

Nombre del alumno: González Ríos Sindy Arely.

Nombre del docente: Lic. Arreola Jiménez Enrique Eduardo.

Materia: Ingles IV.

Actividad: Foro. Adverbs frequency.

Licenciatura: Enfermería.

Grado y grupo: 4to F.

Fecha y lugar: 04 de diciembre del 2021 Tapachula, Chiapas.

CONVERSATION I hardly ever exercise.

A O Listen and practice.

Marie: You're really fit, Paul. Do you exercise a lot?

Paul: Well, I almost always get up early, and

I lift weights for an hour.

Marie: Seriously?

Paul: Sure. And then I often go swimming.

Marie: Wow! How often do you exercise like that?

Paul: About five times a week. What about you?

Marie: Oh, I hardly ever exercise. I usually just

watch TV in my free time. I guess I'm a

real couch potato!

B O Listen to the rest of the conversation. What else does Paul do in his free time?





GRAMMAR FOCUS •



Adverbs of frequency O

How often do you exercise?

I lift weights every day.

I go jogging once a week

I play soccer twice a month.

I swim about three times a year.

I don't exercise very often/much.

Usually I exercise before work.*

Do you ever watch TV in the evening? Yes, I often watch TV after dinner. I sometimes watch TV before bed. Sometimes I watch TV before bed.* I hardly ever watch TV.

No, I never watch TV.

*Usually and sometimes can begin a sentence.

always almost always usually often sometimes hardly ever almost never

never



A Put the adverbs in the correct place. Then practice with a partner.

1. A: Do you play sports? (ever)

B: Sure. I play soccer. (twice a week) once o week

2. A: What do you do on Saturday mornings? (usually) often

B: Nothing much. I sleep until noon. (almost always)

3. A: Do you do aerobics at the gym? (often) never

B: No, I do aerobics. (hardly ever) never

 A: Do you exercise on Sundays? (always) B: No, I exercise on Sundays. (never)

A: What do you do after class? (usually) ○f+e·○

B: I go out with my classmates. (about three

about twice times a times a week)

B PAIR WORK Take turns asking the questions in part A. Give your own information when answering.



		always, usually, often, sometimes, hardly ever, ore the main verb: She never plays tennis. I
	almost always eat breakfast. BUT Adv	erbs of frequency usually come after the verb
	be: I'm always late. Usually and sometimes can begin a se	ntence: Usually I walk to work. Sometimes I
	exercise in the morning.	come at the end of a sentence: every day, once
		ear: Do you exercise every day? I exercise
	Put the words in order to make questio in parentheses.	ns. Then complete the answers with the words
	Q: .What do you usually do on weeker	
	A: I do play sparts. 2. ever you go jogging do	with a friend (often / play sports)
	Q. Do you Exer go jaggir	
	3. you play do tennis	how often
	o Do you how often &	(four times a week)
	4. do you what in the	evening // usually , do
	A: My family and I watch Ty	(almost always / watch TV
	5. go how often you	to the gym
	o Do you how of ten go	(navor)
ì		
ı	LISTENING In the evening	9
	A Listen to three people discuss who Complete the chart.	at they like to do in the evening.
	Activity	How often?
	Justin	
	Carrie	

B O Listen again. Who is most similar to you - Justin, Carrie, or Marcos?

GRAMMAR FOCUS 🕝

Questions with how; short answers 🧿

How often do you work out?

Every day. Twice a week. Not very often.

How long do you spend at the gym?
Thirty minutes a day.
Two hours a week.
About an hour on weekends.

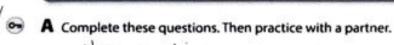
How well do you play tennis?

Pretty well. About average. Not very well.

How good are you at sports? Pretty good.

OK.

Not so good.



- 1. A: How good are you at volleyball?
 - B: I guess I'm pretty good. I often play on weekends.
- 2. A: How long do you spend online?
 - B: About an hour after dinner. I like to chat with my friends.
- 3. A: How often do you play chess?
- B: Once or twice a month. It's a good way to relax.
- 4. A: How well do you swim?
 - B: Not very well. I need to take swimming lessons.

B GROUP WORK Take turns asking the questions in part A. Give your own information when answering.

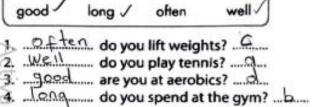




2 Questions with how; short answers (page 40)

Don't confuse good and well. Use the adjective good with be and the adverb well with other verbs: How good are you at soccer? BUT How well do you play soccer?

Complete the questions with How and a word from the box. Then match the questions and the answers.



- Not very well, but I love it.
- b. About six hours a week.
- Not very often. I prefer aerobics.
- d. Pretty good, but I hate it.

Health and Fitness Quiz

How healthy and fit do you think you are? Skim the questions below. Then guess your health and fitness score from 0 (very unhealthy) to 50 (very healthy).

 How many meals do you eat each day? 	Point
Four or five small meals	5
☑ Three meals	3
One or two big meals	0
2. How often do you eat at reg times during the day?	alar
Almost always	5
✓ Usually	3
Hardly ever	0
 How many servings of fruits vegetables do you eat each d 	
✓ Five or more	5
One to four	3
☐ None	0
4. How much junk food do you	eat?
☐ Very little	5
	3
☐ A lot	0
5. Do you take vitamins?	
Yes, every day	5
Sometimes	3
No	0

160	Mil.	
	255	
	-	
	-	
	1	
	1	

7.	Which best describes your exercise program?	Points
	Both weight training and aerobic exercise Either weight training or aerobic exercise	5 3 0
8.	How important is your fitness program to you?	
	Q Very important	5
	Fairly important	3
	Not very important	0

Your Health	
9. How often do you get a physical exam?	Points
Once a year	5
Every two or three years	3
Rarely	0
10. How often do you sleep well?	
Always	5
✓ Usually or sometimes	3
Hardly ever or never	0

00	Your Fitness	
6. How or pl	often do you exercise ay a sport?	Points
	ree or more days a week	5
30	ne or two days a week	3
□ No	ever	0

-	Rute yourself
	TOTAL POINTS
42 to 50:	Excellent job! Keep up the good world
28 to 41:	Good! Your health and fitness are above average.
15 to 27:	Your health and fitness are a little below average.
14 or below:	You can improve your health and fitness.

26.

A Take the quiz and add up your score. Is your score similar to your original guess? Do you agree with your quiz score? Why or why not?

GROUP WORK Compare your scores. Who is the healthiest and fittest?
What can you do to improve your health and fitness?