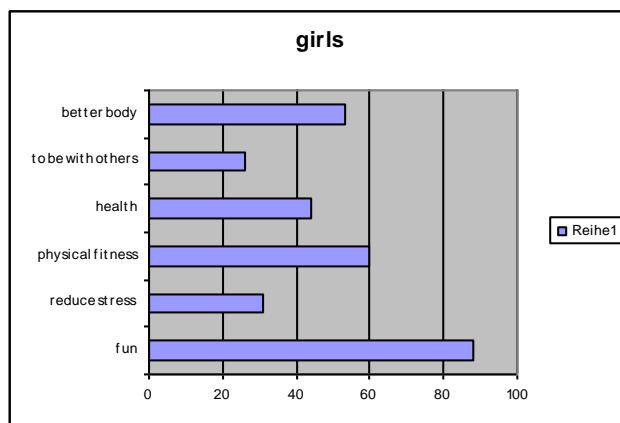
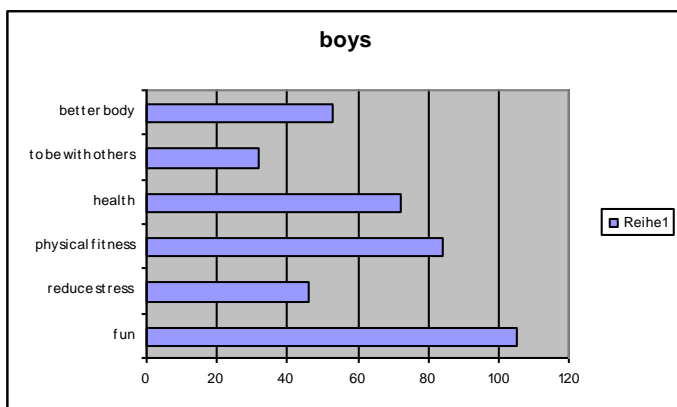
The children seem to be more active during the weekend. More boys are doing sport than the girls. You can see that a lot of children go to the cinema on weekends. Girls spend a lot of time window shopping. For the children it seems to be very important to spend free time with their friends.

### 4) What sport activities do you usually do?



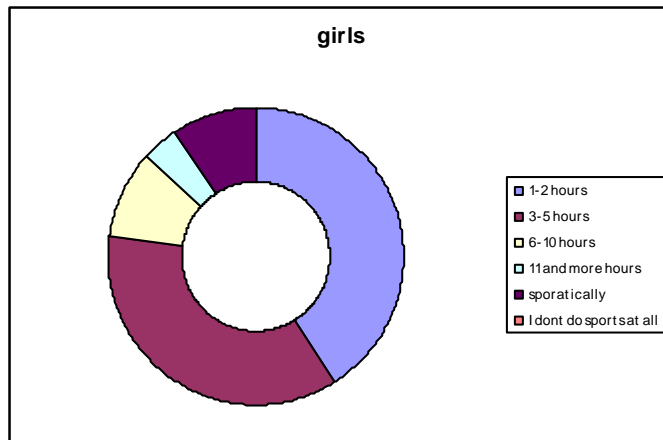
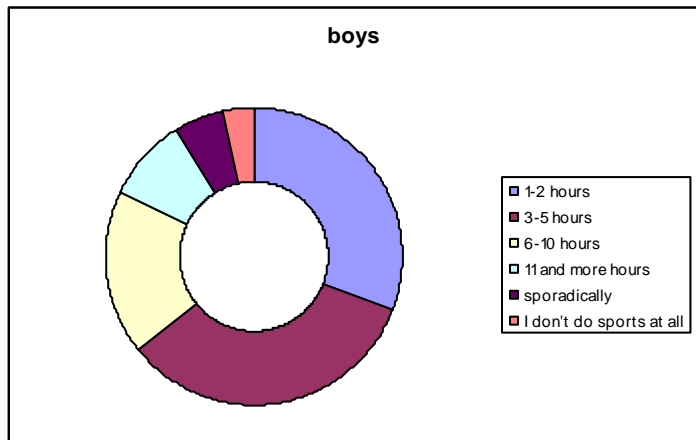
You can see that a lot of boys and also girls play football. Otherwise the sport activities differ a lot. Important sport activities for the girls are horseback riding, dancing and jogging. The boys spend more time going fishing and swimming.

