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**Nombre del trabajo: Unit Activity #1 - Unit 4**

**Materia: inglés IV**

**Grado: cuarto cuatrimestre**

**Grupo: B**

Comitán de Domínguez Chiapas a 22 de noviembre de 2021.

# 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	Bicycling	Yoga
Basketball	Swimming	Jogging
Football	aerobics	stretching
Soccer		
Tennis		
volleyball		



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 you do often go jogging \_\_\_\_\_ ?
- often mornings do on we yoga Sunday  
We often do yoga on Sunday morning \_\_\_\_\_ .
- ever Charlie do does aerobics  
Does Charlie do ever aerobics \_\_\_\_\_ ?
- do on you what usually Saturdays do  
Usually you do what 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:   
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A:   
 B: No, I never go to the gym after work.
4. A:   
 B: I don't exercise very often at all.
5. A:   
 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	<input type="checkbox"/>	<input type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input 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.

- 1.- usually on weekends I will play soccer or sometimes I will jog.
- 2.- I like to play soccer a lot.
- 3.- sometimes my family and I would go swimming.