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*Nombre del tema: Activity #4*

*Parcial: Cuarto*

*Nombre de la Materia: Inglés*

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*Nombre de la Licenciatura: Enfermería*

*Cuatrimestre: 4to cuatrimestre*

*Comitán de Domínguez Chiapas a 4 de diciembre de  
2022*

# Workbook

## How often do you exercise?

**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	Swimming	Yoga
Basketball	Tennis	Aerobics
Football	Bicycling	Jogging
Volleyball		Stretching
Soccer		

**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  
Often do we yoga on Sunday morning?
- ever Charlie do does aerobics  
Charlie does ever aerobics do?
- do on you what usually Saturdays do  
What do you usually do on Saturdays?

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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 do on weekends?  
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you ever go to the 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 on weekends?  
 B: Yes, I sometimes play sports on weekends - usually baseball.
6. A: What do you usually do with your free time?  
 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
do karate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 never do yoga, and I don't practice basketball very often. But once or twice a week I exercise, not every often I go jogging and I have never practiced karate. I don't play soccer very often anymore, and I have never practiced swimming or weight training.

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

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

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

How about you, Susan?

Susan: I usually go jogging <sup>at</sup> noon. (around / in / with)

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

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

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

What about you?

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

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

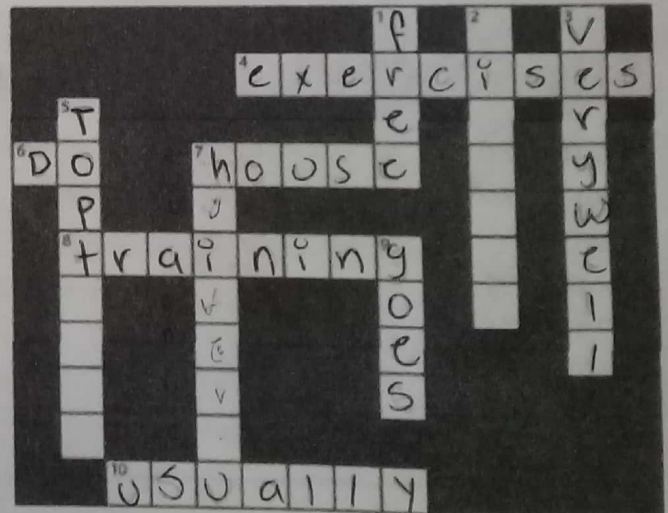
Susan: Wow! You really like to stay in shape.



**6** 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 training every evening. He lifts weights of 40 kilos.
- 10 Diana goes usually twice a week. She usually runs about three miles.



Down

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



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

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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 many days a week do you spend going 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: How good are you at soccer?  
B: I'm pretty good at it. I'm on the school team.
5. A: How are you doing in basketball?  
B: Basketball? Pretty well, I guess. I like it a lot.

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

1. I don't watch TV very much. (hardly ever)  
I hardly ever watch TV.
2. Tom exercises twice a month. (not very often)  
Tom not very often exercises
3. Philip tries to keep fit. (stay in shape)  
Philip wants to stay in shape
4. Jill often exercises at the gym. (work out)  
Jill often work out in the gym
5. I go jogging with my wife all the time. (always)  
I always go jogging with my wife
6. How good are you at tennis? (play)  
How well do you play tennis?

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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 to do it for a short time
2. Do you prefer exercising in the morning or in the evening?  
I prefer to do it at night
3. Which do you like better, walking or jogging?  
I like walking better
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 not very good at either
7. What sport or game don't you like?  
I don't like golf



## **BIBLIOGRAFÍA**

**(UDS, RECUPERADO EL... ANTOLOGÍA DE INGLÉS)**