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Materia: Ingles

Grado: 4°

Grupo: B

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	Aerobics	
Basketball	Swimming	Stretching
Volleyball	Jogging	Yoga
Soccer	football	
Tennis		
Bicycling		



Om

2

Arrange these words to make sentences or questions.

- They hardly ever play tennis. I almost never go bicycling.
- hardly they tennis play ever
They hardly ever play tennis.
- go do often jogging how you
How do you often go jogging?
- often mornings do on we yoga Sunday
We often do yoga on mornings Sunday.
- ever Charlie do does aerobics
Charlie ever does do aerobics?
- do on you what usually Saturdays do
What do you usually 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: What do you usually weekends
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you ever the go gym after work
 B: No, I never go to the gym after work.
 How often do you exercise
4. A: _____
 B: I don't exercise very often at all.
5. A: Do you ever played sports on weekends
 B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: What do you usually 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 checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B Write about yourself using the information in the chart.

My name is karla , I frequently exercise and go for a run. i like
 to lead a free and fun life
