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LICENCIATURA: Enfermería

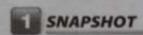
MATERIA: ingles IV

CUATRIMESTRE Y MODALIDAD: 4to cuatrimestre, escolarizado

NOMBRE Y TEMA DEL TRABAJO: How often do you exercise?

Frontera Comalapa, Chiapas a 06 de diciembre de 2020.

How often do you exercise?



Sports	Fitness Activities	657	F-67	TAT
basketball	walking	TAR	MY S	3
baseball	weight training			3 1
soccer	treadmill	-		1550
football	stretching			
softball	jogging	Miles.	4	

Steam SANS STREET, Sand Street, or Street,

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 de. Then compare with the class.

	A Which of t	hese activ	Then con	oopular with	h the follows a partner	ing age grow	apa?	103 319	indes	anti
	constition to the constitution of the constitu	DEDONADO	DEPREDORE	र्रार्थान्यस्र	SOOOOSKIR!	Spoods		*		
que:	B PAIR WOIL	tic Which	activities as bicycli	in part A a	picy	do, go, or p	lay prof	0	*	

de edod

CONVERSATION I hardly ever exercise.

A O Listen and practice.

Marie: You're really fit, Paul. Do you exercise a lot?

Paul: Well, I almost always get up early, and

Hift weights for an hour.

Marie: Seriously?

Paul: Sure. And then I often go swimming.

Marie: Wow! How often do you exercise like that?

Paul: About five times a week. What about you?

Marie: Oh, I hardly ever exercise. I usually just watch TV in my free time. I guess I'm a

real couch potato!

B O Listen to the rest of the conversation. What else does Paul do in his free time?





GRAMMAR FOCUS



Adverbs of frequency ①

How often do you exercise?

I lift weights every day

I go jogging once a week

I play soccer twice a month

I swim about three times a year.

I don't exercise very often/much.

Usually I exercise before work *

*Usually and sametimes can begin a sentence

almost always usually sametimes hardly ever

almost never



penie los adventios en el lugar correcto, juego fractica A Put the adverbs in the correct place. Then practice with a partner.

Do you ever watch TV in the evening?

I hardly ever watch TV.

No, I never watch TV.

Yes, I often watch TV after dinner.

I sometimes watch TV before bed.

Sometimes I watch TV before bed.*

1. A: Do you play sports? (ever)

B: Sure. Polay soccer. (twice a week)

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

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

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

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

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

B: No, Lexercise on Sundays. (never)

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

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

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



Advables de frecuencia

	oral.	
100	-	(B)
100		RESULT.

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, aur 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 portofics is
 - 1. you what weekends usually do do on or what do you usually do on weekender (que haves hat teatmente ies fine de germa)

 A: I Often Piar sparts

 2. Ever you go jogging do with a friend (often / play sports)

 O: de You care go jogging with a friend

 A: No, always 190 alone

 3. you play do tennis how often (always / alone)

 O: de You how often play tennis

 A: I piar four times a week)

 4. do you what in the evening usually do

 O: what do you usually do in the evening usually

 A: My family and I cu most always watch TV)

 A: My family and I cu most always watch TV)

 O: do you how often you do to the gym as gimnesio

 O: do you how often go to the gym as gimnesio

 O: do you how often go to the gym (never)

7

LISTENING In the evening

(0-9)

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

RESIDENCE IN	Activity	How often?
Justin Carrie Marcas		

2. Oproximadorente una hora despers de la cena megas la charlar commit amigas

3. La uri ados veces aimes, es una bue

manya de priajarse

GRAMMAR FOCUS

4. 00 mut bien necessitatomas de necessitatomas de necessitatomas

Questions with how; short answers O

How often do you work out? Every day.

Twice a week. Not very often

How long do you spend at the gym?

Thirty minutes a day. Two hours a week.

About an hour on weekends

How well do you play tennis?

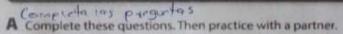
Pretty well.
About average
Not very well.

How good are you at sports?

Pretty good

OK.

Not so good



1. A: How good arc fou at volleyball?

2. A. How long do You at spend online?

B: About an hour after dinner. I like to chat with my friends.

3. A. How often do You at play chess?

B: Once or twice a month. It's a good way to relax.

4. A. How well do You at 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.

preguntas con responstas con tas

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.

- a. Not very well, but I love it.
- b. About six hours a week.
- c. Not very often. I prefer aerobics.
- d. Pretty good, but I hate it.



Ore fan soludable yen forma estas? hojee las pregontes a continuación. Luego adivine su purtose de salud y condición física de O (mur poro saludable) a so (mur soludable)

READING

Your Food and Nu	trition	7. Which best describes your exercise program?	Points
How many meals do you	Points	Both weight training and aerobic exercise	5
eat each day? Four or five small meals	5	Either weight training or	
Three meals	3	aerobic exercise	3
One or two big meals	0	None	0
How often do you eat at regul times during the day?	lar	8. How important is your fitness program to you?	
V Almost always	5	Very important	5
Usually	3	Fairly important	3
Hardly ever	0	Not very important	0
. How many servings of fruits of vegetables do you eat each day	or y?	(m) v u u	
Five or more	5	Your Health	
✓ One to four	3	A Mary Company	
None		9. How often do you get a physical exam?	Points
. How much junk food do you	eatr	2 Once a year	5
Very little About average	3	Every two or three years	3
A lot	0	Rarely	0
. Do you take vitamins?		10. How often do you sleep well?	
Yes, every day	5	L' Always	5
Sometimes	3	Usually or sometimes	3
□ No	0	Hardly ever or never	
		-	
Your Fitness	Section 2 leads	Rate yourself	*****
6. How often do you exercise		TOTAL POINTS	marks.
or play a sport?	Points	42 to 50: Excellent job! Keep up the good w 28 to 41: Good! Your health and fitness are	above
Three or more days a week	200	15 to 27: Your health and feners are a little	
One or two days a week	3 0	15 to 27: Your health and directs are average. 14 or below: You can improve your health and	