



PASIÓN POR EDUCAR

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Activity: #4

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Cuatrimestre: 4to.

Race Name: BACHELOR'S DEGREE NURSING

DATE: november 30th, 2022

Activity #4
UNIT 4

Full NAME: Yaneth Beatriz Alvarez Santiz

DATE: November 29th, 2022

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
<input type="checkbox"/> baseball	<input type="checkbox"/> weight training → levantar pesas
<input type="checkbox"/> soccer	<input type="checkbox"/> treadmill → caminata
<input type="checkbox"/> football	<input type="checkbox"/> stretching → estiramiento
<input type="checkbox"/> softball	<input type="checkbox"/> jogging → trotar

Source: SGMA International, Sports Participation in America

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
aerobics	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bicycling	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
golf	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
karate → do	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
swimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tennis → play	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
volleyball → play	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
yoga → do	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



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

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

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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.



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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 ^{How often} do you work out?
 Every day ^{→ a cada día}
 Twice a week ^{→ dos veces a la semana}
 Not very often ^{→ no muy seguido}

How long ^{How long} do you spend at the gym?
 Thirty minutes a day
 Two hours a week ^{→ dos horas a la semana}
 About an hour on weekends ^{→ aproximadamente}

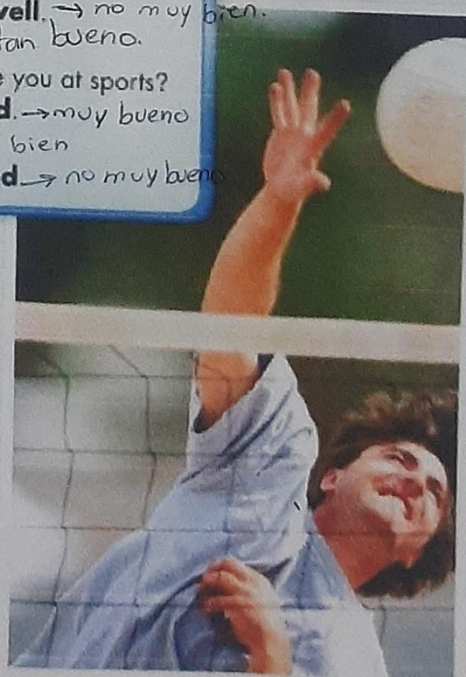
How well ^{How well} do you play tennis?
 Pretty well ^{→ muy bien}
 About average ^{→ en el promedio}
 Not very well ^{→ no muy bien}

How good ^{How good} are you at sports?
 Pretty good ^{→ muy bueno}
 OK ^{→ esta bien}
 Not so good ^{→ no muy bueno}

A Complete these questions. Then practice with a partner.

- A: How good are you at volleyball?
B: I guess I'm pretty good. I often play on weekends.
- A: How long do you spend online?
B: About an hour after dinner. I like to chat with my friends.
- A: How often do you play chess?
B: Once or twice a month. It's a good way to relax.
- 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
Unit 4

UDS

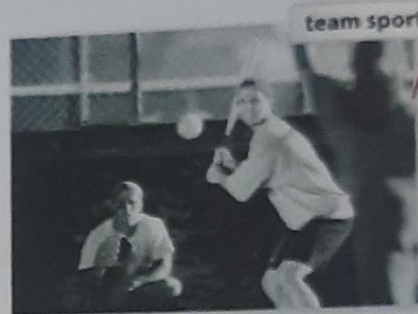
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UNIT IV. HOW OFTEN DO YOU EXERCISE?
WORKBOOK

AUTOPROFESOR

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



Arrange these words to make sentences or questions.

Word 2nd

- 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 ?

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UDS

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Choose the correct responses.



AUTORIZADO

1. A: How often do you go swimming, Linda?

B: Once a week.

- I guess I'm OK.
- Once a week.
- About an hour.

pasar o gastar

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 basketball?

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