### 5. Why do you do sport?



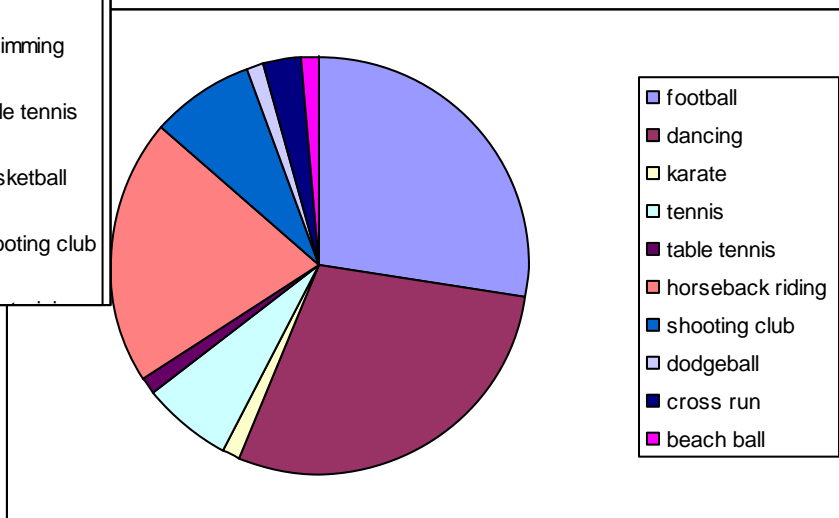
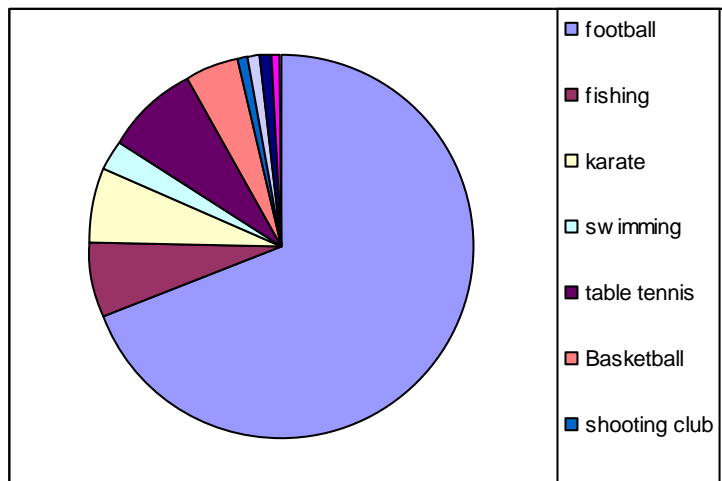
Most boys and girls do sport out of fun during their freetime. Another main reason for both is physical fitness.

## 6) How many hours of sport do you do during a week?



The boys spend more time doing sports than the girls. Most girls spend 1-2 hours of sports during the week, whereas more boys spend 3-5 and even a lot of boy 6 to 10 hours a week. Only 4 children said that they do no sport at all except the sport at school.

## 7) In what sport activities to you take part?



Almost two thirds of the questioned boys are in a football club. Also a lot of girls play football actively. Many girls are taking part in dance clubs and in horseback riding clubs.

**Who doesn't love** free time? All of us have our favourite cartoon,

Pc game, sport. And everyone love to have free time so as we can do whatever we like, that is why our favourite day during the week is



Friday. On Friday we are always happy because the day after is **Saturday and we don't have to** go to school. On Saturday and Sunday if we organize our time in order to do homework, we can relax too.



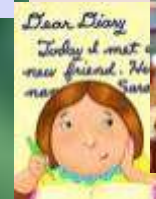
In the winter we like ice-skating (in our city there is a beautiful ice rink open



during Christmas time) or we go to the cinema to watch comic movies. Certainly, in summer our games are totally different. In summer our play full fun is to organize a pyjama party.

