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Nombre del profesor: Juan Manuel Jaime Diaz.

Nombre del trabajo: Unit Activity #1 - Unit 4

Materia: Ingles 4

Grado: 4to

Grupo: A''

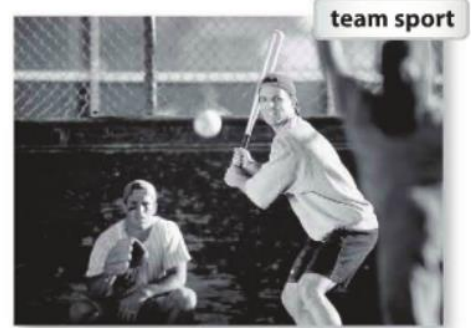Comitán de Domínguez Chiapas a 26 de noviembre de 2021.

Workbook

How often do you exercise?

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	Tennis	Yoga
Basketball	Swimming	Stretching
Football	Jogging	Aerobics
Volleybal	bicicling	
soccer		

individual sport   exercise

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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
   Do you go often how jogging? ?

4. often   mornings   do   on   we   yoga   Sunday
   We do often yoga mornings on Sunday. .

5. ever   Charlie   do   does   aerobics
   Charly does ever do aerobics ?

6. 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: 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	☐	☐	✓	☐	☐
play basketball	☐	✓	☐	☐	☐
exercise	☐	✓	☐	☐	☐
go jogging	☐	✓	☐	☐	☐
do karate	☐	☐	☐	✓	☐
play soccer	☐	☐	☐	☐	✓
go swimming	☐	✓	☐	☐	☐
do weight training	☐	✓	☐	☐	☐

B Write about yourself using the information in the chart.

_____

_____

_____

_____

_____