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**Materia: Ingles IV.**


**Grado: 4to.**

**Grupo: "B".**

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# UNIDAD: How often do you exercise?

## Tema principal: Adverbios de frecuencia



<u>Adverbios de frecuencia</u>	
always	siempre
never	nunca
often	a menudo
sometimes	a veces
ever	alguna vez
seldom	rara vez
usually	normalmente
normally	normalmente

### ADVERBIOS DE FRECUENCIA EN INGLÉS

Los adverbios de frecuencia en inglés se utilizan para describir la periodicidad con la que se realiza una acción (cada cuánto tiempo y/o cuándo), y normalmente se usan con el *present simple*, ya que este es el tiempo verbal con el que describimos hábitos, rutinas, costumbres... Los adverbios de frecuencia son los encargados de describir la frecuencia de estos hechos.

Antes de meternos de lleno en materia recuerda que, si quieres mejorar tu nivel de inglés, ¡tienes la oportunidad perfecta de hacerlo con nuestros [cursos de inglés online!](#) 😊

### ADVERBIOS DE FRECUENCIA EN INGLÉS MÁS COMUNES

- *Always* – Siempre
- *Constantly* – Constantemente
- *Continually* – Continuamente
- *Usually* – En general
- *Generally* – Generalmente
- *Normally* – Normalmente
- *Frequently* – Frecuentemente
- *Regularly* – Regularmente
  
- *Often* – A menudo
- *Sometimes* – A veces

- *Occasionally* – Ocasionalmente
- *Rarely* – Raramente
- *Seldom* – Muy rara vez
- *Hardly ever* – Casi nunca
- *Never* – Nunca

## COLOCACIÓN

Normalmente van en una posición media en la oración; es decir, después de verbos auxiliares, después del verbo «to be», y antes de otros verbos.

- Después del sujeto y antes del verbo principal.
  - *I **always** study at night.* – Siempre estudio por la noche.
  - *I (sujeto) **always** (adverbio de frecuencia) study (verbo principal)*
- Cuando hay verbo **TO BE** o **Auxiliary Verbs (incluyendo los Modal Verbs)**. La norma es bien sencilla: cuando hay TO BE o Verbo Auxiliar en la oración, **el adverbio de frecuencia se coloca después de estos y justo antes del verbo principal.**

### «TO BE»:

- *She **is never** late.* – Ella nunca llega tarde. (sujeto + **TO BE** + **Adv. Fr.** + verbo)
- *You **are rarely** wrong.* – Raramente te equivocas. (sujeto + **TO BE** + **Adv. Fr.** + verbo)

## 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.

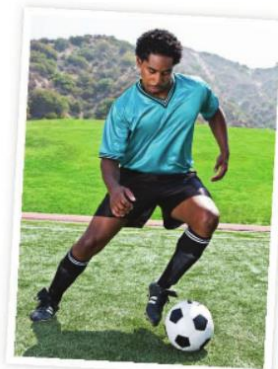
100% **always**  
**almost always**  
**usually**  
**often**  
**sometimes**  
**hardly ever**  
**almost never**  
 0% **never**

\***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)  
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** ..... spend online?  
B: About an hour after dinner. I like to chat with my friends.
- A: ..... **How often** ..... 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 **well** ..... do you lift weights? ..... A.....
  - How **often** ..... do you play tennis? ..... C.....
  - 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**

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: Not very good, actually.

- 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 often do you go. for a walk?

B: Almost every day. I really enjoy it.

3. A: How long do you jog.

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.