



Unit Activity #1 - Unit 4

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Nombre del tema: ¿how often do you exercise?

Parcial: 4

Nombre de la Materia: ingles

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Cuatrimestre:4

Workbook

How often do you exercise?

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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	Jogging	Aerobics
Volleyball	Swimming	Stretching
football		
Tennis		
Soccer		



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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 often do you go jogging ?
- often mornings do on we yoga Sunday

We often do yoga on Saturday mornings .
- ever Charlie do does aerobics

Does ever do aerobics charlie ?
- do on you what usually Saturdays do

What do you usually do on satuday ?

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 do on weekends?
B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you ever gym?
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: How often do you play sports and what generally do you play?
B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: What do you usually play?
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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
play basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" 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 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

B Write about yourself using the information in the chart.

Well I often do aerobics on weekends with my mother as it is one of our favorite
exercise , sometimes I do exercise once or twice a week, I sometimes go jogging to de-
stress myself , I have never practiced karate and I never me like play soccer , and
never kike do weight training.

