

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

Answer Key 20

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?

Key 20

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



April 20th 2024  
 NY 20

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 Sunday 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?

Kennedy

## 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.



*Augusto  
Nov 24*

**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 do you work out? *cuando*

Every day.

Twice a week.

Not very often.

How long do you spend at the gym? *cuanto tiempo*

Thirty minutes a day.

Two hours a week.

About an hour on weekends.

How well do you play tennis? *que tan bien*

Pretty well. *Muy bien*

About average. *en el promedio*

Not very well. *No muy bien*

How good are you at sports? *que tan bueno*

Pretty good. *Muy bueno*

OK. *OK - solo bien*

Not so good. *No muy bueno*

*Nov 24*

**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?

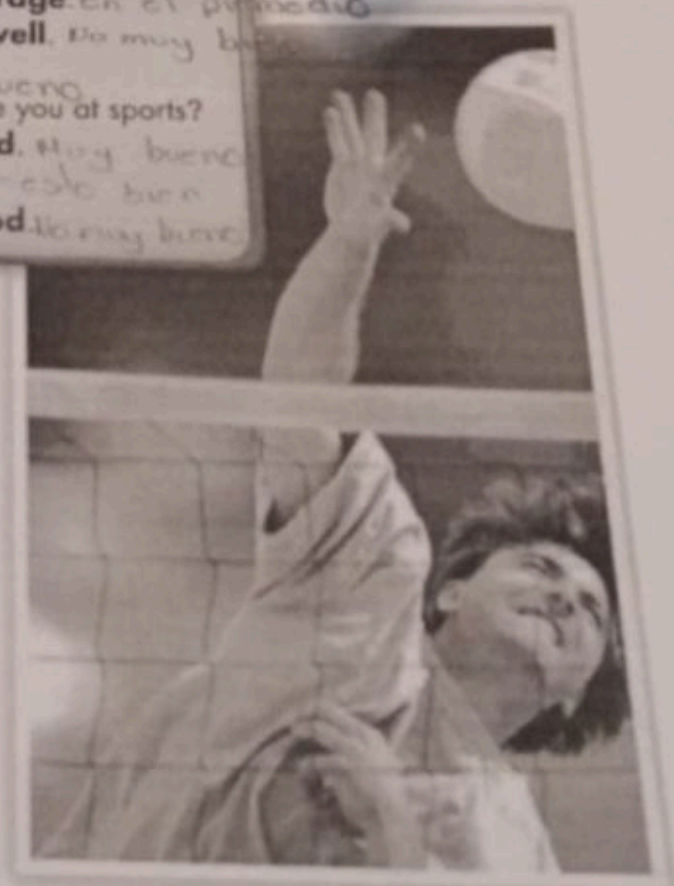
B: About an hour after dinner. I like to chat with my friends.

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.



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

## 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 |
| <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

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.

*Handwritten notes:*  
AUTOR 2020  
NOV 2020

## 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 type="checkbox"/>	<input type="checkbox"/>
bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
golf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
karate	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
swimming	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
volleyball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



*Handwritten note:* Nov 27/21

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

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