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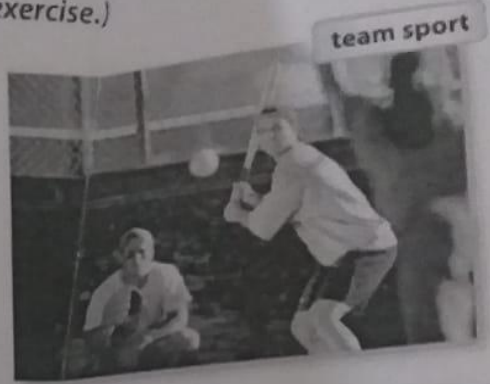
How often do you exercise?

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 | bicycling | stretching |
| soccer | swimming | jogging |
| tennis | aerobics | bicycling |
| volleyball | | |
| football | | |
| basketball | | |



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 ever hardly play tennis
- go do often jogging how you
do how go often do jogging?
- often mornings do on we yoga Sunday
we often morning do yoga on Sunday
- ever Charlie do does aerobics
Charlie do does ever aerobics?
- do on you what usually Saturdays do
what do you on usually do 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: What exercise do you usually do?
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 do exercise?
B: I don't exercise very often at all.
5. A: How often do you play sport on weekends?
B: Yes, I sometimes play sports on weekends - usually baseball.
6. A: What sport do you usually do in 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 checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| exercise | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| go jogging | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| do karate | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| play soccer | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| go swimming | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| do weight training | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

B Write about yourself using the information in the chart.

I do not know how to swim very well

5

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.

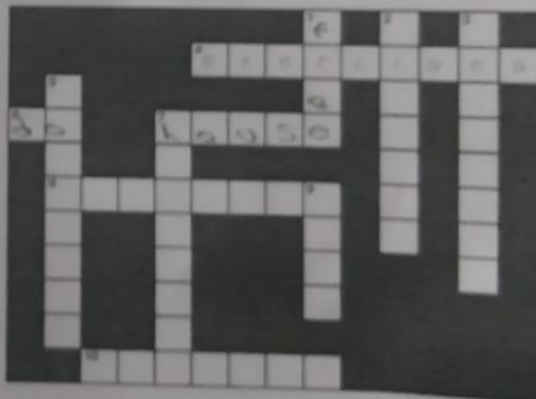


6

Complete the crossword puzzle.

Across

- 4 Pierre never _____. He's a real couch potato.
- 6 How often do you _____ yoga?
- 7 I like to stay in _____ . I play sports every day.
- 8 Jeff does weight _____ 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 _____ 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 _____ 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 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.

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 jog?

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.

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 does not exercise very often (not very often)
- 3. Philip tries to keep fit.
Philip tries to stay in shape (stay in shape)
- 4. Jill often exercises at the gym.
Jill usually works out in 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 well do you play 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?
a for a long time
- 2. Do you prefer exercising in the morning or in the evening?
in the morning
- 3. Which do you like better, walking or jogging?
I like better 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 better team sport
- 6. How good are you at games like basketball or tennis?
I don't practice it
- 7. What sport or game don't you like?
Football

