



Mi Universidad

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Parcial: 4to

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Cuatrimestre: 4to.

Grupo: A

ACTIVITY #4

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November 29th

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>comino</i> |
| <input type="checkbox"/> baseball | <input type="checkbox"/> weight training - <i>entrenamiento</i> |
| <input type="checkbox"/> soccer | <input type="checkbox"/> treadmill - <i>comino</i> |
| <input type="checkbox"/> football | <input type="checkbox"/> stretching - <i>estiramiento</i> |
| <input type="checkbox"/> softball | <input type="checkbox"/> jogging - <i>trabaja</i> |

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 - do | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| bicycling - do/go | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| bowling - play | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| golf - play | <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 - go | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| tennis - play | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| volleyball - play | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| yoga - do | <input type="checkbox"/> | <input type="checkbox"/> | <input 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
 play golf
 Karate
 Swimming
 bowling
 yoga
 golf
 tennis
 volleyball

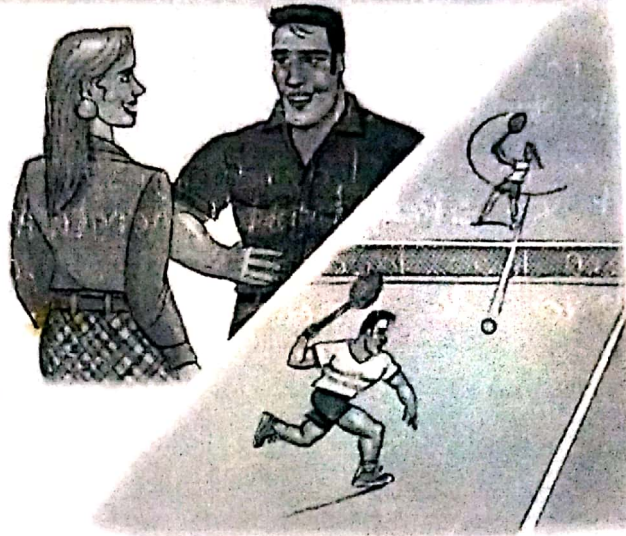
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CONVERSATION I'm a real fitness freak.

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.



AUTOR: Rocio Velazquez

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.
- Twice a week.
- Not very often.

Cuanto tiempo?
 How long do you spend at the gym?

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

How well?
 How well do you play tennis?

- Pretty well.
- About average.
- Not very well.

How good?
 How good are you at sports?

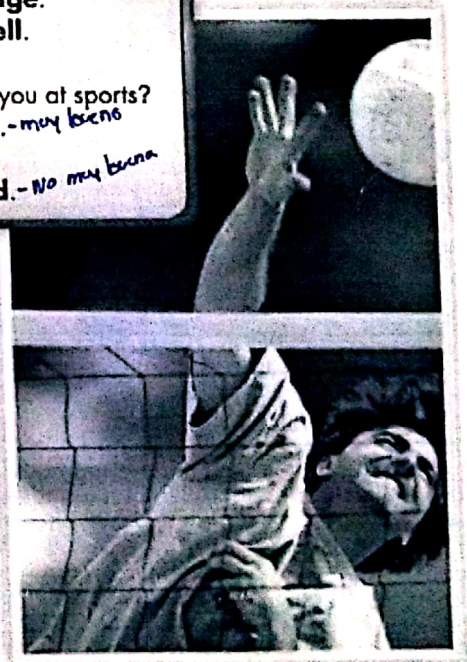
- Pretty good. - muy bueno
- OK.
- Not so good. - No muy buena

Not so good

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 do 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.

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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 sports | Individual sports | Exercise |
|--|--------------------------------|---|
| baseball basketball bicycling Football Soccer Volleyball • tennis. | bicycling swimming Ⓝ | • aerobics. • jogging • stretching • yoga. |

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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 ?

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8 Choose the correct responses.



~~AUTORIZADO~~
~~KOLY~~

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 basketball?

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