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**CUATRIMESTRE Y MODALIDAD: 4° cuatrimestre
escolarizado**

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

Frontera Comalapa, Chiapas a 6 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: 2008 Behavioral Risk Factor Surveillance System

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.

	Older	Teen	Young adults	Midlife	Older adults
tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bicycling	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bowling	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
golf	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
karate	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input type="checkbox"/>
volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>



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

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

*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) *DO YOU PLAY EVER SPORTS?*
 B: Sure, I play soccer. (twice a week) *SURE, TWICE A WEEK I PLAY SOCCER*
- 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) *DO YOU DO OFTEN AEROBICS AT THE GYM?*
 B: No, I do aerobics. (hardly ever) *NO HARDLY EVER I DO AEROBICS*
- A: Do you exercise on Sundays? (always)
 B: No, I exercise on Sundays. (never) *ALWAYS DO YOU EXERCISE ON SUNDAY?*
- 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.

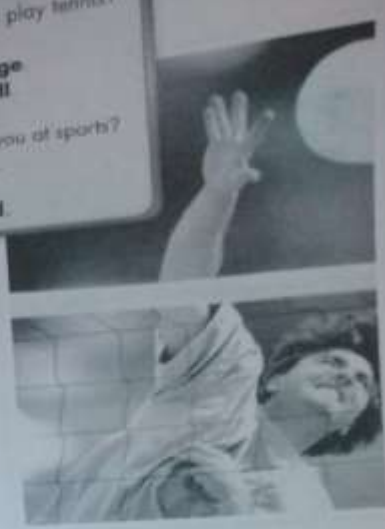
Questions with how; short answers

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



A Complete these questions. Then practice with a partner.

- A: _____ at volleyball?
 B: I guess I'm pretty good. I often play on weekends.
- A: _____ spend online?
 B: About an hour after dinner. I like to chat with my friends.
- A: _____ play chess?
 B: Once or twice a month. It's a good way to relax.
- A: _____ 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? or 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
------	------	-------	------

- long do you lift weights? b
- good do you play tennis? a
- often are you at aerobics? c
- well do you spend at the gym? d

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

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

Health and Fitness Quiz

How healthy and fit do you think you are? Scan 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 checked="" type="checkbox"/> Four or five small meals | 5 |
| <input 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? | Points |
| <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? | Points |
| <input checked="" type="checkbox"/> Five or more | 5 |
| <input type="checkbox"/> One to four | 3 |
| <input type="checkbox"/> None | 0 |
| 4. How much junk food do you eat? | Points |
| <input checked="" type="checkbox"/> Very little | 5 |
| <input type="checkbox"/> About average | 3 |
| <input type="checkbox"/> A lot | 0 |
| 5. Do you take vitamins? | Points |
| <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? | Points |
| <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? | Points |
| <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?