



**Nombre del alumno: José Fernando Aguilar
Gómez**

**Nombre del profesor: Ana Laura Culebro
Torres**

Materia: Ingles IV

Grado: Cuarto cuatrimestre

Grupo: A

UNIT IV. HOW OFTEN DO YOU EXERCISE?

4.1.- Sports and exercises

1 SNAPSHOT

The Top Five Sports and Fitness Activities in the United States

Sports	Fitness Activities
<input type="checkbox"/> basketball	<input type="checkbox"/> walking <i>canibal</i>
<input type="checkbox"/> baseball	<input type="checkbox"/> weight training <i>entrenamiento con pesas</i>
<input type="checkbox"/> soccer	<input type="checkbox"/> treadmill
<input type="checkbox"/> football	<input type="checkbox"/> stretching
<input type="checkbox"/> softball	<input type="checkbox"/> jogging

Source: SGMA International, Sports Participation in America

Add to your daily routine

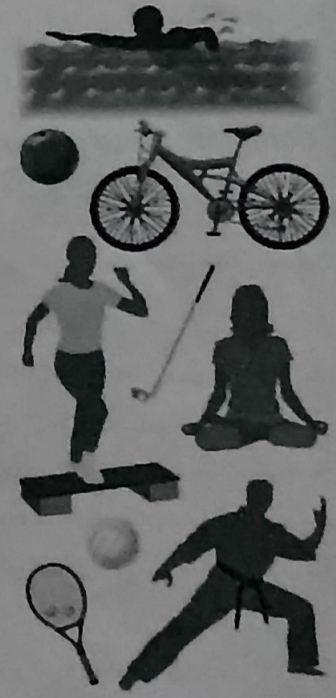
Do people in your country enjoy any of these sports or activities?
 Check (✓) the sports or fitness activities you enjoy.
 Make a list of other sports or activities you do. Then compare with the class.

4.2.- Verbs activities

2 WORD POWER Sports and exercise

A Which of these activities are popular with the following age groups?
 Check (✓) the activities. Then compare with a partner.

	Children	Teens	Young adults	Middle-aged people	Older people
do aerobics	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do bicycling	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
play bowling	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
play golf	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
do karate	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
go swimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
play tennis	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
play volleyball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



B PAIR WORK Which activities in part A are used with *do*, *go*, or *play*?

do aerobics go bicycling play golf
 do karate go karate play bowling
 do yoga go swimming play tennis

José Fernando Aguilar Gómez unit 4

CONVERSATION I'm a real fitness freak.

A Listen and practice.

Ruth: You're in great shape, Keith.

Keith: Thanks. I guess I'm a real fitness freak.

Ruth: How often do you work out?

Keith: Well, I do aerobics twice a week. And I play tennis every week.

Ruth: Tennis? That sounds like a lot of fun.

Keith: Oh, do you want to play sometime?

Ruth: Uh... how well do you play?

Keith: Pretty well, I guess.

Ruth: Well, all right. But I'm not very good.

Keith: No problem. I'll give you a few tips.



Handwritten notes: "Autor de la actividad" and "Nov 29th" with a checkmark.

B Listen to Keith and Ruth after their tennis match. Who's the winner?

4.4.- Use of How.

Questions with how; short answers

How often ^{frecuencia o a veces} do you work out?

- Every day.
Twice a week.
Not very often.

How well ^{de tan bien} do you play tennis?

- Pretty well.
About average.
Not very well.

How long ^{cuan to tiempo} do you spend at the gym?

- Thirty minutes a day.
Two hours a week.
About an hour on weekends.

How good are you at sports?

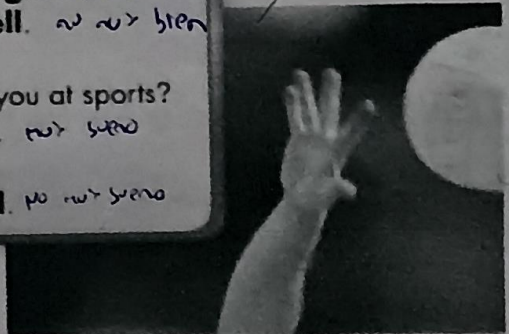
- Pretty good.
OK.
Not so good.

