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Grado: 4°

Grupo: "A"

UNIT IV. HOW OFTEN DO YOU EXERCISE? WORKBOOK

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	bicycling	bicycling
basketball	swimming	aerobics
football	tennis	jogging
soccer		stretching
volleyball		yoga



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 do you often go jogging

4. often mornings do on we yoga Sunday

we often do yoga on mornings Sunday

5. ever Charlie do does aerobics

charlie ever does do aerobics

6. do on you what usually Saturdays do

what do you do usually on saturday

Use these questions to complete the conversations.
 How often do you ... ? Do you ever ... ? What do you usually ... ?

A: Do you ever exercise?

B: Yes, I often exercise on weekends.

A: What do you usually do on weekend?

B: Well, I usually do karate on Saturdays and yoga on Sundays.

A: Do you ever go to the gym after work?

B: No, I never go to the gym after work.

A: How often do you exercise?

B: I don't exercise very often at all.

A: Do you ever play a sport?

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

A: What do you usually do in your free time?

B: I usually play tennis in my free time.

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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input 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 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 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.

well, I do not like sports very much, so I never play basketball, I don't do karate, and I don't like, But sometimes I do aerobics and I go swimming

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 ^{for} an 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 ^{on} Mondays and Wednesdays. (at / on / until)

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

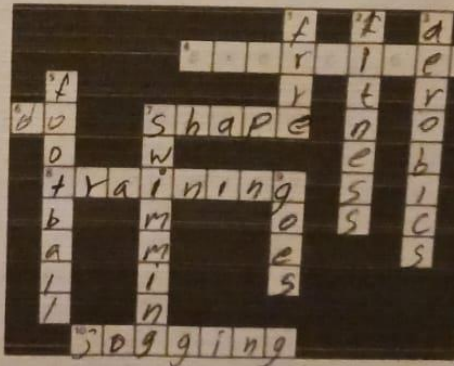
Susan: Wow! You really like to stay in shape.



Complete the crossword puzzle.

Across

- 4 Pierre never exercises. He's a real couch potato.
- 6 How often do you do 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 free 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.

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: Not very good, actually

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

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 go

for a walk?

B: Almost every day. I really enjoy it.

3. A: how long do you 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 well you play basketball?

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.
Tom exercises not very often (not very often)
- 3. Philip tries to keep fit.
Philip like to stay in shape (stay in shape)
- 4. Jill often exercises at the gym.
jill works out alot at the gym (work out)
- 5. I go jogging with my wife all the time.
I always go jogging with my wife (always)
- 6. How good are you at tennis?
how well do you play tennis (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 exercise for a short time
- 2. Do you prefer exercising in the morning or in the evening?
I prefer exercising in the morning
- 3. Which do you like better, walking or jogging?
I like better walking
- 4. Do you like to watch sports or play sports?
I like to see them more
- 5. Which do you like better, team sports or individual sports?
I like individual sports
- 6. How good are you at games like basketball or tennis?
nothing good actually
- 7. What sport or game don't you like?
I like tennis

