

PRESENTACIÓN



UNIVERSIDAD DEL SURESTE

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WORKBOOK

How often do you exercise?

- Complete the chart. Use words from the box. (Some of the words can be both individual sports and exercise.)

aerobics	football	swimming
baseball	jogging	tennis
basketball	stretching	volleyball
bicycling	soccer	yoga



Team sports	individual sports	Exercise
aerobics	bicycling	aerobics
baseball	jogging	bicycling
basketball	stretching	jogging
football	swimming	stretching
soccer	yoga	swimming
swimming		yoga
tennis		
volleyball		
yoga		



- Arrange these words to make sentences or questions.

- Go never I almost bicycling
I almost never go bicycling.
- Hardly they tennis play ever.
They hardly ever play tennis.
- Go do often jogging how you.
How do you go often jogging?
- Often mornings do on we yoga Sunday.
We do yoga often on Sunday mornings.

5. Ever Charlie do does aerobics.

Does charlie ever do aerobics?

6. Do on you what usually Saturdays do

What do you do usually Saturdays?

➤ Use these questions to complete the conversations. How often do you.....?
Do you ever.....? What do you usually...?

1. A: Do you ever exercise?

B: Yes, I often exercise on weekends.

2. A: What do you usually do on weekends?

B: Well, I usually do karate on Saturdays and yoga on Sundays.

3. A: Do you ever go to the gym after work?

B: no, I never go to the gym after work.

4. A: How often do you exercise?

B: I don't exercise very often at all.

5. A: Do you ever played a sport?

B: yes, I sometimes play sports on weekends – usually baseball.

6. A: What do you usually do in your free time?

B: I usually play tennis in my free time.

➤ Keeping fit?

A. Check (✓) how often you do each of the things in the chart.

	Every day	Once or twice a week	Sometimes	Not very often	Never
Do aerobics					✓
Play basketball				✓	
Exercise			✓		
Go jogging			✓		

Do karate					✓
Play soccer					✓
Go swimming					✓
Do weight training					✓

B. Write about yourself using the information in the chart.

1. I don't play basketball with my friends very often.
2. I sometimes go jogging to the beach.
3. I have never practiced karate.
4. I have never played soccer.

➤ Complete this conversation. Write the correct prepositions in the correct places.

Susan: What time do you go jogging **in** the morning? (**around / in / on**)

Jerry: I always go jogging **at** 7:00 (**at / for / on**)

How about you, Susan?

Susan: I usually go jogging **in** noon. (**around / in / with**)

I jog about an **at** hour. (**at / for / until**)

Jerry: And do you also play sports **in** your free time? (**at / in / until**)

Susan: No, I usually go out **with** my classmates. (**around / for / with**)

What about you?

Jerry: I go to the gym **on** Mondays and Wednesdays. (**at / on / until**)

And sometimes I go bicycling **on** weekends. (**for / in / on**).

Susan: Wow! You really like to stay in shape.