No problem as to free time, we know also what we can do in winter! A guitar to play, a ride, a football match, a puzzle, a visit to grandpa who **lives far from here... and the** week is just ending. But no fear, one hour to fly with our fantasy and we find something to do also during the week too, let us do it!

Class 5E Toscanini



Stroking the cat **or the dog a wonderful run outdoor... who**

can think to have enough free time, put hand up! Actually, boys and girls would like free time. At the lessons we and there are work to do be-



ally, boys and to have more the end of go back home lots of homework before going to the gym or on the football pitch. All of us prefer something different, and the difference is between boys and girls.

In the free time we like playing with our friends, brothers and sisters, we usually organize a football match ( boys are very happy when they play football!)



or we usually go for a ride by bicycle; someone plays cards or perform a trial or eat **sweet snake. "I dream lots of sweets" someone** says.

There are lots of kids who play with **"Nintendo", watch films or cartoon. Girls like** to dance very much,, play with dolls and write secret diary. Everyone waits for Sunday, when it is high day and we can play all the day. Some girl help her mum with housework and maybe also her grandma watering plants. Some kids love reading and they do it **before they go to bed by 10 o' clock when is** time to turn off the light and go to sleep to face a new day of hard work.

Class 5D Toscanini



# HOW WE SPEND OUR LEISURE TIME!!



In England for our summer leisure time we go swimming, visit people, netball and judo etc.

In winter we have winter sport such as ice skating, snow fighting and sledging (when it snows!).

Children enjoy playing and watching sports such as football, cricket, tennis and netball.

Many children belong to clubs such as Cub Scouts, Brownies, Boys Brigade, St Johns Ambulance, Judo, Karate, dance and Youth Clubs.

Other popular activities include watching television, playing computer games, cycling and skateboarding.

Families enjoy going sightseeing at the weekends and during the school holidays. There are many stately homes, museums, beaches and beautiful parts of the countryside to visit.

The reason we have leisure time is mostly to enjoy ourselves. And we know it is important for us to keep active during this time!



By Nawal Ibrahim, Holly class (Carpenters Primary School)

## How we spend our leisure time

My name is Carlton and my partner's name is Tyrell, we are in Fern Class and Rose Class.

Carlton goes to Maths Club and Tyrell goes to ICT Club. In Maths Club Carlton plays car travel



games and sometimes he also does PE games. Miss Glen is the Maths teacher we go on a Wednesday. Carlton enjoys going to maths club because he gets to



do lots of maths work.

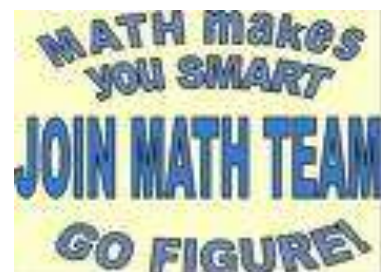
Carlton also goes to Yoga Club. In Yoga, Carlton does some exercises and stretching.

In ICT club Tyrell goes on computers and plays games. Mr Green is the ICT teacher. Tyrell goes to ICT club on a Thursday.

Tyrell's club is very exciting.

Carlton's club is very lovely.

By Carlton and Tyrell Carpenters Primary School



# FREE TIMES ACTIVITIES IN KUVAYİ MİLLİYE PRIMARY SCHOOL



The life in school is not only studying lesson. We sometimes want to do different activities. We are so bored of exams, lessons etc. We want to spend free times in a good way. This is also valid for all ages. The free time activities make you creative and they are good for you.

What the students in Kuvayi Milliye Primary School do in their free times? This is our question to be answered. They usually choose sports activities in these times. They like football very much. They also play volleyball and table tennis. Also there is a game 'Yakar Top' which is popular at our school. They like playing it, too. They read books and play chess as mental activities. Sport has an important role in a healthy person's life. In addition to this, they become better to decide and

improve themselves. When the students win the sports tourney they become more confident in themselves. When they lose they become more ambitions than before.

Everybody knows that we enjoy while we are doing sports. Anyway enjoyment and sports are friends. You say 'yes', don't you? Let's examine the activities pupils do at our school.



Beschreibende Grafik- oder Bildunterschrift.



## 2. Basketball

They also like basketball as much as football. They learn to help each other and to make decisions faster.



