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Licenciatura:

4o. Cuatrimestre de Enfermería Escolarizado

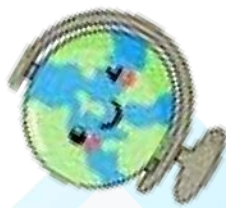
Materia:

Ingles III

Nombre del trabajo:

Activitie tema:

“Antologia”



ANTHOLOGY EXERCISES



How often do you exercise?

1 SNAPSHOT

The Top Five Sports and Fitness Activities in the United States

Sports	Fitness Activities
<input type="checkbox"/> basketball	<input type="checkbox"/> walking
<input type="checkbox"/> baseball	<input type="checkbox"/> weight training
<input type="checkbox"/> soccer	<input type="checkbox"/> treadmill
<input type="checkbox"/> football	<input type="checkbox"/> stretching
<input type="checkbox"/> softball	<input type="checkbox"/> jogging

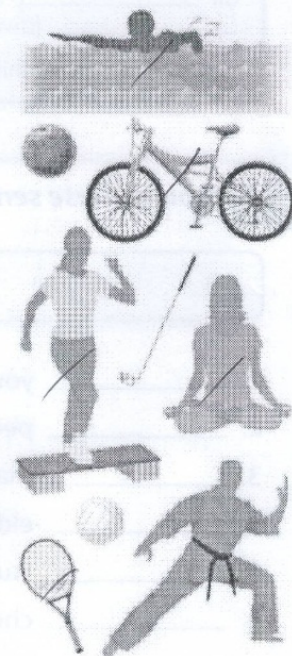
Source: SGMA International, Sports Participation in America

Do people in your country enjoy any of these sports or activities?
 Check (✓) the sports or fitness activities you enjoy.
 Make a list of other sports or activities you do. Then compare with the class.

2 WORD POWER Sports and exercise

A Which of these activities are popular with the following age groups?
 Check (✓) the activities. Then compare with a partner.

	Children	Teens	Young adults	Middle-aged people	Older people
aerobics	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
bicycling	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bowling	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
karate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
swimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
volleyball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



B PAIRWORK Which activities in part A are used with *do*, *go*, or *play*?

do aerobics go bicycling play golf
 do yoga go swimming play soccer
 do karate go volleyball play bowling

A. Put the adverbs in the correct place. Then practice with a partner.

1: A. Do you play sports? (never)

- Do you ever play sports?

B. Sure. I play soccer. (twice a week)

- Sure. I play soccer twice a week.

2: A. What do you do on Saturday mornings? (usually)

- What do you usually do on Saturday mornings?

B. Nothing much. I sleep until noon. (almost always)

- Nothing much. I sleep almost always until noon.

3: A. Do you do aerobics at the gym? (often)

- Do you often do aerobics at the gym?

B. No, I do aerobics. (hardly ever)

- No, I hardly ever do aerobics.

4: A. Do you exercise on Sundays? (always)

- Do you always exercise on Sundays?

B. No. I exercise on Sundays. (never)

- No. I never exercise on Sundays.

5: A. What do you do after class? (usually)

- What do you usually do after class?

B. I go out with my classmates. (About three times a week.)

- I about three times a week go out with my classmates.

1 Adverbs of frequency

- ▶ Adverbs of frequency (*always, almost always, usually, often, sometimes, hardly ever, almost never, never*) usually come before the main verb: She **never plays** tennis. I **almost always eat** breakfast. BUT Adverbs of frequency usually come after the verb *be*: I'm **always** late.
- ▶ *Usually* and *sometimes* can begin a sentence: **Usually** I walk to work. **Sometimes** I exercise in the morning.
- ▶ Some frequency expressions usually come at the end of a sentence: *every day, once a week, twice a month, three times a year*: Do you exercise **every day**? I exercise **three times a week**.

Put the words in order to make questions. Then complete the answers with the words in parentheses.

- you what weekends usually do do on
Q: What do you usually do on weekends?
A: I often play sports. (often / play sports)
- ever you go jogging do with a friend
Q: Do you ever go jogging with a friend?
A: No, alone always. (always / alone)
- you play do tennis how often
Q: Do you how often play tennis?
A: I play four times a week. (four times a week)
- do you what in the evening usually do
Q: What do you usually do in the evening?
A: My family and I almost always watch TV. (almost always / watch TV)
- go how often you do to the gym
Q: Do you how often go to the gym?
A: I never go to the gym. (never)

7 LISTENING In the evening

- A** Listen to three people discuss what they like to do in the evening. Complete the chart.

Activity	How often?
Justin
Carrie
Marcos

- B** Listen again. Who is most similar to you – Justin, Carrie, or Marcos?

