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Materia: Ingles IV

Grado: 4to Cuatrimestre

Grupo: "A"

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Workbook

How often do you exercise?

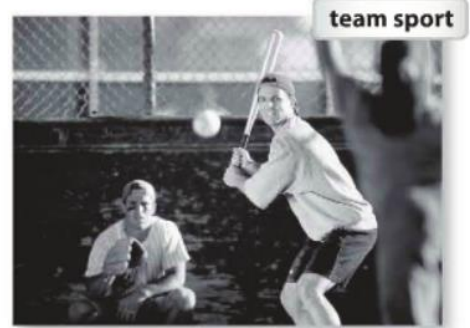
Om

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 Football | Jogging | Aerobics |
| Basketball | | Yoga |
| Volleyball | | Stretching |
| Soccer | | Bicycling |
| Tennis | | |
| Baseball | | |



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Om

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
do you go often how jogging _____ ?
- often mornings do on we yoga Sunday
Do We often Sunday mornings on yoga _____ .
- ever Charlie do does aerobics
does Charly ever do aerobic _____ ?
- do on you what usually Saturdays do
What do you do usually on Saturday _____ ?

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: Wjat do you usually exercise?
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
 How often do you go the gym?
3. A: _____
 B: No, I never go to the gym after work.
4. A: Do you ever practice exercise
 B: I don't exercise very often at all.
5. A: Do you ever play a sport?
 B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: What do you usually 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 checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| play basketball | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| exercise | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input 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 checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| play soccer | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| go swimming | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| do weight training | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

B Write about yourself using the information in the chart.

I usually play soccer, I never play basketball, I never go to Gym, I often at all practice exercise.

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