



**Nombre del alumno: Karina Muñoz Ross**

Nombre del profesor: Lic. Je&lt;abel Silvestre Montejo

**Licenciatura: Enfermería**

**Materia: Ingles IV**

**Nombre del trabajo:**

Ejercicios:

**“HOW OFTEN DO YOU EXERCISE”**

Frontera Comalapa, Chiapas a 6 de diciembre del 2020

## 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 are you 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 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.

### 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**.

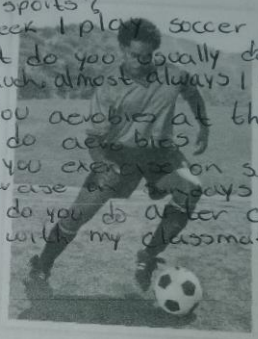
Put the words in order to make questions. Then complete the answers with the words in parentheses.

- you what weekends usually do do on  
 Q: What do you usually do on weekends?  
 A: I often play sports (often / play sports)
- ever you go jogging do with a friend  
 Q: Ever you go jogging with a friend?  
 A: No, I always go alone (always / alone)
- you play do tennis how often  
 Q: How often do you 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 do you go to the gym?  
 A: I hardly ever go to the gym (never)

Usually I exercise before work. \*Usually and sometimes can begin a sentence. 0% almost never never

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

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



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

Check (✓) the sports or fitness activities you do. 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
- do yoga
- do karate
- go bicycling
- go swimming
- go bowling
- play self
- play volleyball
- play tennis

part A. Give your own information when answering.

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

- 1. How many meals do you eat each day?** Points
- Four or five small meals 5
  - Three meals 3
  - One or two big meals 0
- 2. How often do you eat at regular times during the day?**
- Almost always 5
  - Usually 3
  - Hardly ever 0
- 3. How many servings of fruits or vegetables do you eat each day?**
- Five or more 5
  - One to four 3
  - None 0
- 4. How much junk food do you eat?**
- Very little 5
  - About average 3
  - A lot 0
- 5. 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?**
- 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?**
- 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.