



PASIÓN POR EDUCAR

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LICENCIATURA:ENFERMERIA

MATERIA:INGLÉS

**CUATRIMESTRE Y MODALIDAD:CUARTO
CUATRIMESTRE ESCOLARIZADO.**

**NOMBRE Y TEMA DEL TRABAJO:EJERCICIOS
INGLÉS.**

Frontera Comalapa, Chiapas a 06 de diciembre de 2020.

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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bicycling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
karate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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

do aerobics go bicycling play golf
 do Yoga go swimming Play tennis
 do karate go bowling Play Volleyball.

3 CONVERSATION *I hardly ever exercise.*

A Listen and practice.

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

Paul: Well, I almost always get up early, and I lift 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 Listen to the rest of the conversation. What else does Paul do in his free time?

4 GRAMMAR FOCUS

Adverbs of frequency

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.*

Do you **ever** watch TV in the evening?

Yes, I **often** watch TV after dinner.

I **sometimes** watch TV before bed.

Sometimes I watch TV before bed.*

I **hardly ever** watch TV.

No, I **never** watch TV.

100%

always
almost always
usually
often
sometimes
hardly ever
almost never
never

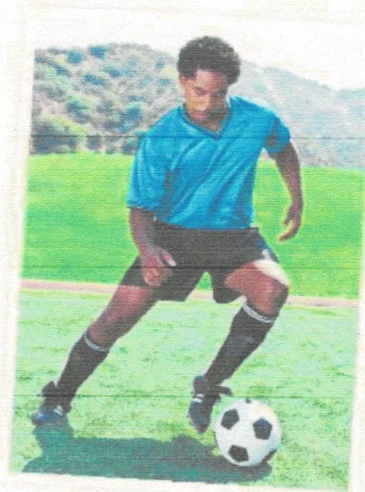
0%

***Usually** and **sometimes** can begin a sentence.

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

- A: Do you play sports? (ever)
B: Sure. I play soccer. (twice a week)
- A: What do you do on Saturday mornings? (usually)
B: Nothing much. I sleep until noon. (almost always)
- A: Do you do aerobics at the gym? (often)
B: No, I do aerobics. (hardly ever)
- A: Do you exercise on Sundays? (always)
B: No, I exercise on Sundays. (never)
- A: What do you do after class? (usually)
B: I go out with my classmates. (about three times a week)

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



1- A = Do you ever play sports?

B = Sure, I twice a week play soccer.

2- A = What do you usually do on Saturday mornings?

B = Nothing much. I almost always sleep until noon.

3- A = Do you often do aerobics at the gym?

B = No, I hardly ever aerobics.

4- A = Do you always exercise on Sundays?

B = No, I never exercise on Sundays.

5- A = What do you usually do after class?

B = About three times a week I 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.

1. you what weekends usually do do on
 Q: What do you usually do on weekends?
 A: I often play sports (often / play sports)
2. ever you go jogging do with a friend
 Q: Do you ever go jogging with a friend?
 A: No, always go for a jogging alone. (always / alone)
3. you play do tennis how often
 Q: How often do you play tennis?
 A: I play tennis for times a week (four times a week)
4. 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 at night. (almost always / watch TV)
5. go how often you do to the gym
 Q: How often you go to the gym do?
 A: I never do exercise. (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 you are at volleyball?
B: I guess I'm pretty good. I often play on weekends.
- A: How long do you spend online?
B: About an hour after dinner. I like to chat with my friends.
- A: How often do you play chess?
B: Once or twice a month. It's a good way to relax.
- A: How good are 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 long do you lift weights? ...**b**...
 - how well do you play tennis? ...**a**...
 - how good are you at aerobics? ...**d**...
 - how often do you spend at the gym? ...**c**...
- 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

- | | Points |
|--|--------|
| 1. How many meals do you eat each day? | |
| <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 checked="" type="checkbox"/> Almost always | 5 |
| <input 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 type="checkbox"/> About average | 3 |
| <input checked="" 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 |

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



Your Health

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



Your Fitness

- | | Points |
|--|--------|
| 6. How often do you exercise or play a sport? | |
| <input type="checkbox"/> Three or more days a week | 5 |
| <input type="checkbox"/> One or two days a week | 3 |
| <input checked="" 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?