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Nombre del trabajo: Activity #4

Materia: English

Grado: 4°

Grupo: "A"

Comitán de Domínguez Chiapas a 04 de Diciembre de 2022.

ACTIVITY #4
UNIT 4

full name: Zerguiz Aguilera Paola del Carmen

date: November 29th

How often do you exercise?

1 SNAPSHOT

The Top Five Sports and Fitness Activities in the United States

Sports	Fitness Activities
<input type="checkbox"/> basketball	<input checked="" 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: SOA 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.

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



~~AUTORIZADA~~
NORIEGA

ACTIVITY #4
UNIT 4

Full name: Zorquie Aguilar Paola del Carmen.

11 GRAMMAR FOCUS

Date: 29 November 29th

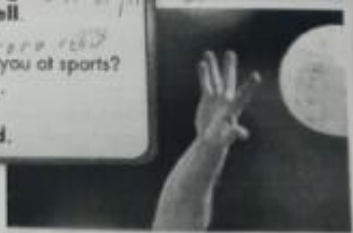
Questions with how; short answers

How often do you work out?
Every day. *todos los días*
Twice a week. *2 semanas*
Not very often. *no muy seguido*

How long do you spend at the gym?
Thirty minutes a day. *30*
Two hours a week. *2 horas*
About an hour on weekends.

How well do you play tennis?
Pretty well. *que tan bien*
About average. *no muy bien*
Not very well.

How good are you at sports?
Pretty good.
OK.
Not so good.



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 well 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 do you can 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.

2 Questions with how; short answers (page 40)

Don't confuse *good* and *well*. Use the adjective *good* with *be* and the adverb *well* with other verbs: How *good* are you at soccer? or How *well* do you play soccer?

Complete the questions with *How* and a word from the box. Then match the questions and the answers.

good long often well

- | | |
|--|---------------------------------------|
| 1. do you lift weights? | a. Not very well, but I love it. |
| 2. do you play tennis? | b. About six hours a week. |
| 3. are you at aerobics? | c. Not very often. I prefer aerobics. |
| 4. do you spend at the gym? | d. Pretty good, but I hate it. |

ACTIVIDAD 2
 29/11/2019
 Paola del Carmen

ACTIVITY #4
UNIT 4

Full name: Zorquie Aguilar Paola del Carmen
 Date: November 29th
 November 22nd, 2022

Workbook

How often do you exercise?

1 Complete the chart. Use words from the box.
 (Some of the words can be both individual sports and exercise.)

NOVEMBER
28th, 22

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

Aerobics
 Basketball
 Football

Team sports	Individual sports	Exercise
baseball	bicycling	aerobics
basketball	swimming	jogging
bicycling		stretching
football		yoga
swimming		
soccer		
tennis		
volleyball		



Aerobics
 Jogging
 Stretching
 Yoga

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?

ACTIVIT Y #4
UNIT 4

date: November 29th

Full name: Zaque Aguilar Pooia del Carmen

8 Choose the correct responses.



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? 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? 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.

Autorizaci3n de la madre