



**Mi Universidad**

## **Cuadro sinóptico**

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*Nombre del tema: Adverbios de frecuencia*

*Parcial: 4*

*Nombre de la Materia: Inglés 4*

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*Nombre de la Licenciatura: Enfermería*

*Cuatrimestre: 4*

Activity # 4 Omar David Franco Navarro.  
Unit 4 November 29th

**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

*comidaora  
estramiento  
trotar*

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 checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
golf	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
karate	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
swimming	<input 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 type="checkbox"/>	<input type="checkbox"/>
volleyball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
yoga	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

*do  
do  
play  
play  
do  
do  
do  
do  
do*



**B PAIRWORK** Which activities in part A are used with do, go, or play?

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

Activity #4  
Unity 4

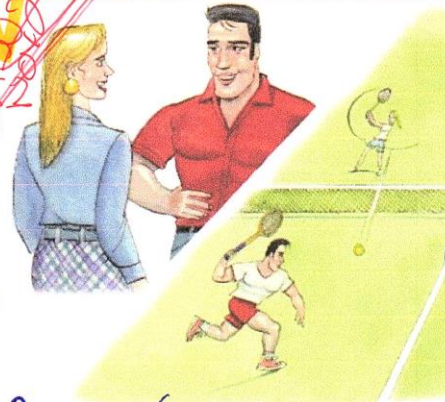
Omar David Franco Navarro  
November 29<sup>th</sup>

**UDS**

**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.



Well - bien  
Good - bueno

**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 long** do you spend at the gym?

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

**How well** do you play tennis?

Pretty well.  
About average.  
Not very well.

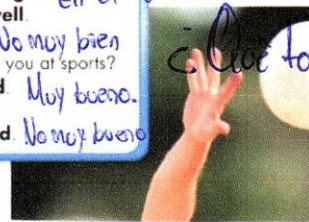
**How good** are you at sports?

Pretty good.  
OK.  
Not so good.

¿Qué tan bien?

Muy bien  
En el promedio

¿Qué tan 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 pairs. Give your own information when answering.

Now ask the questions

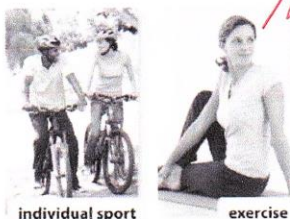
Activity #4 Unit 4  
Omar David Franco Navano November 22nd.

UNIT IV. HOW OFTEN DO YOU EXERCISE?  
WORKBOOK

November 29<sup>th</sup>

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 basketball bicycling football soccer swimming tennis volleyball	bicycling swimming	aerobics jogging stretching yoga.

AUTOMATICALLY

2 Arrange these words to make sentences or questions.

- go never I almost bicycling  
I almost never go bicycling
- hardly they tennis play ever  
I 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 mornings Sunday
- ever Charlie do does aerobics  
Does Charlie ever do aerobics?
- do on you what usually Saturdays do  
What do you do usually on Saturdays?

Hard

Activity # 4 Part 4  
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November 29<sup>th</sup> UDS

8 Choose the correct responses.



Autopromoción ✓

- |   |   |
|---|---|
| <p>1. A: How often do you go swimming, Linda?<br/>B: <u>Once a week</u></p> <ul style="list-style-type: none"> <li>• I guess I'm OK.</li> <li>• Once a week.</li> <li>• About an hour.</li> </ul> <p>2. A: How long do you spend in the pool?<br/>B: <u>About 45 minutes</u></p> <ul style="list-style-type: none"> <li>• About 45 minutes.</li> <li>• About average. - promedio</li> <li>• About three miles.</li> </ul> | <p>3. A: And how well do you swim?<br/>B: <u>I'm not very well</u></p> <ul style="list-style-type: none"> <li>• I'm not very well.</li> <li>• I almost never do.</li> <li>• I'm about average.</li> </ul> <p>4. A: How good are you at other sports?<br/>B: <u>Not very good, actually.</u></p> <ul style="list-style-type: none"> <li>• Not very good, actually.</li> <li>• I sometimes play twice a week.</li> <li>• Pretty well, I guess.</li> </ul> |
|---|---|

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.

## Bibliografía

UDS. (s. f.-e). UDS ENGLISH HANDBOOK- LEVEL IV. PLATAFORMA UDS. Recuperado 29 de noviembre de 2022, de [https://drive.google.com/file/d/16OJkD78le7IP\\_qS\\_i576bmwwWVCjf7j/view](https://drive.google.com/file/d/16OJkD78le7IP_qS_i576bmwwWVCjf7j/view)