## 3. Volleybol

Especially girls like volleyball. This sport is good for their muscles and they improve their body however this sport is different from other sports as this sport is a Complete team game. They learn helping others. They tolerate each other and they accept their personaliities.

## 4. Table Tennis

This sport is based on personal ability. In this sport students improve to think faster and their coordination.



5.  
Yakar Top

This is a game not a sport but it consists of sports activities. There are two groups in this game, there is no limited player. One of the groups divides into two parts and they stand opposite to each other in a certain distance. The other group is in the middle of the others. The first group tries to hit the second group with a ball. The hit player stops playing. They learn to decide faster and improve their reflections.



6. Reading books

Our students read books every morning for half an hour. Students and teachers read books in this hour. The students improve their mental health as much as their physical health in their free time.



7. Playing chess

Another mental activity is playing chess. Everybody knows that playing chess is good for mental health. With the help of playing chess they both improve themselves and they become more successful in their lessons.



# LEISURE TIME



There are many possibilities for spending free time in our town. Children can attend one of various sport teams or art, music and drama clubs at the town hobby centre Spektrum or Sportcentrum. We also have a School of Arts, where the children have their regular lessons and get a school report like at school. Children can choose from a variety of musical instruments, a choir, an orchestra, painting, pottery, drama, ballet and many others. Parents pay for their children's lessons, but it is not expensive. Lots of children, especially girls, like dancing and they go to a dancing school.

Our Dancing School Hubeny is very famous



around the world and its dancers have won many medals.

Boys usually prefer playing football, basketball or tennis. Our town is famous for its tennis club, some of the Czech most successful players started playing in Prostějov. Although there are many clubs and sport teams, lots of children like spending their free time at home with their computers, usually playing online games. According to a school survey, computer games and playstations are one of the most popular Christmas presents for boys.

## And what do the children say?

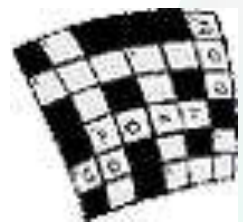
„Most of my free time I spend out. I go cycling or rollerskating. In the summer I like climbing the trees and picking the cherries. I also go swimming with my friends. In winter we play ice-hockey. I sometimes go to see my grandfather and we shoot at asphalt birds. Sometimes I go climbing.“

Jakub Zatloukal



„I usually go out with my friend and my dog Nelinka. I like going out. When the weather is bad, I spend my time playing PC games or helping my mum. I wash up or vacuuming sometimes I go shopping. I also like reading books and magazines. I enjoy crosswords and puzzles as well. But the best way of spending my free time is just being out.“

Milan Vagaský





"I like playing computer games and watching TV. Sometimes I tidy up my room, but not very often. 😊 When my Lenka comes to my room, I often go to see her. My grandma and grandpa, they also have a dog Miki. I really love Miki and we enjoy the time spent together! We sometimes go to the woods and when we come back with some mushrooms, my granny makes a delicious sauce or a soup!!"



In my freetime I play football and I play computer games, too.

Stefan



In my free time I do karate, play table tennis and I play computer games. Florian



"In my free time I often play football or basketball with my friends or I play PC games and watch TV. But when the weather is nice, I usually go fishing, which is my hobby."



Dominik Bajer



"When I come home from school, I do my homework and make things ready for the next day. Then I play Playstation, chat on ICQ or, if the weather is nice, I go out with my friends. Sometimes we go roller-skating, skateboarding or we play football. With the other girls we often bug the boys and they bug us back."

Michalea Ventrubová



Hello, my name is **Marcel**. I'm 12 and every Monday I go swimming in the DLRG (German Life Rescue Association). My favourite food is Pizza and Spaghetti Bolognese. I play with my Xbox 360 and I like to communicate on ICQ. On Fridays I watch TV and on Saturday I usually go to the cinema.





# Interview

Students were interviewing the

Interview with Mrs. Fennen (by Vivian –Sophie and Jenny



Where did you go to the university?

I went to the university of Osnabrück.

What did you study?

I studied sport and music.

Why did you choose to become a sport teacher?

I have been interested in sports since childhood. I especially did a lot of sport activities during my teenager years. I think some motion sequences are very important for a healthy body.

