

Nombre del alumno:

Erika Yatzirí Castillo Figueroa

Nombre del profesor:

Jezabel Ivonne Silvestre Montejo

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Ingles IV

Nombre del trabajo:

Actividades del tema:

“HOW OFTEN DO YOU EXERCISE”

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: SGAA 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 karate go swimming play tennis
 do yoga 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?

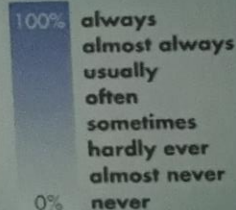
4 GRAMMAR FOCUS

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.

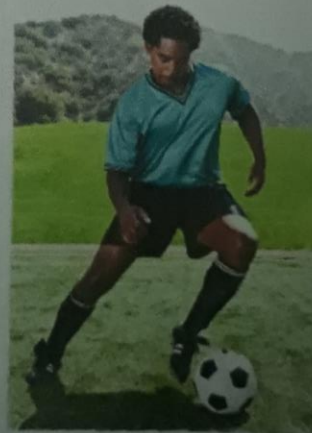


***Usually** and **sometimes** can begin a sentence.

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



① A: Do you always play sports?

B: Sure. twice a week I play soccer.

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

B: no mucho. almost always I sleep until noon.

③ A: Do often you aerobics at the gym?

B: NO, hardly ever I do aerobics

④ A: Do always you exercise on sundays?

B: NO, never I exercise on sundays.

⑤ A: What usually do you do after class?

B: I go out with my classmates

three times a week.

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: ever you go jogging with do a friend
A: No, I always go alone. (always / alone)
- you play do tennis how often
Q: how often you do 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 in the evening do usually?
A: My family and I almost always watch TV. (almost always / watch TV)
- go how often you do to the gym
Q: how often you go to the gym
A: I hardly ever 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?