



**Mi Universidad**

**Super nota**

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*Nombre del tema: How often do you exercise?*

*Parcial: 4*

*Nombre de la Materia: Inglés IV.*

*Nombre del profesor: Ana Laura Culebro Torres.*

*Nombre de la Licenciatura: Enfermería*

*Cuatrimestre: 4*

Activity #4 Date: November 29th

Unit 4 Full names: Abigail Ukitafranca Aguiar

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## 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
<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.

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

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.



Autorevisión

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

4.4.- Use of How.

\*Are you can how good

Questions with how; short answers

How often do you work out?

Every day.  
 Twice a week.  
 Not very often.

How long do you spend at the gym?

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

How well do you play tennis?

Pretty well.  
 About average.  
 Not very well.

How good are you at sports?

Pretty good.  
 OK.  
 Not so good.

Que tan frecuentemente

frecuentemente o a menudo

Que tan bien

Que tan bien

en el promedio no tan bien

Que tan

Cuanto tiempo

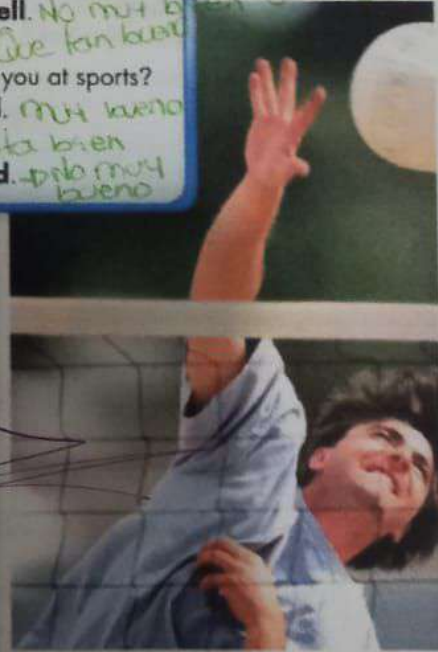
Muy bueno

Esta bien

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.



Nov 29th

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

can -> Puedo

Activity # 1 Date: November 29th

Unit 4

Full name: Absopal Villafranca Aguilar

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## UNIT IV. HOW OFTEN DO YOU EXERCISE?

### WORKBOOK

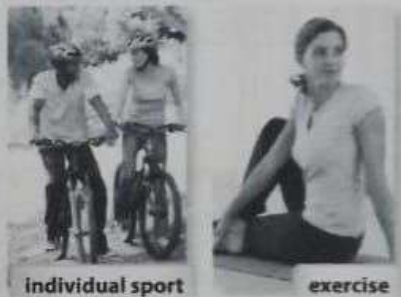
1

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



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 ?

AUTOR: ABSOPAL VILLAFRANCA AGUILAR  
NOV 29 2014

How often?

Activity # 4 Full name: Absgori Villafraña Aguilar

Unit 4 Date: November 29th

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8 Choose the correct responses.



AUTORIZADO  
NOV 2016

1. A: How often do you go swimming, Linda?  
B: Once a week  
• I guess I'm OK.  
• Once a week.  
• About an hour.

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.

2. A: How long do you spend in the pool?  
B: About 10 minutes  
• About 45 minutes.  
• About average.  
• About three miles.

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.