Has becoming a teacher always been your dream job?

At first my dream job was to become a goldsmith, than a physiotherapist. I decided to become a teacher shortly before my A-levels.

Do you do sports in your free time?

Yes, tennis, jogging, swimming and skiing.

Do you prefer to teach the younger or the older pupils?

To teach the younger ones as well as the older ones has its positive sides. But I think I prefer to teach a little bit more the older ones.

What sport activities do the pupils prefer?

Surely, competitive games, where there is a lot of action. Football, dodge ball, all kinds of sports where they can have the feeling of success.

Do you have a favourite sport star or a favourite club?

Not really. I prefer the ones that perform well and are still likeable. My favourite football sport club is Werder Bremen.



Mrs Milena Tomková



Do you eat cereals?

*Yes, I do. But not every day.*

How much liquid do you drink a day?

*About 2 litres.*

Do you drink coffee? How much?

*Yes, I do. About two cups a day.*

Do you do a sport? Do you walk to school?

*Yes, I like skiing and we also go cycling in summer.*

Do you have breakfast every morning?

***No, I don't. I go by car. It's faster and more comfortable.***

Do you eat in fast food restaurants?

*Yes, I do. Breakfast is very important!  
Well, sometimes we go to Mc Donalds, but I usu-*

*ally order some salad.*





Miss Sandra Zatloukalová



Do you like fish ?

Yes, I do.

How often do you eat fish?

Once or twice a week.

Do you drink more than 1 l of water a day ?

No, I don't.

Do you drink alcohol ?

Occasionally.

Do you eat junk food ?

No, I don't! I eat lots of fruit.

Do you smoke?

Well, I used to smoke, but I stopped!

### Interview with Mr. Kleine ( by Emre )

Emre : Mr. Kleine, what subjects do you teach?

Mr. K.: At the moment my subjects are Sports, Music, History, Geography, Politics and Religious Education.

Emre : Did you have any other plans before you decided to become a teacher?

Mr. K. : No, never.

Emre : Why did you decide to teach sports?

Mr. K. : I did and still do different sports in different sports clubs and I enjoy it.

Emre : Do you also do sports in your free time?

Mr. K. : I go jogging and I play tennis and football.

Emre : And what's your favourite sport?

Mr. K. : Football.

Emre : What kind of sport is the healthiest in your opinion?

Mr. K. : I guess it's swimming.

Emre : And how do you think a sportsman should live?

Mr. K. : As healthy as possible.

Emre : Are you interested in the Olympic Games?

Mr. K. : Yes, of course.

Emre : And what are your plans for the future?

Mr. K. : To be a good teacher and to stay healthy.

Emre : Thanks for the interview, Mr. Kleine.

Mr. K. : You're welcome!



INTERVIEW WITH ZEYCAN ALPAY, A TEACHER IN ULUBEY HIGH SCHOOL.



Derya Aydınalp: What is your name?

Zeycan Alpay: Zeycan Alpay

D: What is your job?

Z: I am a teacher.

D: Where do you work?

Z: In Ulubey Sağlık Meslek Lisesi

D: How old are you?

Z: 35

D: Do you always have breakfast in the mornings?

Z: I always have breakfast.

D: How many times do you brush your teeth?

Z: Twice a day

D: Do you regularly have dinner?

Z: Certainly

D: How often do you eat meals?

Z: Twice or three times

D: Do you know the meaning of healthy diet?

Z: Of course

D: Do you regularly do sports?

Z: I haven't so much time for it.

D: Do you wash your hands before and after meals?

Z: Yes

D: How many hours do you sleep in a day?

Z: 6-8

D: How often do you go to the doctor?

Z: When I am ill.

D: How often do you take shower in a week?

Z: every day

D: Do you pay attention to the expiration dates of products before you buy it?

Z: Yes

D: Do you care what you eat in concept of healthy diet?

Z: I try to care.

D: Do you feel yourself healthy?

Z: Yes

D: Which one is your nutrition style?

Z: Vegetable and fruit

D: Is there healthy service at your school?

Z: Unfortunately

D: Do you eat fresh fruit?

