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# 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
Soccer	Swimming	Jogging
Football		Stretching
Basketball		Aerobics
Tennis		



47

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

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

Do Charlie ever does aerobics? ?
- do on you what usually Saturdays do

What usually do you 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: How often do you do karate and yoga?  
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you ever go to the 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 play sports?  
 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 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 checked="" type="checkbox"/>	<input 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 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**B** Write about yourself using the information in the chart.

Sometimes I go to the gym and, I do weight training, I go out for a run, I don't usually practice any sport, but basketball catches my attention and well on weekends sometimes I go to my place and I usually swim for a few hours.

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