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Activity #4
 Unit 4
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november 29 th

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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.

Handwritten notes:
 AUTORIZADO
 21/11/2020

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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
golf	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
karate	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
swimming	<input checked="" type="checkbox"/>				
tennis	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
volleyball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 PAIRWORK Which activities in part A are used with do, go, or play?

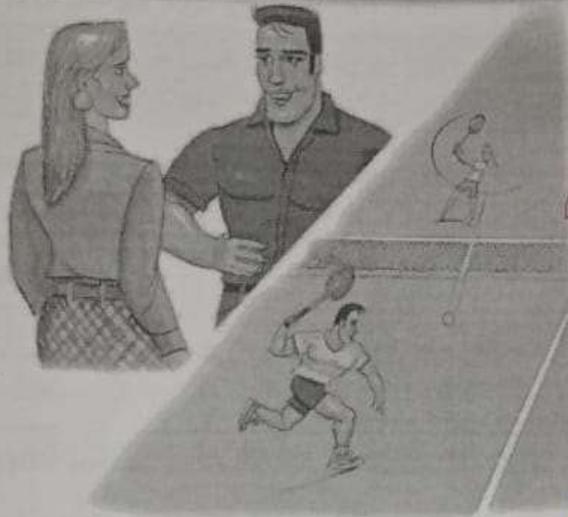
do aerobics
 do karate
 do yoga
 go bicycling
 go swimming
 play golf
 play bowling
 play tennis
 play volleyball

Diana Paolo Sánchez García

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.



Handwritten red notes:
Ayer
Hoy
Mañana

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? *scribi*
 Every day.
 Twice a week.
 Not very often.

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

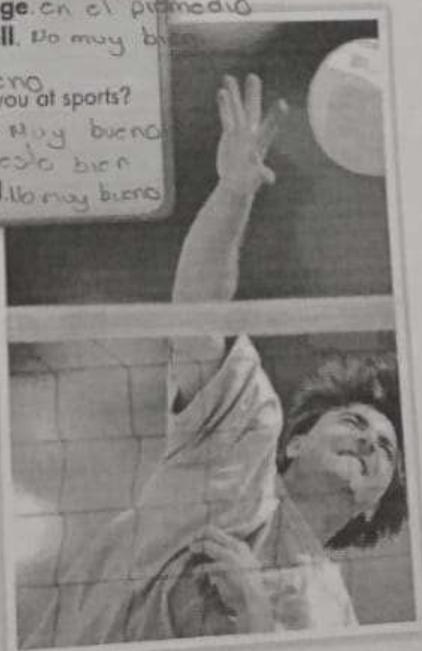
How well do you play tennis? *Que tan bien*
 Pretty well. *Muy bien*
 About average. *en el promedio*
 Not very well. *No muy bien*

How good are you at sports? *Que tan bueno*
 Pretty good. *Muy bueno*
 OK. *OK - algo bien*
 Not so good. *No muy bueno*

Handwritten blue notes:
How? + M

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.

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



Aerobic KEY 20

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 sundays mornings
- ever Charlie do does aerobics
Does Charlis ever do aerobics?
- do on you what usually Saturdays do
What do you usually do on saturdays?

Key 20

3 Use these questions to complete the conversations.
How often do you ...? Do you ever ...? What do you usually ...?

1. A: Do you ever exercise?
B: Yes, I often exercise on weekends.
2. A: How often do you practice karate and yoga?
B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: How often do you go to the gym?
B: No, I never go to the gym after work.
4. A: _____
B: I don't exercise very often at all.
5. A: _____
B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: _____
B: I usually play tennis in my free time.

✓

A: How often do you go to the gym?
B: I don't go to the gym.

4 Keeping fit?

A Check (✓) how often you do each of the things in the chart.

	Every day	Once or twice a week	Sometimes	Not very often	Never
do aerobics	<input type="checkbox"/>				
play basketball	<input type="checkbox"/>				
exercise	<input type="checkbox"/>				
go jogging	<input type="checkbox"/>				
do karate	<input type="checkbox"/>				
play soccer	<input type="checkbox"/>				
go swimming	<input type="checkbox"/>				
do weight training	<input type="checkbox"/>				

B Write about yourself using the information in the chart.
