



Mi Universidad

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Parcial: 4

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Nombre de la Licenciatura: Enfermería

Cuatrimestre: 4

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 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>hacer</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.

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

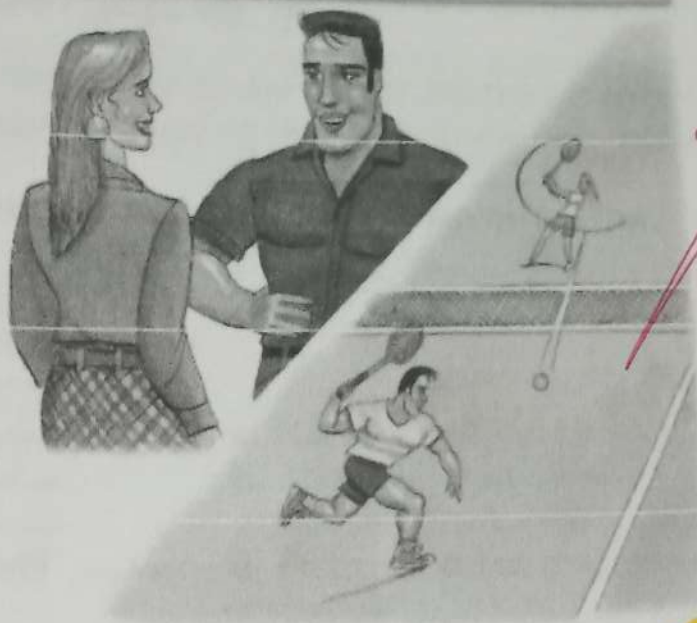
go bicycling
go swimming

play golf
play bowling
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 Nov 29

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

4.4.- Use of How.

Questions with how; short answers

Que tan frecuente

How often do you work out?

- Every day.**
- Twice a week.**
- Not very often.**

Cuanto tiempo

How long do you spend at the gym?

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

Que tan bien

How well do you play tennis?

- Pretty well.** *→ Muy bien*
- About average.** *→ En el promedio*
- Not very well.** *→ No muy bueno*

Que tan buena

How good are you at sports?

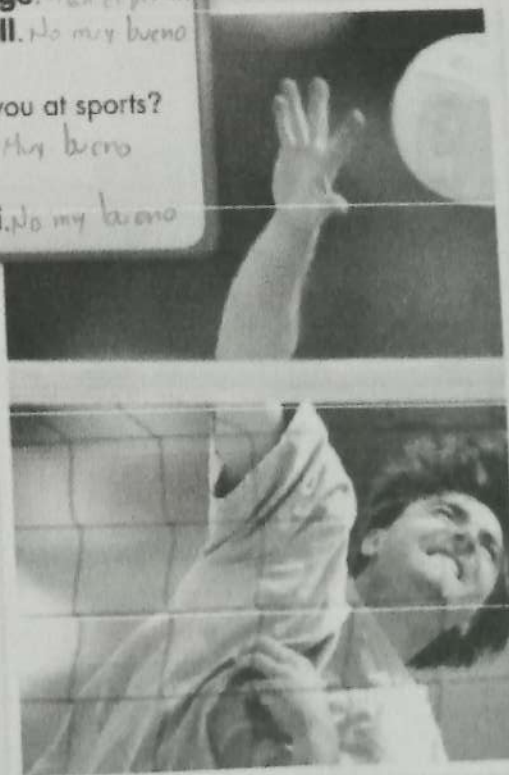
- Pretty good.** *→ Muy bueno*
- OK.**
- Not so good.** *→ No muy bueno*

Nov 29th

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.



Alma Azucena Claudio González

Workbook

How often do you exercise?

Autoevaluación
 20/11/2017

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 | | |
| volley ball | | |



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?

No. 22/11

