



**Nombre de alumno: Alexa Gabriela
Rodríguez Galindo**

Nombre del profesor: Juan Jaime

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VOCABULARY - Places for sport and exercise



a pool



an athletic field



a golf course



a track



a tennis court



a park



a gym

Exercise 1. Translate the next vocabulary – Traduce el siguiente vocabulario al español

a pool – una alberca

an athletic field – un campo atletismo

a golf course - un campo de golf

a track – una pista

a tennis court – una pista de tenis

a park – un parque

a gym – un gimnasio

GRAMMAR

The Present Simple and the Present Continuous tense: review

The Present Simple

(for habits and routines)

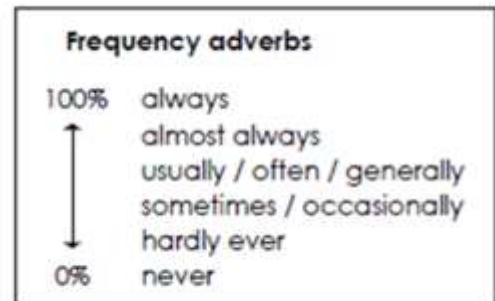
Example: I make dinner at least twice a week.

Example: He hardly ever meets his friends for dinner.

Questions

Do you always play golf on Saturdays?

How often do you lift weights?



Simple present

Grammatical rules

- We use simple present for habits and routines.
- We use simple present with time adverbs.

Time adverbs	Meaning
Always	Siempre
Every day	Todos los dias
Usually	Usualmente
Often	A menudo
Sometimes	A veces
Rarely	Raramente
Hardly ever	Casi nunca
Never	Nunca

Simple present

Form (Forma)

To conjugate the simple present we use the infinitive for the subjects "I", "you", "we" and "they" and for the third persons "he", "she" and "it", we add a "-s" to the end of the verb

Subject (Sujeto)	Verb (Verbo)
I, you, we, they	talk, eat, learn, do, go...
he, she, it	talks, eats, learns, does, goes...

Structure (Estructura)

1. Affirmative Sentences (Frases afirmativas)

Subject + verb.

Examples:

I **talk**. (Yo hablo.)
He **eats**. (Él come.)
They **learn**. (Ellos aprenden.)

2. Negative Sentences (Frases negativas)

Subject + do/does + not + verb.

Examples:

I **do not [don't]** talk. (Yo no hablo.)
He **does not [doesn't]** eat. (Él no come.)
They **do not [don't]** learn. (Ellos no aprenden.)

We use **do** for:
I, You, We and They

We use **does** for:
He, She and It

3. Interrogative Sentences (Frases interrogativas)

Do/Does + subject + verb?

Examples:

Do you talk? (¿Tú hablas?)
Does he eat? (¿Él come?)
Do they learn? (¿Ellos aprenden?)

Examples with time adverbs: (Ejemplos usando los adverbios de tiempo)

I always **talk** to my mother on Sunday.(Siempre hablo con mi madre el domingo.)

He never **eats** vegetables.(Nunca come las verduras.)

They usually **learn** something new in class.(Normalmente aprenden algo nuevo en la clase.)

Exeption (when we use the verb **to be**):

I **am** always happy.(Siempre estoy contento.)

He **is** often sick.(A menudo él está enfermo.)

They **are** rarely late.(En raras ocasiones llegan tarde.)

Exercise 2. Write 12 sentences using the present simple and time adverbs (Escribe 12 oraciones en presente simple usando los adverbios de tiempo)

3 Affirmative sentences (tres oraciones afirmativas)

1. I always wake up at 6am
2. My sister always sleeps late
3. My brother never eats the vegetables
4. My mom and I always go jogging in the afternoons.

3 Negative sentences

5. My brother never does his homework
6. My sister never does her homework
7. My sister never goes to the gym
8. I never go to parties at night

3 Interrogative sentences

9. Are you always late for work?
10. Does your mom always bring you to school early?
11. Doesn't your sister ever go out to parties at night?
12. Do your parents always go out on vacation?

Present Continuous

Grammatical rules (Reglas gramaticales)

- We use simple continuous for actions in progress and future plans.

Form (Forma)

To conjugate the present continuous we use the auxiliary **verb to be** and the **verb+ing**

Subject	Auxiliary (to be)	Verb + ing
I	am	talking, eating, learning, doing, going...
he, she, it	is	talking, eating, learning, doing, going...
you, we, they	are	talking, eating, learning, doing, going...

Structure (Estructura)

1. Affirmative Sentences (Frases afirmativas)

Subject + auxiliary verb (to be) + verb+ing.

Examples:

I'm **talking**. (Estoy hablando.)
He's **eating**. (Esta comiendo.)
They're **learning**. (Estan aprendiendo.)

2. Negative Sentences (Frases negativas)

Subject + auxiliary verb (to be) + not + verb+ing.

Examples:

I'm not **talking**. (No estoy hablando.)
He's not **eating**. (No esta comiendo.)
They're not **learning**. (No estan aprendiendo.)

3. Interrogative Sentences (Frases interrogativas)

Auxiliary verb (to be) + subject + verb+ing?

Examples:

Are you **talking**? (¿Estás hablando?)

Is he **eating**? (¿Está comiendo?)

Are they **learning**? (¿Están aprendiendo?)

