



Mi Universidad

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TEMA: Workbook.

PARCIAL: 4to parcial.

MATERIA: Ingles.

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LICENCIATURA: Enfermería.

UNIT IV. HOW OFTEN DO YOU EXERCISE?

WORKBOOK

have a

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



2 Arrange these words to make sentences or questions.

- go never I almost bicycling
I almost never go bicycling
- hardly they tennis play ever
They hardly ever play tennis
- go do often jogging how you
how often do you go jogging?
- often mornings do on we yoga Sunday
we often do yoga on Sunday mornings
- ever Charlie do does aerobics
Does Charlie ever do aerobics?
- 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 on weekends?
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you ever go to the gym after 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: Do you ever practice a sport?
 B: Yes, I sometimes play sports on weekends - usually baseball.
6. A: What do you usually do in 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 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 type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>
go swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
do weight training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B Write about yourself using the information in the chart.

I almost never practice any sport, and sometimes I do exercise and jog. I don't like basket ball and soccer at all.

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

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

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

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

What about you? ^{with}

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

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

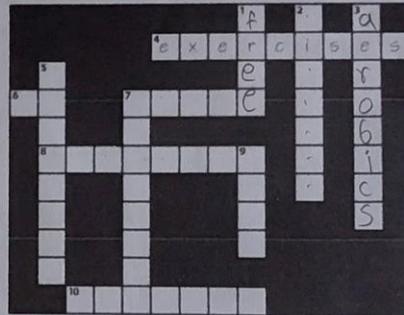
Susan: Wow! You really like to stay in shape.



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 free time.
- 2 Kate has a regular _____ program.
- 3 I do aerobics 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.

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 go ^{a piece} _{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: How good are you at _____ _{at soccer?}
 B: I'm pretty good at it. I'm on the school team.
5. A: How are you doing in sports?
 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)
Tom hace ejercicio dos veces al mes
2. Tom exercises twice a month.
Tom not very often exercises. (not very often)
no muy seguido
3. Philip tries to keep fit.
Philip tries to stay in shape. (stay in shape)
mantenerse en forma
4. Jill often exercises at the gym.
Jill work out exercises at the gym. (work out)
elaborar
5. I go jogging with my wife all the time.
I always go jogging with my wife. (always)
Siempre
6. How good are you at tennis?
How good are you play tennis? (play)
jugar

Tarea

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 for a short time.
2. Do you prefer exercising in the morning or in the evening?
I prefer to do exercise at night.
3. Which do you like better, walking or jogging?
I like walking 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 more individual sports.
6. How good are you at games like basketball or tennis?
I'm not good at any.
7. What sport or game don't you like?
I don't like all sports.