Z: Yes

D: Do you eat fish at least once a week?

Z: I like eating fish.

D: Do you drink gassy beverage?

Z: Yes

D: Do you have dairy products in a day?

Z: I try to have.

D: Do you use supportive products like vitamins, protein?

Z: No I do not use.

D: Do you drink alcoholic beverages?

Z: No

D: Do you smoke cigarette?

Z: No

D: Do you often take medicine?

Z: No

D: Do you often get sick?

Z: No

D: Do you wear seasonal clothes?  
clothes.

Z: Yes I pay attention to my  
clothes.



# Interview with Mr. Saunders

Mr Saunders is a class teacher at Carpenters Primary School, Stratford, London. He runs athletics club with Miss McKenna. The children of Oak Class decided to ask him about his latest sporting achievement, The London Triathlon which he completed on the 6<sup>th</sup> August, 2008.



## Q. What is a triathlon?

A. Ok a triathlon is basically based on three sports: swimming, running, and cycling. You have to wear a wet suit to do swimming. Once finishing that you have to put on your cycling shoes and cycle. Then do the running.

## Q. What inspired you to do triathlon?

A. I wanted to raise money for charity.

## Q. How do you train for the triathlon?

A. I tried to fit the training in with everyday life. I cycled to school and cycled back. Sometimes I ran to school at ran home. On a Monday evenings I took my children for their swimming lessons and I swim too in a lane next to where they would be having their swimming lessons.

## Q. How many competitors were in the triathlon?

A. There were ten thousand competitors in the triathlon.

## Q. What was the distant for each triathlon event?

A. The swimming was 750m, about 30m of the pool. Cycling was 20km, from Carpenters to the middle of London. The running was 5km.

Qm swim.

## Q: Were you nervous before the triathlon?

A: I felt mixed emotions between excited, tired and happy to achieve a goal and it all goes to a good cause, charity. Before my first triathlon I was very nervous. I thought I would never get to the end. I still would be nervous before a triathlon but



not as much as the first one.

## Q. What was the most challenging event in the triathlon?

A. The most challenging event was cycling because he had a punctured tyre.

## Q. Which activity was the least challenging in the triathlon?

A. The least challenging activity in the triathlon was swimming.

## Q. How long did you take on each event?

A. I took 15 minutes for swimming he took 40 to 42 minutes for cycling (I should have done better) I took 22 minutes for running. All of it took about 1 and half an hour.

## . How did you feel at the end of the triathlon?

A. A mixture of feelings and I felt tired. I felt a sense of achievement. I really achieved something.

## Q. Which place did you come in the Triathlon?

A. I came 150<sup>th</sup>.

## Q. Did you receive a medal for participating in the triathlon?

A. Yes I did receive a medal.

## Q. What achievements in sports have you got?

A. I did the Ten Tors when I was fifteen years old.

## Q. What other sports do you take part in?

A. I have taken part in tennis, football and cricket.

## Q. What's your next sporting ambition?

A. Double the distance, 40 km bike, 10 km run and 1500

# REALLY COOL STUFF

REALLY COOL STUFF

## Olympics



Y G V Y M E D A L S Y O  
 R A O Y N G D P D R S G  
 T M L E T O Z I E L Y N  
 N E L I C X M H V M O Z  
 U S E H I Z C E N I T G  
 O F Y Y D R H A R X N H  
 C I B Z A D S S C E O G  
 D P A T Y T A Z R N C W  
 J Y L L I H C R O T S N  
 P I L C A D H R X K U F  
 P K S B W O X R Z M K J  
 L L A B T E K S A B O H

### SPORT AND PICTURE MATCHES



BASKETBALL

CEREMONY

ARCHERY

COUNTRY



GAMES

TORCH

GOLD

GYMNASTICS

HONOR

MEDALS



VOLLEYBALL

DIVING

# REALLY COOL STUFF

# REALLY COOL SWORE

## Food and Country matches



Tacos



Chicken curry



Sausages



Peking duck



Fish and chips



Dumplings



Pasta



Köfte

Italy

China

Czech Republic

Turkey

Great Britain

Mexico

India

Germany

REALLY COOL SWORE

## SOME JOKES

Knock, Knock  
Who's there?  
Lettuce  
Lettuce who?  
Lettuce in please, I am cold

Q: Which vegie plays sport?  
A: Squash.



