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**Grado: cuarto**

**Grupo: B**

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# Workbook

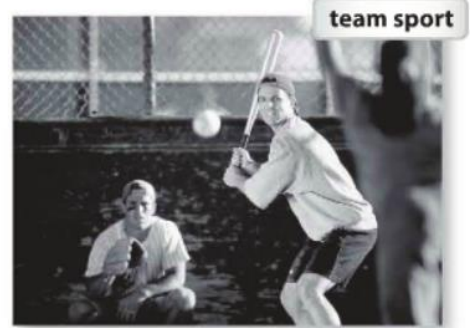
## How often do you exercise?

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 sport

Team sports	Individual sports	Exercise
baseball	Bicycling	Aerobics
Basketball	Swimming	Jogging
Fotball		Stretching
Soccer		Yoga
Volleyball		
Tennis		



individual sport



exercise

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Om

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  
How do you go often jogging ?
- often mornings do on we yoga Sunday  
Do we often Sunday on mornings yoga .
- ever Charlie do does aerobics  
Charlie do ever aerobics ?
- 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: Usually what days  
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you ever go 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 baseball  
 B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: How often do you play tennis  
 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 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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
play soccer	<input type="checkbox"/>	<input checked="" 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 hardly ever do aerobics but i do weight lifting every day.

Usually play soccer but i never do karate

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