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Grado: 4

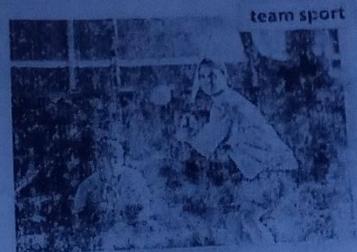
Grupo: B

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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	aerobics	jogging
football	bicycling	stretching
soccer	swimming	yoga
tennis		
volleyball		



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 tennis play ever.
- go do often jogging how you
Do you often go how jogging?
- often mornings do on we yoga Sunday
we often Sunday morning yoga
- ever Charlie do does aerobics
Does Charlie do ever aerobics?
- do on you what usually Saturdays do
What do you on do usually Saturdays?

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

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

B Write about yourself using the information in the chart.

I don't like to play soccer, I just like to play basketball and everything else I have never practiced.

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 /oo. (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)

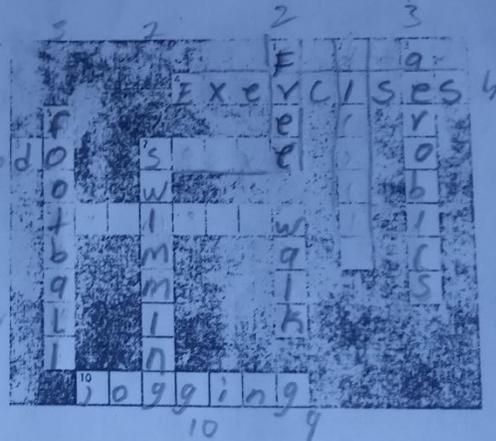
And sometimes I go bicycling weekends. (for / in / on)

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



Complete the crossword puzzle.

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



Down

- 1 Andrew always watches TV in his free time. ✓
- 2 Kate has a regular work program. ✓
- 3 I do aerobics at the gym three times a week. The teacher plays great music! ✓

- 5 Paul is on the football team at his high school. ✓
- 7 Marie never goes swimming when the water is cold. ✓
- 9 Amy often walks bicycling on weekends. ✓

8 Choose the correct responses.



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 averag
 • About 45 minutes.
 • About average.
 • About three miles.

3. A: And how well do you swim?
 B: I'm about average
 • 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.

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: Every day you go for a walk?
 B: Almost every day. I really enjoy it.

3. A: How much time do you spend jogging?
 B: I spend about an hour jogging.

4. A: You are good playing at soccer?
 B: I'm pretty good at it. I'm on the school team.

5. A: You are good at playing basketball?
 B: Basketball? Pretty well, I guess. I like it a lot.

10 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 exercise? (not very often)
3. Philip tries to keep fit.
Philip stay in shape tries? (stay in shape)
4. Jill often exercises at the gym.
Jill work out often at the gym? (work out)
5. I go jogging with my wife all the time.
I always go jogging with my wife? (always)
6. How good are you at tennis?
How good are play you at tennis? (play)

11 What do you think about sports? Answer these questions.

1. Do you like to exercise for a short time or a long time?
I really don't like to exercise
2. Do you prefer exercising in the morning or in the evening?
I prefer to exercise in the morning
3. Which do you like better, walking or jogging?
I like walking more
4. Do you like to watch sports or play sports?
I like to practice sports
5. Which do you like better, team sports or individual sports?
I like team sports better
6. How good are you at games like basketball or tennis?
I'm better at basketball
7. What sport or game don't you like?
I don't like soccer

