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Nombre del trabajo: .

Materia: Ingles Iv

Grado: 4 Cuatrimestre

Grupo: (A)

ACTIVITY #4 UNIT 4 DATE November 29th
 FULL NAME: Eida Mada Vázquez Hernández UDS

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>caminar</i>
<input type="checkbox"/> baseball	<input type="checkbox"/> weight training <i>levantamiento de peso</i>
<input type="checkbox"/> soccer	<input type="checkbox"/> treadmill <i>corredor</i>
<input type="checkbox"/> football	<input type="checkbox"/> stretching <i>estiramiento</i>
<input type="checkbox"/> softball	<input type="checkbox"/> jogging <i>jogear</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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
bicycling <i>do/go</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
bowling <i>play</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
swimming <i>go</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tennis <i>play</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
volleyball <i>play</i>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
yoga <i>do</i>	<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
 bicycling
 karate
 yoga

go bicycling
 swimming

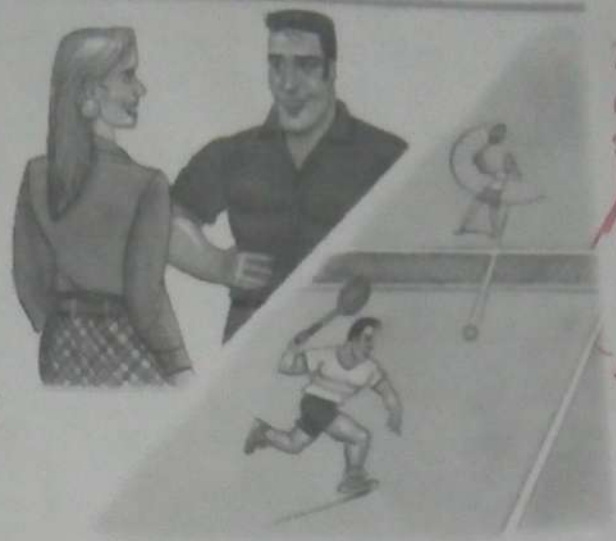
play golf
 bowling
 golf
 tennis



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.



~~Actividad 0~~
~~Nov 29th~~

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 well do you play tennis?

Pretty well.
About average.
Not very well.

How long do you spend at the gym?

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

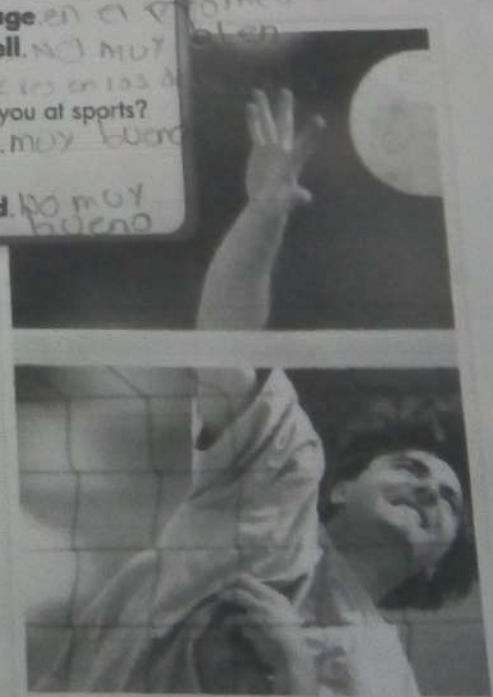
How good are you at sports?

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.



Spent - Practice
 Nov 29th

ACTIVITI #4 UNIT 4 DATE: November 29th
 FOLK NAME: Eridha Madal Vázquez Hernández

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



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



Accion Normal

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 45 minutes

- 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.

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? 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.