Handwritten note: "Nov 29th" with a checkmark.

A Complete these questions. Then practice with a partner.

- 1. A: How good are you at volleyball? B: I guess I'm pretty good. I often play on weekends.
2. A: How long do you spend online? B: About an hour after dinner. I like to chat with my friends.
3. A: How often do you play chess? B: Once or twice a month. It's a good way to relax.
4. A: How well can you swim? B: Not very well. I need to take swimming lessons.

B GROUP WORK Take turns asking the questions in part A. Give your own information when answering.



Activity # 4 November 29th

Arquit Birec Jose unit 4

UNIT IV. HOW OFTEN DO YOU EXERCISE? WORKBOOK

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	swimming	aerobics
bicycling		jogging
basketball		stretching
Football		yoga
soccer		
tennis		
volleyball		



AUTORIZADO

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 ?

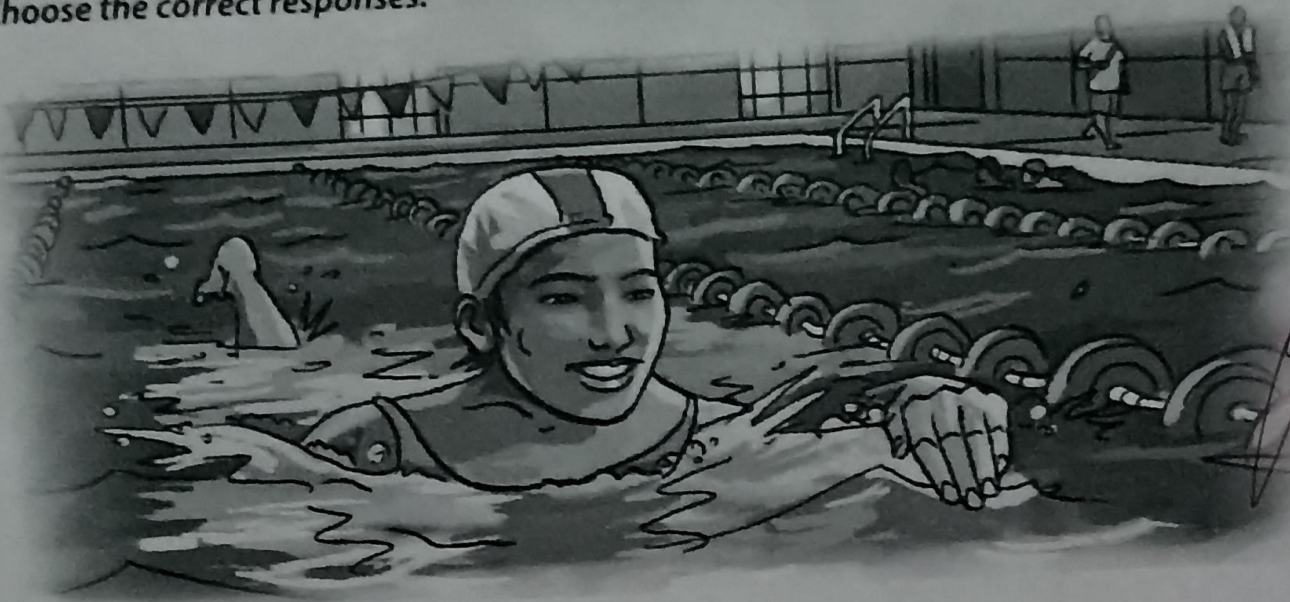
4. often mornings do on we yoga Sunday
we often do yoga on sundays mornings

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 ?

Kauz...

8 Choose the correct responses.



AFTER THE SWIMMING

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.

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 _____ 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?

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

5. A: How well do you play _____

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