



MI UNIVERSIDAD

MATERIA: ENGLISH IV

TEACHER: Ana Laura Culebro Torres

GRADO: 4º Cuatrimestre

GRUPO: (A) Escolarizado

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Full name: Bethoaida Udzovic Herandez
 Date: November 29th

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

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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.



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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. *todos los días*
 Twice a week. *2 veces a la semana*
 Not very often. *no muy seguido*

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

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

How good are you at sports?
 Pretty good. *muy bueno*
 OK. *okay*
 Not so good. *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.

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



team sport



individual sport



exercise

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

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?

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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.

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 three miles.
• 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.

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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.