

Nombre de alumno:

Cesar Leonardo Aguilar Ruiz

Nombre del profesor:

**Juan Manuel Jaime Diaz** 

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Materia:

**Ingles IV** 

**Grado:** 

**4**°

Grupo:

"A"

### Workbook

# How often do you exercise?



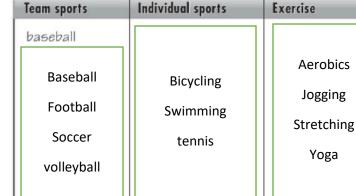


Complete the chart. Use words from the box. (Some of the words can be both individual sports and exercise.)

aerobics football swimming baseball tennis jogging basketball stretching volleyball bicycling soccer yoga













1.	go never I almost bicycling	
	I almost never go bicycling	
2.	hardly they tennis play ever	
	They ever hardly play tennis	
3.	go do often jogging how you	
	Do You often go how jogging?	
4.	often mornings do on we yoga Sunday	
	do we often yoga on morning sunday	
5.	ever Charlie do does aerobics	
	Does Charlie do ever aerobics	
6.	do on you what usually Saturdays do	

Yoga

## 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:	
	B:	Well, I usually do karate on Saturdays and yoga on Sundays.
3.	A:	
	B:	No, I never go to the gym after work.
4.	A:	
	B:	I don't exercise very often at all.
5.	A:	
		Yes, I sometimes play sports on weekends – usually baseball.
б.	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 play basketball exercise go jogging do karate play soccer go swimming do weight training	00020000		00000000		poodooo

Write about yourse	elf using the in	formation in th	ne chart.	