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Grado: 4°

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Workbook

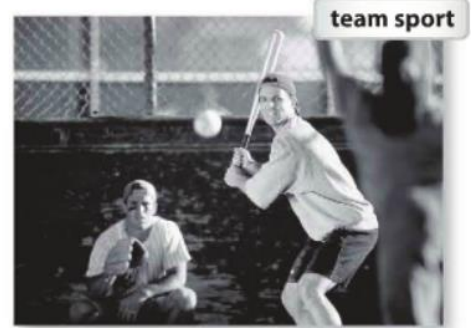
How often do you exercise?

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 sport

Team sports	Individual sports	Exercise
baseball		
Basketball	Aerobics	Aerobics
Football	Bicycling	Bicycling
Soccer	Jogging	Jogging
Volleyball	Stretching	Stretching
Tennis	Swimming	Swimming
	yoga	yoga



individual sport



exercise

47 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
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
Do Charlie ever does aerobics _____ ?
- do on you what usually Saturdays do
What do you do usually on Saturdays _____ ?

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 on weekend?
 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: What do you usually play sports?
 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 checked="" type="checkbox"/>	<input 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
go swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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.

I do not play basketball, sometimes i exercise or go swimming.

I do not do karate
