

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 sport

Team sports	Individual sports	Exercise
baseball	jogging	extension
soccer	swimming	
football	bicycling	
baloncesto	tenis	
	yoga	



individual sport



exercise

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

3. go do often jogging how you

how you do jogging often ?

4. often mornings do on we yoga Sunday

we do on morning yoga

5. ever Charlie do does aerobics

do ever Charlie aerobics ?

6. do on you what usually Saturdays do

what do you usually 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 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: What do you usually do?

B: Yes, I sometimes play sports on weekends – usually baseball.

6. A: How often do you usually play 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 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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

B Write about yourself using the information in the chart.

Do you sometimes go swimming

Do you once or twice a week jogging

Me once or twice a week do exercise.

I don't do never do karate

I don't do, never do, weight training

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 7:00. (at / for / on)

How about you, Susan?

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

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

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

Susan: No, I usually go 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 bicycling weekends. (for / in / on)

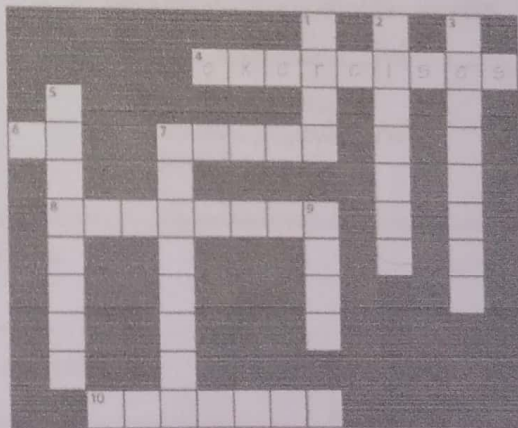
Susan: Wow! You really like to stay in shape.



6 Complete the crossword puzzle.

Across

- 4 Pierre never _____. He's a real couch potato.
- 6 How often do you _____ yoga?
- 7 I like to stay in _____. I play sports every day.
- 8 Jeff does weight _____ every evening. He lifts weights of 40 kilos.
- 10 Diana goes _____ twice a week. She usually runs about three miles.



Down

- 1 Andrew always watches TV in his _____ time.
- 2 Kate has a regular _____ program.
- 3 I do _____ at the gym three times a week. The teacher plays great music!
- 5 Paul is on the _____ team at his high school.
- 7 Marie never goes _____ when the water is cold.
- 9 Amy often _____ bicycling on weekends.

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

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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 in the jogging?
B: I spend about an hour jogging.
4. A: How good are you _____ at soccer?
B: I'm pretty good at it. I'm on the school team.
5. A: How good are you at other _____
B: Basketball? Pretty well, I guess. I like it a lot.

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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.

I not very often

(not very often)

3. Philip tries to keep fit.

stay in shape

(stay in shape)

4. Jill often exercises at the gym.

I work out

(work out)

5. I go jogging with my wife all the time.

I always

(always)

6. How good are you at tennis?

Me play

(play)

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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 do for a very short time

2. Do you prefer exercising in the morning or in the evening?

I prefer more at night

3. Which do you like better, walking or jogging?

I like to do better

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 to do team sports

6. How good are you at games like basketball or tennis?

Not so good

7. What sport or game don't you like?

I do not like volleyball

