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Materia: Ingles IV

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	Bicycling	Aerobics
Football	Yoga	Jogging
Soccer	Swimming	Stretching
Valleyball	Tennis	
Basketball		



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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 mornings Sunday. _____ .
- ever Charlie do does aerobics

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

What usually do you 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 karate and yoga?
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Why do you usually gim?
 B: No, I never go to the gym after work.
4. A: Do you ever exercise?
 B: I don't exercise very often at all.
5. A: How often do you play sports?
 B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: How often do you tennis?
 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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.

Once or twice practice I exercise, go jogging and weight training.

Sometimes I play basketball, soccer and I go swimming.

I never do karate and aerobics.