



INGLES

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TRABAJO: WORKBOOK

FECHA: 01/12/2022

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 sports	Individual sports	Exercise
baseball	swimming	jogging
soccer	bicycling	yoga
football	aerobics	
volleyball		
tennis		
basketball		
baseball		



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

They hardly ever play tennis

3. go do often jogging how you

How often do you go jogging ?

4. often mornings do on we yoga Sunday

We often do yoga on Sunday mornings

5. ever Charlie do does aerobics

Does Charlie ever do aerobics ?

6. do on you- what- usually- Saturdays do-

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

I never do aerobics, basketball. but I don't
play soccer or swim all the time.

9

5

Complete this conversation.
Write the correct prepositions in the correct places.

Susan: What time do you go jogging ⁱⁿ the morning? (around / in / on)

Jerry: I always go jogging ^{at} 7:00. (at / for / on)

How about you, Susan?

Susan: I usually go jogging ^{around} noon. (around / in / with)

I jog about an hour. (at / for / until)

Jerry: And do you also play sports ⁱⁿ your free time? (at / in / until)

Susan: No, I usually go ^{with} out my classmates. (around / for / with)

What about you?

Jerry: I go to the gym Mondays and Wednesdays. (at / on / until)

And sometimes I go ⁱⁿ bicycling weekends. (for / in / on)

Susan: Wow! You really like to stay in shape.



10

6

Complete the crossword puzzle.

8 Choose the correct responses.



1. A: How often do you go swimming, Linda?

B: Once a week.

- I guess I'm OK.
- Once a week.
- About an hour.

2. A: How long do you spend in the pool?

B: About 45 minutes

- About 45 minutes.
- About average.
- About three miles.

3. A: And how well do you swim?

B: I'm about average

- I'm not very well.
- I almost never do.
- I'm about average.

4. A: How good are you at other sports?

B: Not very good, actually

- Not very good, actually.
- I sometimes play twice a week.
- Pretty well, I guess.

9 Look at the answers. Write questions using how.

1. A: How long do you spend exercising?

B: I don't spend any time at all. In fact, I don't exercise.

2. A: How often do you _____ for a walk?

B: Almost every day. I really enjoy it.

3. A: How long do you spend jogging _____

B: I spend about an hour jogging.

4. A: How good are you at soccer _____ at soccer?

B: I'm pretty good at it. I'm on the school team.

5. A: you like to play basketball _____

B: Basketball? Pretty well, I guess. I like it a lot.

10 Rewrite these sentences. Find another way to say each sentence using the words given.

1. I don't watch TV very much.
I hardly ever watch TV. (hardly ever)
2. Tom exercises twice a month.
Tom exercises not very often (not very often)
3. Philip tries to keep fit.
Philip stay in shape (stay in shape)
4. Jill often exercises at the gym.
Jill work out gym (work out)
5. I go jogging with my wife all the time.
I go jogging with my wife always (always)
6. How good are you at tennis?
How good are you play tennis (play)

11 What do you think about sports? Answer these questions.

1. Do you like to exercise for a short time or a long time?
I like to exercise short time
2. Do you prefer exercising in the morning or in the evening?
I prefer exercising in the evening
3. Which do you like better, walking or jogging?
I like walking
4. Do you like to watch sports or play sports?
I like to watch sports
5. Which do you like better, team sports or individual sports?
I like team sports
6. How good are you at games like basketball or tennis?
I'm very bad at both
7. What sport or game don't you like?
the basket ball

