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Licenciatura: Enfermería.

Materia: Inglés.

PASIÓN POR EDUCAR

Nombre del trabajo: Ejercicios.

Ensayo del tema:

“Ciencia y Conocimiento”

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: SHA 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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
bicycling	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
bowling	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
golf	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
karate	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
swimming	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
tennis	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
volleyball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input checked="" 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
 do yoga
 do karate
 go bicycling
 go swimming
 go bowling
 play golf
 play volleyball
 play tennis

aerobics
 nada aerobic
 Bolos
 golf
 karate
 madondo
 tenis
 voleibol
 yoga

21 B

41
Put the adverbs in the correct place. Then practice with a partner.

1 A: Do you ever play sports?

B: Sure I twice a week play soccer.

2 A: What do you usually do on Saturday morning?

B: Nothing much I almost always sleep until noon.

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

B: No, I hardly ever do aerobics.

4 A: Do you always exercise on Sunday?

B: No, I never exercise on Sunday.

5: What do you usually do after class?

B: I go out about three times a week 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: *¿Qué sueles hacer los fines de semana?*
 Q: What do you usually do on weekends? (often / play sports)
 A: I often do play sports
2. ever you go jogging do with a friend
 Q: You go jogging ever do with a friend (always / alone)
 A: No, always I run alone
3. you play do tennis how often
 Q: how often do you play tennis? (four times a week)
 A: I four times a week
4. do you what in the evening usually do
 Q: what do you usually do in the evening. (almost always / watch TV)
 A: My family and I almost always watch TV
5. go how often you do to the gym
 Q: go you how often do to the gym (never)
 A: I never go to the gym

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. *Todos los días*

Twice a week. *Dos veces cada semana*

Not very often.

no muy seguido

How long do you spend at the gym?

Thirty minutes a day.

30 minutos al día

Two hours a week.

Dos horas cada semana

About an hour on weekends.

Aproximadamente un hora los fines de semana

How well do you play tennis?

Pretty well. *Bastante bien*

About average.

Not very well. *no muy bien*

How good are you at sports?

Pretty good. *Bastante bien*

OK. *OK*

Not so good. *no tan bien*

A Complete these questions. Then practice with a partner.

1. A: How good are you at volleyball?

B: I guess I'm pretty good. I often play on weekends.

2. A: How long do you spend online?

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

3. A: How well do you play chess?

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

4. 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

1. *often* do you lift weights? *c*

2. *well* do you play tennis? *a*

3. *good* are you at aerobics? *d*

4. *long* do you spend at the gym? *b*

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.



14 READING

Health and Fitness Quiz

que formo esas preguntas?

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

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

7. Which best describes your exercise program? Points

- Both weight training and aerobic exercise 5
- Either weight training or aerobic exercise 3
- None 0

8. How important is your fitness program to you? Points

- Very important 5
- Fairly important 3
- Not very important 0



Your Health

9. How often do you get a physical exam? Points

- Once a year 5
- Every two or three years 3
- Rarely 0

10. How often do you sleep well? Points

- Always 5
- Usually or sometimes 3
- Hardly ever or never 0



Your Fitness

6. How often do you exercise or play a sport? Points

- Three or more days a week 5
- One or two days a week 3
- 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?

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