Q: Why is a pea small and green?  
A: Because if it was large and red it would be a tomato!



APPLE  
(on Pine)



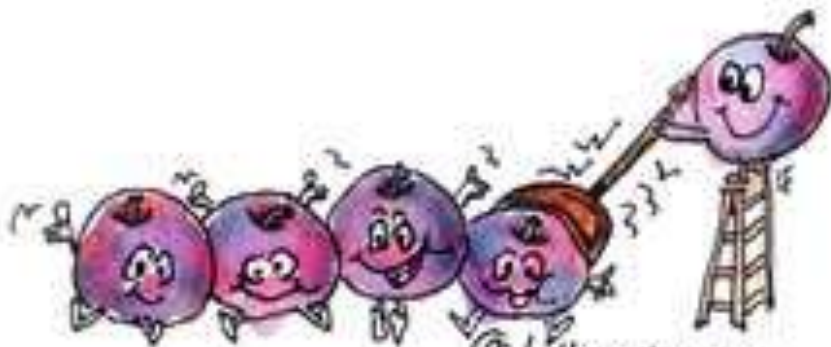
Pineapple  
+ (hula)



Mango  
+ (-tango)

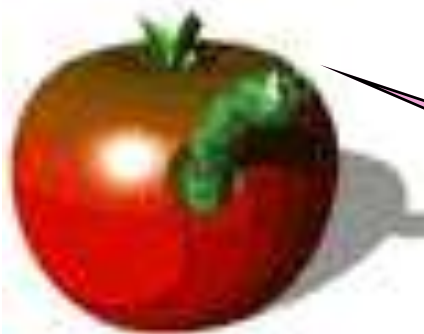


PERRY COMO



©Lillyarts.com

PLUMP PLUMS PLAYING  
(with PLUNGER)










Hi there,  
Next week I want to go to  
the Czech Republic and I  
need to find another apple  
there. But the problem is  
that I don't know the word  
apple in Tzech.



No problem, that's „Jablko“  
and good luck in the Czech Re-  
publik.!!!!

## HOW DO YOU SAY APPLE IN TURKISH ... ?

	English	Turkish	Czech	Italian	German
	Cherry	<b>KİRAZ</b>	<b>třešně</b>	cilliega	Kirsche
	lemon	<i>AYVA quince</i>	citron	limone	Zitrone
	apple	<i>ELMA</i>	jablko	pomo	Apfel
	Banana	<i>MUZ</i>	Banana (bʌnʌ:n]	banana	Banane
	orange	<i>PORTAKAL</i>	<b>pomerančový</b>	arancia	Apfelsine
	grapes	<i>ÜZÜM</i>	hrozny	uva	Weintrauben
	strawberry	<b>ÇİLEK</b>	jahoda	fragola	Erdbeere



# Healthy habit

## Some breakfast ideas



Two questions that we asked our home economics teacher Mrs. Wessels. (by Jana & Maren)



M + J : What do we need to prepare a healthy breakfast?

Mrs. Wessels: You could eat a muesli without sugar but with the natural sweetness from fruits. Some whole wheat bread or rolls.

All sorts of fruit and fruit juice. You can also make some boiled eggs.



M + J.: What does five a day mean?

Mrs. Wessels: It means that you should eat 5 servings of fruit or vegetables every day.



### What's A Serving?

Drink one glass of delicious 100% fruit juice every morning and you're on your way.

A 1/2 cup of cooked vegetables equals one serving.

Just a half a cup of canned pineapple or any other fruit counts as one serving.

A whole carrot or a handful of baby carrots counts as one serving!

Count one handful of raisins or a mini box as one serving.

One cup of salad counts as one serving! A medium salad is 2 servings and a large salad makes 3 servings!