11 GRAMMAR FOCUS

Questions with *how*; short answers

How often do you work out?

Every day.
Twice a week.
Not very often.

How well do you play tennis?

Pretty well.
About average.
Not very well.

How long do you spend at the gym?

Thirty minutes a day.
Two hours a week.
About an hour on weekends.

How good are you at sports?

Pretty good.
OK.
Not so good.



A Complete these questions. Then practice with a partner.

- A: *How good are you at volleyball?*
 B: I guess I'm pretty good. I often play on weekends.
- A: *How often do you spend online?*
 B: About an hour after dinner. I like to chat with my friends.
- A: *How long do you play chess?*
 B: Once or twice a month. It's a good way to relax.
- A: *How well do you swim?*
 B: Not very well. I need to take swimming lessons.

B GROUP WORK Take turns asking the questions in part A. Give your own information when answering.

2 Questions with *how*; short answers (page 40)

▶ Don't confuse *good* and *well*. Use the adjective *good* with *be* and the adverb *well* with other verbs: How **good** are you at soccer? BUT How **well** do you play soccer?

Complete the questions with *How* and a word from the box. Then match the questions and the answers.

good long often well

- How well* do you lift weights? *well*
 - How long* do you play tennis? *long*
 - How often* are you at aerobics? *often*
 - How good* do you spend at the gym? *good*
- Not very well, but I love it.
 - About six hours a week.
 - Not very often. I prefer aerobics.
 - Pretty good, but I hate it.

Health and Fitness Quiz

How healthy and fit do you think you are? Skim the questions below. Then guess your health and fitness score from 0 (very unhealthy) to 50 (very healthy).



Your Food and Nutrition

- | | |
|--|---------------|
| 1. How many meals do you eat each day? | Points |
| <input type="checkbox"/> Four or five small meals | 5 |
| <input checked="" type="checkbox"/> Three meals | 3 |
| <input type="checkbox"/> One or two big meals | 0 |
| 2. How often do you eat at regular times during the day? | |
| <input type="checkbox"/> Almost always | 5 |
| <input checked="" type="checkbox"/> Usually | 3 |
| <input type="checkbox"/> Hardly ever | 0 |
| 3. How many servings of fruits or vegetables do you eat each day? | |
| <input type="checkbox"/> Five or more | 5 |
| <input checked="" type="checkbox"/> One to four | 3 |
| <input type="checkbox"/> None | 0 |
| 4. How much junk food do you eat? | |
| <input type="checkbox"/> Very little | 5 |
| <input checked="" type="checkbox"/> About average | 3 |
| <input type="checkbox"/> A lot | 0 |
| 5. Do you take vitamins? | |
| <input checked="" type="checkbox"/> Yes, every day | 5 |
| <input type="checkbox"/> Sometimes | 3 |
| <input type="checkbox"/> No | 0 |

- | | |
|--|---------------|
| 7. Which best describes your exercise program? | Points |
| <input type="checkbox"/> Both weight training and aerobic exercise | 5 |
| <input checked="" type="checkbox"/> Either weight training or aerobic exercise | 3 |
| <input type="checkbox"/> None | 0 |
| 8. How important is your fitness program to you? | |
| <input checked="" type="checkbox"/> Very important | 5 |
| <input type="checkbox"/> Fairly important | 3 |
| <input type="checkbox"/> Not very important | 0 |



Your Health

- | | |
|--|---------------|
| 9. How often do you get a physical exam? | Points |
| <input type="checkbox"/> Once a year | 5 |
| <input checked="" type="checkbox"/> Every two or three years | 3 |
| <input type="checkbox"/> Rarely | 0 |
| 10. How often do you sleep well? | |
| <input type="checkbox"/> Always | 5 |
| <input checked="" type="checkbox"/> Usually or sometimes | 3 |
| <input type="checkbox"/> Hardly ever or never | 0 |



Your Fitness

- | | |
|---|---------------|
| 6. How often do you exercise or play a sport? | Points |
| <input checked="" type="checkbox"/> Three or more days a week | 5 |
| <input type="checkbox"/> One or two days a week | 3 |
| <input type="checkbox"/> Never | 0 |

Rate yourself

TOTAL POINTS

- 42 to 50:** Excellent job! Keep up the good work!
- 28 to 41:** Good! Your health and fitness are above average.
- 15 to 27:** Your health and fitness are a little below average.
- 14 or below:** You can improve your health and fitness.

A Take the quiz and add up your score. Is your score similar to your original guess? Do you agree with your quiz score? Why or why not?

B GROUP WORK Compare your scores. Who is the healthiest and fittest? What can you do to improve your health and fitness?