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Materia: INGLES IV

Grado: CUARTO CUATRIMESTRE

Grupo: A

Activity #4

November 29th

UDS

Falima Lizbeth Ponce Soberano 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>Carless</i>
<input type="checkbox"/> baseball	<input type="checkbox"/> weight training <i>entrenamiento de pesos</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>jogar</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 <i>do</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bicycling <i>go</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
bowling <i>play</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
golf <i>play</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
karate <i>do</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
swimming <i>go</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
tennis <i>play</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
volleyball <i>play</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
yoga <i>do</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



B PAIRWORK 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

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Faloma Lizbeth Ponce Soberano 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.

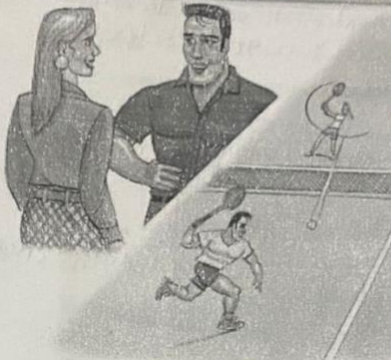
Keith: Oh, do you want to play sometime?

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.



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?

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.

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.

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



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



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

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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?

How often

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8 Choose the correct responses.



AUBR (2/2/20)
 KAR (2/2/20)

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