There are some verbs that we can't use for present continuous:

*be (ser/estar), want (querer), need (necesitar),
know (saber/conocer), prefer (preferir), remember (recordar),
understand (comprender), care (cuidar), see (ver), hear (oír), smell (oler),
believe (creer), belong (pertenecer),
cost (costar), seem (parecer), exist (existir), own (poseer),
like (gustar), dislike (desagradar), love (amar), hate (odiar),
fear (temer), envy (envidiar), mind (importar)...*

Exercise 3. Write 12 sentences using simple continuous (Escribe 12 oraciones en presente continuo)

3 Affirmative sentences (tres oraciones afirmativas)

1. They are waiting for you
2. She is cleaning the room now
3. He is taking a bath
4. He is sleeping

3 Negative sentences

5. They are not waiting for you
6. It is not raining
7. He is not sleeping
8. She is not cleaning the room now

3 Interrogative sentences

9. Are they waiting for you?
10. Is it raining?
11. Is she looking for the book?
12. Is he taking a bath?

Exercise 4. Complete the sentences. Use the Present Simple or the Present Continuous tense. (Completa las oraciones usando presente simple o presente continuo con las palabras en el paréntesis)

1. Brian can't answer the phone right now. He is studying **(he / study)**.
2. How often does she go **(she / go)** walking?
3. Are we playing **(we / play)** tennis this weekend?
4. He lifts **(he / lift)** weights three times a week.
5. **(They / make)** lunch. Can they call you back?
6. How often do you clean **(you/ clean)** the house?
7. I do **(I / do)** aerobics every day.
8. She is going **(she / go)** shopping tonight.

Exercise 5. Complete the table with the missing sentences use the Present Simple. (Completa la siguiente table con las oraciones faltantes usando presente simple)

Affirmative	Negative	Questions
I work everyday	I don't work every day	Do I work everyday?
I go swimming with my brother	I am not going swimming with my brother	I'm going swimming with my brother?
you have to study	You don't have to study	Do you have to study?
you have to study English	you don't have to study English	Does he study English?
She does her homework	you don't do your homework	Do you do your homework?
it is necessary to do so	It doesn't need to be done	Is it necessary to do so?
We run in the park	we do not run in the park	Run in the park?
They eat lunch	do not eat lunch	Do they eat their lunch?
You want a chocolate cake	you don't want a chocolate cake	do you want a chocolate cake?

Exercise 6. Complete the table with the missing sentences use the Present Continuous.
 (Completa la siguiente table con las oraciones faltantes usando el presente continuo)

Affirmative	Negative	Questions
I am working at UDS	I am not working at UDS	Am I working at UDS?
I am running in the park	I'm not running in the park	I'm running in the park?
You are study now	You are not studying now	Are you study now?
He is studying English	He is not studying English	Is he studying English?
She is doing her homework	She is not doing her homework	Is she doing her homework?
It is working well	It is not working well	Is it working well?
We are playing soccer in the park	We are not playing soccer in the park	Are we playing soccer in the park?
We are playing soccer in the park	We are not playing soccer in the park	Are they eating their lunch?
You are cooking a chocolate cake	You are not cooking a chocolate cake	Are you cooking a chocolate cake?

When You Think You Can't...

Mark Zupan

When he was eighteen years old, a terrible accident made Mark Zupan a quadriplegic and changed his life forever. At first, he could hardly move his arms or legs normally. However, after a lot of hard work, he was able to use his arms to move his wheelchair, and he could even stand for a short time and take a few slow steps. Zupan- or Zup to his friends- became a quad rugby champion, helping his team win a gold medal in the Paralympic Games. "I dream about running all the time", he says, "but you can't live in the past."

Today, Zupan frequently gives talks and raises money for his sport and appears in movies and TV shows. Anyone who spends time with him forgets that he's in a wheelchair. He lifts weights at the gym every day, drives a car, and goes to rock concerts. "A lot of people think quadriplegics can't do anything", he says. To stay in shape, Zupan is careful about his diet and avoids unhealthy and fatty foods. "Just think of me as a human being and an athlete. Because that's who I am".



Zupan became a quad rugby champion.

Bethany Hamilton

At the age of thirteen, surfer Bethany Hamilton had a dream. She wanted to be a champion in her sport. But she lost her left arm when she was attacked by a shark. A month later, she was surfing again.

Today, she's a professional competitive surfer. Because she can only use one arm, she has to use her legs more to help her go in the right direction. Hamilton practices every day at the beach. She has a prosthetic arm, but she rarely uses it, and never when she's surfing.

Hamilton often appears on TV. She wants to help other people follow their dreams, even when they face great difficulties. "People can do whatever they want if they just set their hearts to it, and just never give up".

In 2011, Hollywood made a movie about her experience. Bethany has a happy life and got married in 2013.



Hamilton was attacked by a tiger shark when she was thirteen.

Exercise 7. Read the text above and answer the next exercises. (Lee el texto de arriba y contesta el siguiente ejercicio).

Complete the paragraph about Marc Zupan. Use “can”, “can’t” or “has to”.

Zupan has to spend most of his time in wheelchair but can stand up and take a few steps for a short time. he can't go walking or running, but he can play quad rugby. he has to be careful about his diet so he doesn't get out of shape. he can drive a car using his feet, but he can't use his hands. A lot of people think quadriplegics can't do anything, but Zupan proves that they can

Complete the paragraph about Bethany Hamilton using the Present Simple or the Present Continuous.

When she surfs, Hamilton using her legs to help her go in the right direction

She has to a prosthetic arm, but she hardly ever wearing it

She completing regularly with the world's top professional women surfers

In the photo, she is competing against other surfers with two arms

She wearing a t-shirt and standing on her surfboard. Hamilton wanting to help other people with difficult experiences follows their dreams