

UNIT IV. HOW OFTEN DO YOU EXERCISE?

... Sports and exercises

SNAPSHOT

ports	ve Sports and Fitner	1		
basketball		4	MF	级-
baseball	weight training		1	9
soccer	treadmill	001		1 15 /
football	stretching estin	B.		
softball	jogging longal		799	1

Check (✓) the sports or fitness activities you enjoy. Make a list of other sports or activities you do. Then compare with the class.

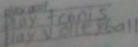
4.2.- Verbs activities

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.

		400	Young	Middle-aged	
	Children	Teens	odults	Paris and Paris	
	F	Ø	Ø	H	Ø
derobics bicycling	Ø	Ø	0	ō	8
bowling	0	8	Z	8	Ö
gelf—	8	Ø	40	Ö	9
karate swimming	0	8	8		H
tennis	9	8	80	8	M
volleyball	8		0		
yoga	-	-		word with	do. 99.

B PAIR WORK Which activities in part A are use





CONVERSATION I'm a real fitness freak.

A (0) 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 O Listen to Keith and Ruth after their tennis match. Who's the winner?



4.4.- Use of How.

Questions with how; short answers @

How afters do you work out? How well do you play tennis?

Not very often 30 fren 90 Every day. 1000

audato

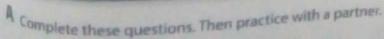
How long do you spend at the gym? Thirty minutes a day 30 min al ora Two hours a week 2 horas a lase

About an hour on weekends

Pretty well muy bicar About average of Not very well a

(How good are you at sports? Pretty good MUY 600

OK OKEY Not so good no roy



1 how 900d as xiet volleyball?

B. I guess I'm pretty good. I often play on weekends.

A bow 1009 do Xo spend online? About an hour after dinner. I like to chat with my friends.

A how often do you play chess?

Once or twice a month. It's a good way to relax.

A LOCU (DE) COD YOU swim?

Not very well. I need to take swimming lessons.

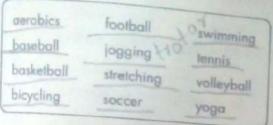
GROUP WORK Take turns asking the questions in part A. Your own information when answering



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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.)



Team sports	Individual sports	Exercise
basketball bicycling football	bicycling swimming	jogging stretching yaga
so ceer tennis volleyball		







Arrange these words to make sentences or questions.

1. go never I almost	bicycling
2 hardly they tennis P	day ever
They hardly e	ver dentende
3. go do often jogging	100 90 109910

4 often mornings do on we yoga Sunday

WE OFTEN DO YOGA ON SONDAY MOYNING:
5. ever Charles do does aerobics

S. ever Charlie do does aerobics do a C106 iCS

5 do on you what usually saturdays do on softwadows



- I. 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 three niles.
 - About 45 minutes.

 - 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.

- · About average.
- 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 to you go

for a walk?

- B: Almost every day. I really enjoy it.
- spend logging? 3. A. HOW 10 ng do you
- 4. A: How Good are you

at soccer?

- - B: I'm pretty good at it. I'm on the school team.
- B: Basketball? Pretty well, I guess. I like it a lot.