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Materia: INGLES

Grado: 4° CUATRIMESTRE

Grupo: B

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		Aerobics
Basketball	Stretching	Stretching
Football	Bicycling	Jogging
Soccer	Swimming	Yoga
Volleyball	Tennis	Swimming
	Jogging	



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 hardly ever play tennis _____ .
- go do often jogging how you
often how do you go jogging _____ ?
- often mornings do on we yoga Sunday
on mornings saturday often do we yoga _____ .
- ever Charlie do does aerobics
charlie, ever do aerobics does? _____ ?
- do on you what usually Saturdays do
usually, what do you on saturday do? _____ ?

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: how often do you on exercise?
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you never 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: What do you usually play sports?
 B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: What do you usually 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input checked="" 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 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do weight training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

B Write about yourself using the information in the chart.

- I never do aerobics _____
- I sometimes play basketball _____
- me jogging twice a week _____
- I have never practiced karate _____
- I sometimes go swimming _____