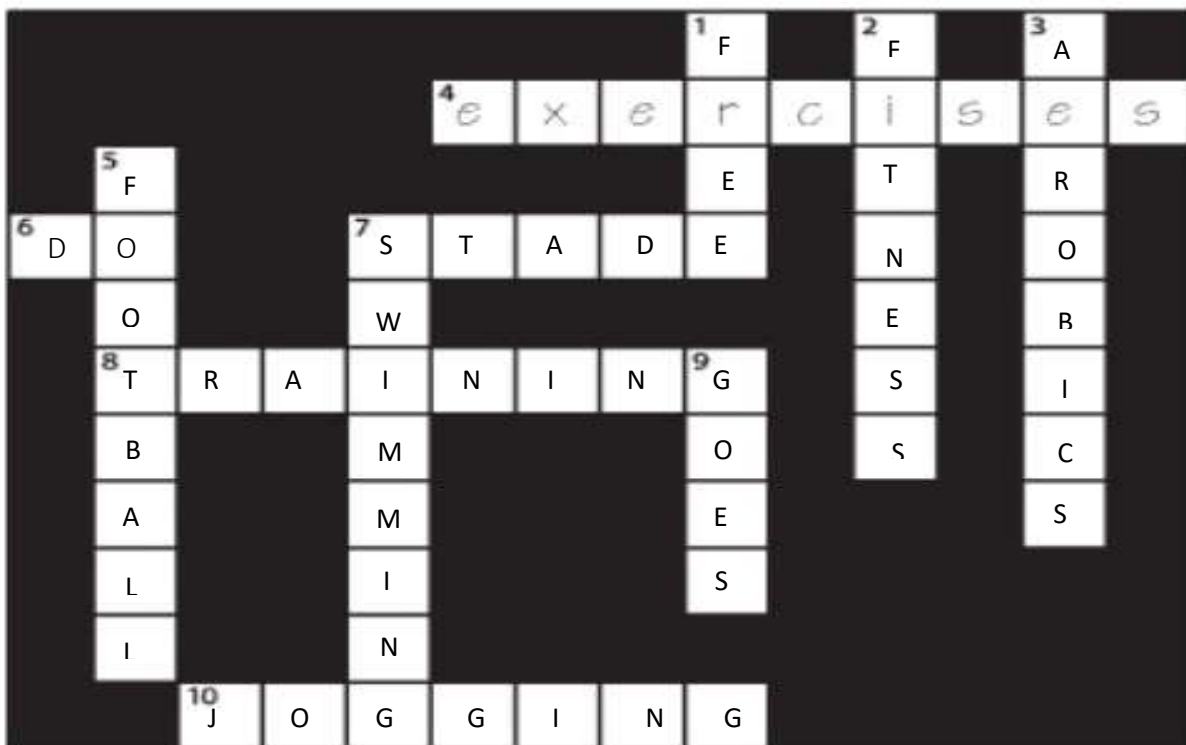
➤ Complete the crossword puzzle.

Across

- 4. Pierre never **exercises** he's a real couch potato.
- 6. How often do you **do** yoga?
- 7. I like to stay in **stade**. I play sports every day.
- 8. Jeff does weight **training** every evening. He lifts weights of 40 kilos.
- 10. Diana goes **jogging** twice a week. She usually runs about three miles.

Down.

- 1. Andrew always watches TV in his **free** time.
- 2. Kate has a regular **fitness** program.
- 3. I do **aerobics** at the gym three times a week. The teacher plays great music!
- 5. Paul is on the **football** team at his high school.
- 7. Marie never goes **swimming** when the water is cold.
- 9. Amy often **goes** bicycling on weekends.



➤ Choose the correct response.



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.

➤ Look at the answer. 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 are you 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 are you doing in basketball?
B: basketball? Pretty well, I guess. I like it a lot.

➤ Rewrite these sentences. Find another way to say each sentence using the words given.

1. I don't watch TV very much.
I hardly ever watch TV. (hardly ever)
2. Tom exercises twice a month.
Tom exercises not very often. (not very often)
3. Philip tries to keep fit.
Philip tries stay in shape. (stay in shape)
4. Jill often exercises at the gym.
Jill often work out at the gym. (work out)
5. I go jogging with my wife all the time.
I go jogging with my wife always. (always)
6. How good are you at tennis?
How good are you play at tennis? (play)

➤ What do you think about sports? Answer these questions.

1. Do you like to exercise for a short time or a long time?
I usually like to exercise for about an hour.
2. Do you prefer exercising in the morning or in the evening?
I prefer to exercising in the morning.

3. Which do you like better, walking or jogging?
I like jogging better.
4. Do you like to watch sports or play sports?
I like to play sports
5. Which do you like better, team sports or individual sports?
I like team sports better.
6. How good are you at games like basketball or tennis?
I'm better at basketball.
7. What sport or game don't you like?
I don't like soccer and swimming.

Bibliography.

English handbook. Intermediate english – level 4.

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