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Materia: English IV

Grado: Cuarto Semestre

Grupo: B

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 sport



Team sports	Individual sports	Exercise
baseball	Bicycling	Yoga
Basketball	Jogging	Stretching
Soccer	swimming	aerobics
Football		
Tennis		
volleyball		



2

Arrange these words to make sentences or questions.

1. go never I almost bicycling

I almost never go bicycling

2. hardly they tennis play ever

3. go do often jogging how you

They hardly ever play tennis

4. often mornings do on we yoga Sunday

How do you often go jogging

5. ever Charlie do does aerobics

We often do yoga on mornings Sunday

6. do on you what usually Saturdays do

Charlie ever does do aerobics

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.
4. A: How often do you exercise
 B: I don't exercise very often at all.
5. A: Do you ever played sport son 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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.

My name is Belén, I don't like to play basketball or soccer because my knee is bad. I also don't practice swimming because I can't swim