

Lic. enfermería

English IV

Ejercicios pág. 47-51

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How often do you exercise?

1

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
baseball	Bicycling	Aerobics
Basketball	Yoga	Stretching
Soccer	Tennis	
Volleyball	Swimming	
Football		



2

Arrange these words to make sentences or questions.

1. go never I almost bicycling

I almost never go bicycling

2. hardly they tennis play ever

They hardly ever play tennis.

3. go do often jogging how you

How often do you go jogging?

4. often mornings do on we yoga Sunday

we often yoga do sunday en mornings

5. ever Charlie do does aerobics

Does ever do charlie aerobics

6. do on you what usually Saturdays do

What does on do you do saturday usually

3

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 the weekends?
B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you ever you go the gym?
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 play sports?
B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: _____
B: I usually play tennis in my free time.

4

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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
go jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
do karate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
do weight training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

B Write about yourself using the information in the chart.

In my free time I sometimes play basketball and soccer, I don't go out for a run frequently but what I don't do are aerobic exercises, exercise, I don't swim and I don't lift weights.

5

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 ^{on} 7:00. (at / for / on)

How about you, Susan?

Susan: I usually go jogging ^{around noon} noon. (around / in / with)

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

Jerry: And do you also play sports ^{At} your free time? (at / in / until)

Susan: No, I usually go out ^{In} my classmates. (around / for / with)

What about you?

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

And sometimes I go ^{Until} bicycling weekends. (for / in / on)

Susan: Wow! You really like to ^{for} stay in shape.



6

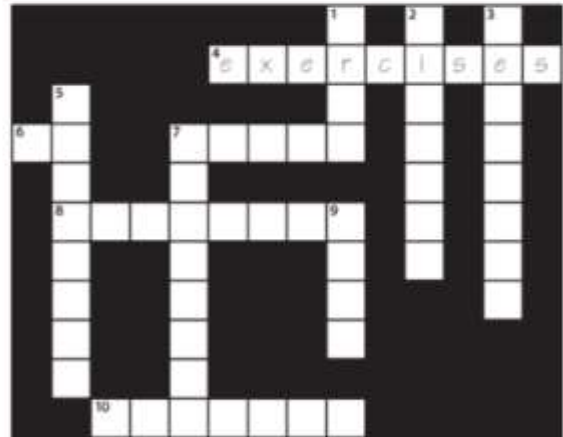
Complete the crossword puzzle.

Across

- 4 Pierre never ^{Exercises} _____. He's a real couch potato.
- 6 How often do you ^{Do} _____ yoga?
- 7 I like to stay in ^{Shape} _____. 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.



**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 almost never do

- 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: What day are you going _____ for a walk?

B: Almost every day. I really enjoy it.

3. A: How long does it take you jogging? _____

B: I spend about an hour jogging.

4. A: How are you in soccer? _____ at soccer?

B: I'm pretty good at it. I'm on the school team.

5. A: How do you play basketball? _____

B: Basketball? Pretty well, I guess. I like it a lot.



10

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 a month _____ (not very often)
3. Philip tries to keep fit.
Philip stay in shape to keep fit _____ (stay in shape)
4. Jill often exercises at the gym.
Jill 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 play at tennis? _____ (play)

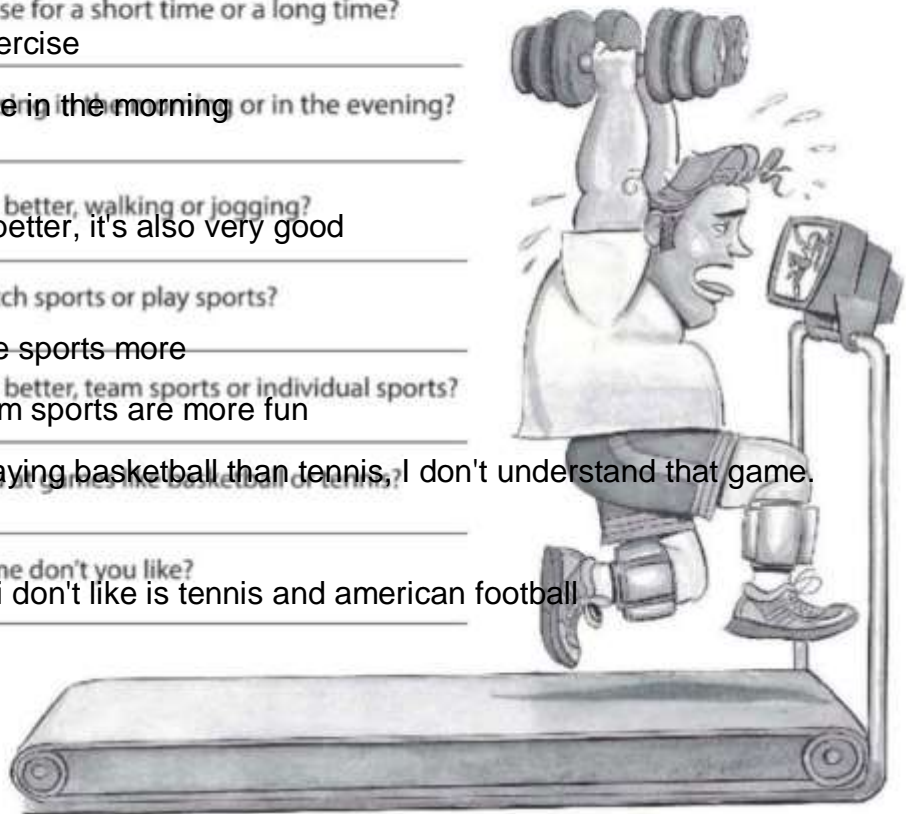
11

What do you think about sports? Answer these questions.

1. Do you like to exercise for a short time or a long time?
I do not like to exercise _____
2. I prefer to exercise in the morning or in the evening?

3. Which do you like better, walking or jogging?
I like walking better, it's also very good _____
4. Do you like to watch sports or play sports?
I like to practice sports more _____
5. Which do you like better, team sports or individual sports?
it's prettier, team sports are more fun _____
6. I'm better at playing basketball than tennis, I don't understand that game.

7. What sport or game don't you like?
The sport that i don't like is tennis and american football _____



- Richards C Jack., (2013) Interchange Level 1. Cambridge.

