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Materia: ENGLISH

Grado: 4°

Grupo: "A"

Workbook

How often do you exercise?

On

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 BASEBALL	BICYCLING	JOGGING
BASKETBALL	STRETCHING	YOGA
FOOTBALL	TENNIS	SWIMMING
SOCCER	VOLLEYBALL	AEROBICS



On

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 EVER HARDLY PLAY TENNIS _____ .
- go do often jogging how you
DO YOU HOW TO OFTEN JOGGING _____ ?
- often mornings do on we yoga Sunday
DO WE ON OFTEN MORNINGS YOGA SUNDAY? _____ .
- ever Charlie do does aerobics
DO EVER CHARLIE DOES AERIBICS _____ ?
- do on you what usually Saturdays do
WHAT DO YOU USUALLY DO 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 SPORT DO YOU USUALLY DO ON THE WEEKEND?
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: DO YOU GO TO THE GYM AFTER WORK?
 B: No, I never go to the gym after work.
4. A: DO YOU EXERCISE VERY OFTEN?
 B: I don't exercise very often at all.
5. A: WHAT SPORTS DO YOU PRACTICE ON WEEKENDS?
 B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: WHAT DO YOU 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 type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 checked="" type="checkbox"/>	<input type="checkbox"/>
go swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 ALMOST NEVER DO AEROBICS, I ALWAYS PLAY BASKETBALL, I EXERCISE SOMETIMES,
 KARATE NEVER, PLAY SOCCER SOMETIMES, I NEVER SWIMMING.
