



Mi Universidad

ACTIVIDAD 4

NOMBRE DEL ALUMNO: Rubí González Rodríguez

TEMA: How often do you exercise?

PARCIAL: 4

MATERIA: Ingles

NOMBRE DEL PROFESOR: Jezabel Ivonne Silvestre Montejo

LICENCIATURA: Enfermería

CUATRIMESTRE: 4

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UNIT IV. HOW OFTEN DO YOU EXERCISE?

WORKBOOK

Tired

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 baseball basketball football Tennis volleyball soccer	swimming bicycling	stretching yoga jogging



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
Charlie do ever does aerobics ?
6. do on you what usually Saturdays do
What do you usually on do Saturdays ?

Platform

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 day do you practice karate.
B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: you go to the gym after work?
B: No, I never go to the gym after work.
4. A: you exercise frequently?
B: I don't exercise very often at all.
5. A: Do you do some kind of sport?
B: Yes, I sometimes play sports on weekends - usually baseball.
6. A: what do you do on your free time
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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
play basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 type="checkbox"/>	<input checked="" type="checkbox"/>
do karate	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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 type="checkbox"/>	<input 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 generally don't do any kind of sport, I like volleyball but sometimes I play soccer and basketball, I don't go jogging because I don't have that habit

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 ^{around} noon. (around / in / with)

I jog about an ^{of} hour. (at / for / until)

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

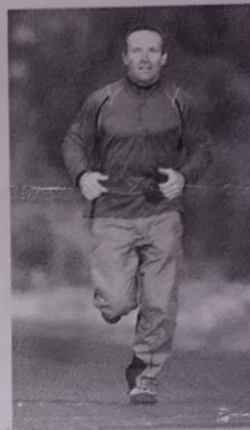
Susan: No, I usually go out ^{with} my classmates. (around / for / with)

What about you?

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

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

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

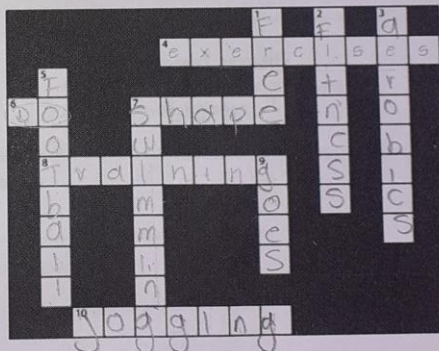


6

Complete the crossword puzzle.

Across

- 4 Pierre never Exercises. He's a real couch potato.
- 6 How often do you 100 yoga?
- 7 I like to stay in Shape. I play sports every day.
- 8 Jeff does weight Training every evening. He lifts weights of 40 kilos.
- 10 Diana goes Jogging twice a week. She usually runs about three miles.



Down

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

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 not very well

- 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.

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: What days do you play volleyball for a walk?

B: Almost every day. I really enjoy it.

3. A: How much time do you spend jogging

B: I spend about an hour jogging.

4. A: You like to play football 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 not very often exercises (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 exercises the gym (work out)
5. I go jogging with my wife all the time.
I go always jogging with my wife all the time (always)
6. How good are you at tennis?
How good are you at playing 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?
For a short time
2. Do you prefer exercising in the morning or in the evening?
Prefer do exercising in the morning
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 bad at playing basketball
7. What sport or game don't you like?
I don't like to play basketball

