



Mi Universidad

Nombre del Alumno: Adamari Zúñiga Villatoro :

Parcial: 4

Nombre de la Materia: Ingles IV

Nombre del profesor: Ana Laura Culebro

Nombre de la Licenciatura: Enfermería

Cuatrimestre: 4

UNIT IV. HOW OFTEN DO YOU EXERCISE?

I.- 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 <i>entrenamiento con peso</i> |
| <input type="checkbox"/> soccer | <input type="checkbox"/> treadmill <i>caminadora</i> |
| <input type="checkbox"/> football | <input type="checkbox"/> stretching <i>estiramiento</i> |
| <input type="checkbox"/> softball | <input type="checkbox"/> jogging <i>trotar</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.

No se puede hacer.

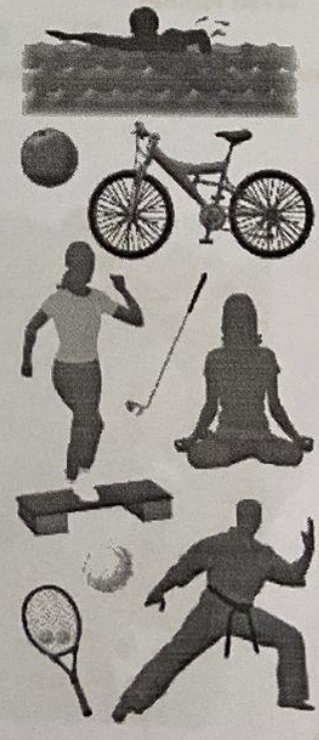
2.- Verbs activities

2 **WORD POWER** Sports and exercise

Nov 24th

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

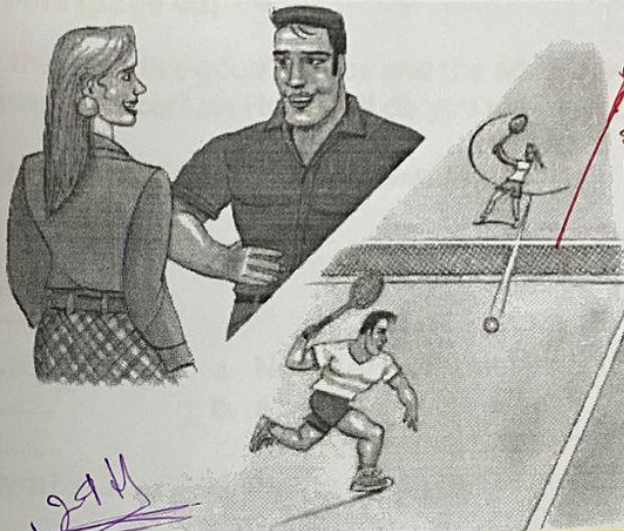
Activity #4 Unit 4
November 29th

UDS

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.



AERONAUTICA

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

NOT 29th

1.- Use of How.

Questions with how; short answers

How often do you work out?
Every day.
Twice a week.
Not very often.

How well do you play tennis?
Pretty well. - muy bien
About average. - en el promedio
Not very well. - no muy bien

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

How good are you at sports?
Pretty good. - muy bueno
OK.
Not so good. - no muy bueno

Often - frecuentemente
How long - cuanto tiempo
How well - que tan bien
How good - que tan bueno

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.



ACTIVITY 4

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		



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?

NOV 29th

Activity #4 Unit 4

Adamari Zuniga Villatoro.

November 29th

UDS

8 Choose the correct responses.



AUTORIZADO POR NOV 21 2014

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 45 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.

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.