



UNIVERSIDAD DEL SUR

CARRERA: LICENCIATURA EN ENFERMERÍA

MATERIA: INGLES IV

TAREA: WORKBOOK

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Grado: 4^a grupo "A"

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TAPACHULA, CHIAPAS**

Workbook

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	
Soccer	Tennis	
Volleyball	Swimming	
Football		



2

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 often do you go jogging ?
- often mornings do on we yoga Sunday
We often do yoga on Sunday mornings
- ever Charlie do does aerobics
Does Charlie ever do aerobics ?
- do on you what usually Saturdays do
What do you do on Saturdays 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 gyy?
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 sport?
B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: How often do you play tennis?
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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.

most of my days are very rushed so I hardly ever do aerobics, do karate, go swimming, do weight training.

Not very often go jogging.

Sometime play basketball, exercise, play soccer.



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

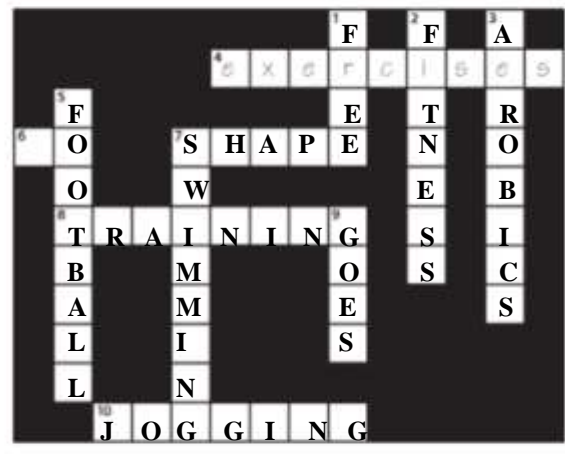
Susan: What time do you go jogging ⁱⁿ the morning? (around / in / on)
 Jerry: I always go jogging 7:00. (at / for / on)
 How about you, Susan?
 Susan: I usually go jogging noon. (around / in / with)
 I jog about an hour. (at / for / until)
 Jerry: And do you also play sports your free time? (at / in / until)
 Susan: No, I usually go out my classmates. (around / for / with)
 What about you?
 Jerry: I go to the gym Mondays and Wednesdays. (at / on / until)
 And sometimes I go bicycling weekends. (for / in / on)
 Susan: Wow! You really like to stay in shape.



6 Complete the crossword puzzle.

Across

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



Down

- 1 Andrew always watches TV in his _____ time.
- 2 Kate has a regular _____ program.
- 3 I do _____ at the gym three times a week. The teacher plays great music!
- 5 Paul is on the _____ team at his high school.
- 7 Marie never goes _____ when the water is cold.
- 9 Amy often _____ 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: how much i like to go _____ 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 much i like _____ at soccer?

B: I'm pretty good at it. I'm on the school team.
how much do you like to practice basketball?

5. A: _____

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. Do you prefer exercising in the morning or in the evening?
I prefer to exercise in the morning
3. Which do you like better, walking or jogging?
I like more to walk and enjoy the landscape.
4. Do you like to watch sports or play sports?
I like to play sports although I don't really have much time
5. Which do you like better, team sports or individual sports?
I almost always prefer to play team sports
6. How good are you at games like basketball or tennis?
I consider myself very good at playing basketball since I was little
7. What sport or game don't you like?
I don't like to play football, it makes me very aggressive



