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**Grupo: A**

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## 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**

0%

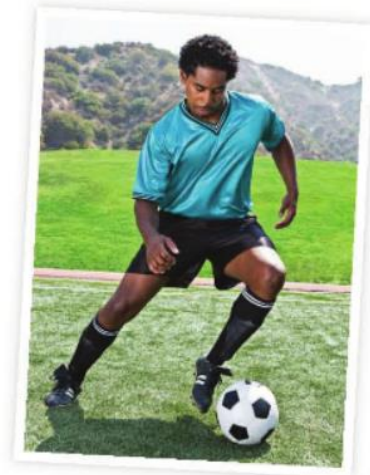
\***Usually** and **sometimes** can begin a sentence.



**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.



## EJERCICIO # 1 A REALIZAR PÁGINA 41

### 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.

#### 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

- How often ..... do you lift weights? ..... C
  - How well ..... do you play tennis? ..... A
  - How good ..... are you at aerobics? ..... D
  - How long ..... do you spend at the gym? ..... B
- Not very well, but I love it.
  - About six hours a week.
  - Not very often. I prefer aerobics.
  - Pretty good, but I hate it.

**EJERCICIO # 2 A REALIZAR PÁGINA 41**

**8** 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 about average
- I'm not very well.
  - I almost never do.
  - I'm about average.
4. A: How good are you at other sports?  
B: Not very good, actually
- Not very good, actually.
  - I sometimes play twice a week.
  - Pretty well, I guess.

**9** 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 often do you \_\_\_\_\_ for a walk? Tomando "for a walk" como un paseo  
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.