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**Nombre del profesor:**

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**Materia: ingles**

**Grado: 4**

**Grupo: A**

# Workbook

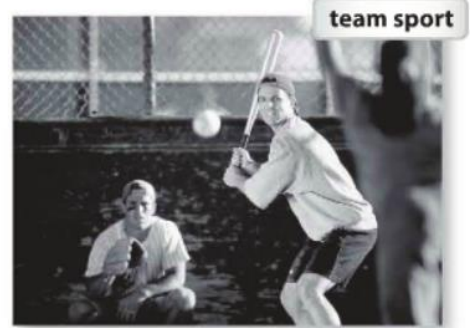
## How often do you exercise?

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		
BASKETBALL		
FOTBALL	BICYCLING	YOGA
SOCCER	AEROBICS	STRETCHING
TENNIS	SWIMMING	
VOLLEBALL		



47

Om

2

Arrange these words to make sentences or questions.

1. go never I almost bicycling

I almost never go bicycling

2. hardly they tennis play ever

THEY HARDLY EVER PLAY TENNIS

3. go do often jogging how you

HOW OFTEN DO YOU GO JOGGIN?

4. often mornings do on we yoga Sunday

WE OFTEN DO YOGA ON MORNINGS

5. ever Charlie do does aerobics

\_\_\_\_\_ ?

6. do on you what usually Saturdays do

WHAT DO YOU USUALLY DO 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 DO ON WEEKENDS?  
 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: DO YOU EVER PLAY SPORTS ON WEEKENDS?  
 B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: WHAT DO YOU USUALLY DO IN YOUR FREE TIME?  
 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 checked="" 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
play soccer	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go swimming	<input type="checkbox"/>	<input checked="" 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 LOVE TO PLAY BASKETBALL \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_