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UNIT IV. HOW OFTEN DO YOU EXERCISE?

WORKBOOK *Frias Samantha*



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	swimming	yoga
basketball	jogging	aerobics
football	bicycling	stretching
soccer	tennis	
volleyball		



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 do often go jogging you?

4. often mornings do on we yoga Sunday

We do often yoga on mornings sundays

5. ever Charlie do does aerobics

Does do charlie ever aerobics?

6. do on you what usually Saturdays do

What do you do on usually saturdays?

Fr.ºas Samantha

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



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"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play basketball	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
exercise	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do karate	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go swimming	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do weight training	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B Write about yourself using the information in the chart.

I load weights from Monday to Friday

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Complete this conversation.
Write the correct prepositions in the correct places.

Susan: What time do you go jogging ⁱⁿ the morning? (around / in / on)

Jerry: I always go jogging 7:00. (at / for / on)

How about you, Susan?

Susan: I usually go jogging noon. (around / in / with)

I jog about an hour. (at / for / until)

Jerry: And do you also play sports your free time? (at / in / until)

Susan: No, I usually go out my classmates. (around / for / with)

What about you?

Jerry: I go to the gym Mondays and Wednesdays. (at / on / until)

And sometimes I go bicycling weekends. (for / in / on)

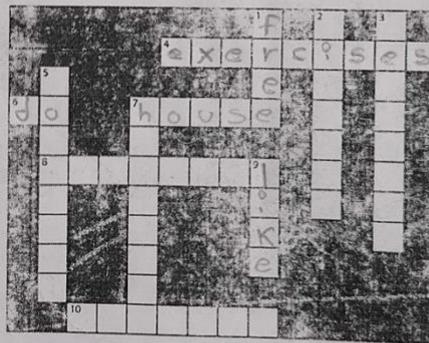
Susan: Wow! You really like to stay in shape.



Complete the crossword puzzle.

Across

- 4 Pierre never exercises. He's a real couch potato.
- 6 How often do you do yoga?
- 7 I like to stay in house. I play sports every day.
- 8 Jeff does weight every day every evening. He lifts weights of 40 kilos.
- 10 Diana goes _____ twice a week. She usually runs about three miles.



Down

- 1 Andrew always watches TV in his free time.
- 2 Kate has a regular _____ program.
- 3 I do _____ at the gym three times a week. The teacher plays great music!
- 5 Paul is on the _____ team at his high school.
- 7 Marie never goes _____ when the water is cold.
- 9 Amy often like bicycling on weekends.

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Choose the correct responses.

Frías Samantha

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1. 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 45 minutes

- About 45 minutes.
- About average.
- 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: Pretty well, I guess

- Not very good, actually.
- I sometimes play twice a week.
- Pretty well, I guess.



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 run?

B: I spend about an hour jogging.

4. A: How well do you play at soccer?

B: I'm pretty good at it. I'm on the school team.

5. A: How are you doing in

B: Basketball? Pretty well, I guess. I like it a lot.

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Frias Samantha

Rewrite these sentences. Find another way to say each sentence using the words given.

1. I don't watch TV very much.

I hardly ever watch TV. (hardly ever)

2. Tom exercises twice a month.

Tom not very often^{do} exercises (not very often)

3. Philip tries to keep fit.

Philip stay in shape fit (stay in shape)

4. Jill often exercises at the gym.

Jill work out exercises at gym (work out)

5. I go jogging with my wife all the time.

I always joggin with my wife (always)

6. How good are you at tennis?

I pm not play tennis (play)



What do you think about sports? Answer these questions.

1. Do you like to exercise for a short time or a long time?

I like for long time

2. Do you prefer exercising in the morning or in the evening?

I prefer exercise for night

3. Which do you like better, walking or jogging?

I like more jogging

4. Do you like to watch sports or play sports?

I like play sports

5. Which do you like better, team sports or individual sports?

I like more team sports

6. How good are you at games like basketball or tennis?

Not very good

7. What sport or game don't you like?

I not like basketball

