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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%

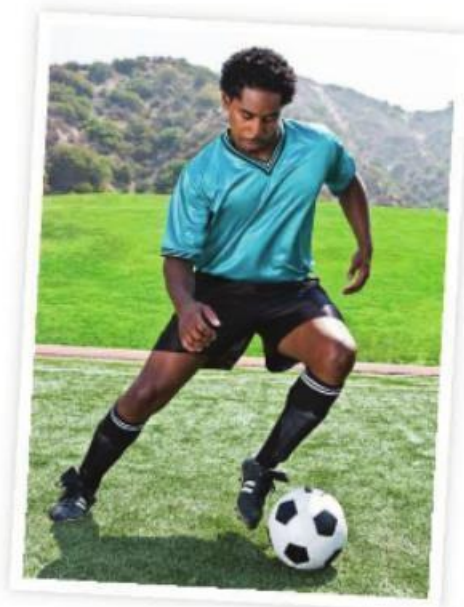
***Usually** and **sometimes** can begin a sentence.



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



1 A: Do you ever play sports?

1 B: Sure. I play soccer twice a week

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

2 B: Nothing much. Almost always I sleep until noon

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

3 B: No, I hardly ever do aerobics

4 A: Always do you exercise on Sundays?

4 B: No, I never exercise on sundays

5 A: Usually what do you do after class?

5 B: I go out with my classmates aout three times a week

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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.

1. A: **How well do you play** 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 often 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. How often do you lift weights? c | a. Not very well, but I love it. |
| 2. How well do you play tennis? a | b. About six hours a week. |
| 3. How good are you at aerobics? d | c. Not very often. I prefer aerobics. |
| 4. How long do you spend at the gym? b | d. Pretty good, but I hate it. |

EJERCICIO # 2 A REALIZAR PÁGINA 41

Om

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Choose the correct responses.



1. A: How often do you go swimming, Linda?
B: Once a week.
- I guess I'm OK.
 - Once a week.
 - About an hour.
2. A: How long do you spend in the pool?
B: About 45 minutes
- About 45 minutes.
 - About average.
 - About three miles.
3. A: And how well do you swim?
B: I'm not very well
- I'm not very well.
 - I almost never do.
 - I'm about average.
4. A: How good are you at other sports?
B: Pretty well, I guess
- Not very good, actually.
 - I sometimes play twice a week.
 - Pretty well, I guess.

Om

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Look at the answers. Write questions using how.

1. A: How long do you spend exercising?
B: I don't spend any time at all. In fact, I don't exercise.
2. A: How long do you spend _____ for a walk?
B: Almost every day. I really enjoy it.
3. A: How long do you spend jogging?
B: I spend about an hour jogging.
4. A: How good are you _____ at soccer?
B: I'm pretty good at it. I'm on the school team.
5. A: How well do you play basketball?
B: Basketball? Pretty well, I guess. I like it a lot.