## Fruit 'N' Juice Breakfast Shake

### Ingredients

- 1 very ripe, medium banana, peeled
- 3/4 cup pineapple juice
- 1/2 cup low fat vanilla yoghurt
- 1/2 cup strawberries, stem removed and rinsed



### Fruity Breakfast Parfait

- Serves 4 Persons
- Cooking Time 20 minutes
- Preparation Time 15 minutes



### Ingredients

- 2 cups chopped fresh pineapple
- 1 cup frozen raspberries, thawed
- 1 cup lowfat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted

### Directions

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

### Banana Peanut Butter Sandwich

- Serves 2 Persons
- Cooking Time 0 minutes
- Preparation Time 10 minutes

### Ingredients

- 2 tablespoons peanut butter
- 4 slices raisin bread
- 1 firm, small banana, peeled and sliced



### Directions

Spread peanut butter on 2 bread slices. Arrange banana slices over peanut butter. Top with remaining bread. Place sandwiches on cutting board and cut into quarters.

### Nutritional Information

Per Serving: 278 calories, 9g protein, 9g fat (2g sat.), 39g carbohydrate, 260mg sodium, 0mg cholesterol

# Olympic update

London 2012



As we are the closest school to the Olympics, our school was chosen to design the Olympic park. We had to think about the past, present and future. Our teacher was invited to this big meeting about the Olympics.

We were given an art project to work on, the project was about the past, present and future we had to work as a team. We were in a group of three and we were asked to think about our school in the past. It was a dream come true as we painted swiftly across the plain white paper. All week we cut and stuck, the past had pictures of people riding horses because we didn't have cars at that time, we also had pictures of compasses as we have on our

On the past we were only allowed to use colours like black, brown and white, because they were like the colours in the past. The present was about how we live now, we had pictures of cars, cranes and we were only allowed to use the normal colours we use now. And finally we had to do the future. The future was the best because we were allowed to use any colours we like, even metallic colours! We also liked the future part because we had great images in our head like flying cars and at the end our pictures looked fantastic. Our teacher took them to the Olympic committee and maybe in three years



## Letters to Ade

*Hi I'm Sharmarke, and I am going to talk about what has been happening over 08-09. First of all, a famous Paralympics basketball player mentioned our school name in the Paralympics opening ceremony. So we decided to write letters to Ade. Right now we are anxiously waiting for Ade to replay.*





On a freezing afternoon on Friday 16<sup>th</sup> January 2009, Mr. Samuel our school governor came in our class and we set off educational visit to the Green Way close by to our school. We went there to take a closer view of the Olympic stadium. We had clip boards to illustrate what we saw along the way. We saw lots of Earth (soil). There were lots of cranes carrying big piles of mud and dirt, which were being cleaned by huge trucks. We were all amazed how fast it was going up, it looks fantastic. We also had opportunities to take pictures and we had all enj



By Charu and Blendina

## Olympic garden

October-Friday 3<sup>rd</sup> October 2008. Suddenly a big truck came along full with ground soil ready to pour on our Olympic garden twenty muscular men ready to scatter the soil around the whole of our Olympic garden. They helped us make our own shed that we can put our stuff that we need such as: spades, shovel, wheel barrow, seeds and watering cans.

We also made picket fences with Bovis Lend Lease and our topic was change, first we made a mind map of change then we put it on a piece of paper that looks like a picket fence and is the same height as the fence so we drew our mind map pictures on the paper fence then finally we did it on our real fence. They also helped us with our canvases our topic was "water in the garden" we first did on paper then we had to draw it on the canvases then we painted on them.





### **Olympic Question and answer session**

**One ordinary afternoon at 3:30pm on Thursday 27th November 2008 the Olympic delivery authority descended upon our Carpenters Primary School. They answered our intelligent question that we came up with earlier that day.**

**Mr Howard Shipley was the leader and he answered our questions with some of his colleagues e.g. ;( quotes) how will the Olympics change carpenters future?**

**And here are some answers. There will be loads of opportunities like: parks, cycling, swimming pools and many more.**

**What will happen to Stratford mall?**

**It will be getting refurbished and hopefully will be applying for planning.**

**The Olympic delivery authority told us information about the Olympics that we didn't know**

**It was very exciting and really enjoyable we had our question answered and that wasn't all, they told us that they would visit our school again and hopefully they will tell us much more.**



**Howard Shipley – Director of Construction of The Olympic Delivery Authority.**

**By Ingerta**