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PASIÓN POR EDUCAR

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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 sports | Individual sports | Exercise |
|-------------|-------------------|------------|
| baseball | Bicycling | Yoga |
| Football | Jogging | Jogging |
| Soccer | Swimming | Bicycling |
| Tennis | | Stretching |
| Volleyball | | |



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

B Write about yourself using the information in the chart.

I don't like do aerobics, I don't play basketball because I can't play, I sometimes do exercise because I like, sometimes I go jogging, I don't like play karate, I don't play soccer. Sometimes I go swimming and sometimes I do weight traning.