



**Nombre de alumno: César Eduardo Figueroa
Moreno**

Nombre del profesor: Juan Manuel Jaime Dz

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Materia: English 4

Grado: 4

Grupo: A”

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Workboo

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	Tennis	Yoga
all	Swimming	Stretching
Football	Jogging	Aerobic
Volleyball	bicycling	



individual sport



exercise

Om

2

Arrange these words to make sentences or questions.

soccer

1. go never I almost bicycling

I almost never go bicycling

2. hardly they tennis play ever

_____.

3. go do often jogging how you

_____?

4. often mornings do on we yoga Sunday

They hardly ever play

5. ever Charlie do does aerobics

tennis Do you go often

6. do on you what usually Saturdays do

how jogging?

We do often yoga mornings on Sunday.

Charly does ever do aerobics

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: What do you usually?
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you ever go to 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
play basketball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do karate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do weight training	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B Write about yourself using the information in the chart.
