

IELTS Speaking Part 2: describe an activity

Describe something healthy you enjoy doing.

You should say

what you do

where you do it

who you do it with

and explain why you think doing this is healthy.

Here's the answer that I gave in the lesson. I've highlighted the best vocabulary.

I'm going to describe a really healthy activity that I do, currently, which is swimming. I used to swim a lot when I was younger, but I've recently **taken it up** again, and I go a couple of times a week now.

I go swimming in a gym that I joined, which has a nice swimming pool. I tried going to my **local public pool**, but it was too busy and you couldn't really **swim up and down in lanes** there. So, I found a gym that has a pool, and it's usually quite empty, and I can have **a lane to myself** and swim up and down.

As I said, I do this hobby or activity alone. I don't go there with anyone; it's **a solitary sport** really, and I'm doing it for my own health reasons. Obviously, of course, there are other people in the pool when I'm there; sometimes you have to **share a lane** with another person or a couple of people. But, basically, I'm in there, **focused, on my own, concentrating on my own swimming stroke and technique**, and trying to improve my **endurance and stamina** as well.

And the reason I think this is a healthy sport... well, I think **it's widely accepted** that swimming is really healthy. It's a good **all-over body workout**; it's great **cardiovascular exercise**; it's **a low-impact sport**, so you're not expected to get any injuries as you might do **if you were running**, where there's **impact on the joints** - with swimming you don't have that. So I think it's really good for the body, but it's also **good for the mind**. When I get into the swimming pool, **as soon as I hit the water it clears my mind**; I'm focused only on one thing, which is **my stroke, my technique, the breathing** - it makes you think about your breathing as well, which is good. And I think it **rejuvenates and reinvigorates** you to be in the water. It's a really relaxing experience.

Here's the 'chess' description from one of my blog lessons, with the good vocabulary highlighted as usual.

**Describe an indoor game that you enjoyed as a child.
You should say**

**what the game was
where you played it
who played this game with you**

and explain why you enjoyed it.

As a child I enjoyed playing chess. I think chess is probably the **best known board** game in the world. It's a game for two players, and the **aim is to defeat** the other player by **taking his or her pieces** and eventually **trapping his King**. This final move is called **checkmate**.

I remember that it was **a classmate of mine** at primary school who first taught me to play chess. He had a small, **portable chess set**, and once I knew how each piece moved, we started playing at break and lunch times; we played in our classroom or outside on the school playground. Later my parents bought me my own chess set as a birthday present so that I could play at home.

I taught my younger brother to play, and **at some point I joined the school chess club**. There I had **the chance to hone my skills** against some of the older pupils, and in my final year of primary school **I made it onto the school team**. There were five of us on the team, and we competed against children from other primary schools in the same town.

I liked playing chess because I enjoyed **the challenge of thinking ahead** and trying to **outwit my opponent**. I was probably seven or eight years old when I started playing, and it seemed like a very **mysterious and intellectual game** at that time. Also, although I loved winning, chess taught me to **learn from my losses** and to **congratulate** the person who had beaten me.

Note: It would be nice to add an example or story to the end of this description.