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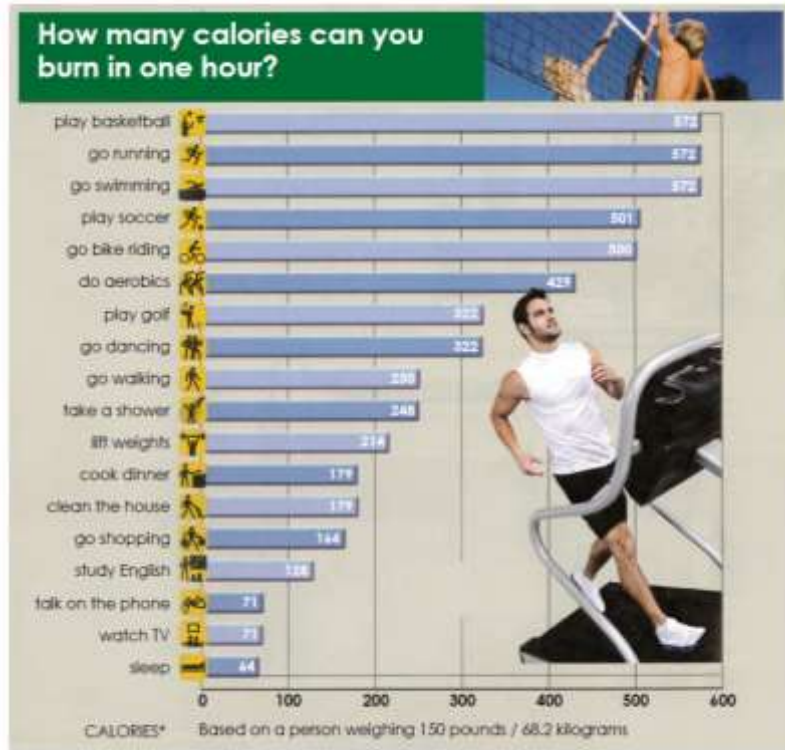
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STAYING IN SHAPE - Vocabulary



Exercise 1. Translate the next vocabulary – Traduce el siguiente vocabulario

play basketball - jugar basquetbol

go shopping – ir de compras

go running - salir a correr

study English – estudiar ingles

go swimming - ir a nadar

watch TV - ver la television

play soccer - jugar futbol

sleep - dormir

go bike riding –ir a andar en bicicleta

do aerobics - hacer ejercicio

play golf - jugar golf

go dancing - ir a bailar

go walking - ir a caminar

take a shower - bañarse

lift weights – levantar pesas

cook dinner – hacer la cena

clean the house – limpiar la casa

talk on the phone – hablar por telefono

Exercise 2. Using the vocabulary above and list the activities you do...(usando el vocabulario de arriba enlista las actividades que realizas por día, por fin de semana, una vez a la semana, casi nunca, nunca)

Every day	Every weekend	Once a week	Almost never	Never
1.take a shower 2.play soccer 3.sleep 4.talk on the phone 5.do aerobics	1.go dancing 2.clean the house 3.cook dinner 4. 5.	1. go shopping 2. 3. 4. 5.	1.go swimming 2.watch tv 3. 4. 5.	1.play golf 2.go bike riding 3. 4. 5.

Grammar

"Can" / "can't" and "have to" / "don't have to"

Can

- We use "can" + the base form of a verb for possibility.

Example: We can stay out late tonight. There are no classes tomorrow morning.

- Questions

Can you go running tomorrow at 3:00? (Yes, I can / No, I can't).

- "Can" is invariable.

Example: Can she play tennis? Yes, she can.

Can't

- We use "can't" + the base form of a verb for impossibility.

Example: I can't stay out late tonight. I have class tomorrow morning.

Have to

- We use "have to" or "has to" + the base form of a verb for obligation.

I have to work / don't have to

You have to work / don't have to

He

She } has to work / doesn't have to work late tonight

It

We } have to work / don't have to

You } have to work / don't have to

They } have to work / don't have to

"Don't" / "doesn't have to"

- We use "don't" / "doesn't have to" + the base form of a verb when it's not necessary to do something.

Example: We don't have to go to school tomorrow because it's Sunday.

Exercise 3. Read the sentences carefully. Then complete each sentence with "can" or a form of "have to".

1. I'd like to go out tonight, but we have a test tomorrow. I have to study.

study

2. Audrey _____can meet_____us for lunch today. She _____have to help_____ her boss write a report.

not / meet

help

3. Good news! I _____can work_____ late tonight. We _____can go running_____ together at 6:00.

not / work

go running

4. My sister _____can nor go shopping_____ at the mall today. She _____have to go_____ to the doctor.

not / go shopping

go

5. Henry _____have to go_____ to Toronto next week, so he _____can not play_____ golf with us.

go

not / play

6. Sorry, I _____can not go_____ to aerobics class tonight. I _____have to meet_____ with my boss.

not / go

meet

Exercise 4. Write four questions using "can" and four questions using a form of "have to". (with answer)

Example: Can you have a Zoom meeting tomorrow at 3:00? (Yes, I can / No, I can't).

Do you have to work until 6:00pm? (Yes, I have to work / No, don't have to work).

Questions with can:

1. can you study at night? Yes I can / I cant get complicated

2. can you go out for a coffe at 3pm? Yes I can / I cant go out

3. can you watch the child at night? Yes I can take care of the child / I cant take care of the child

4. can you enter th dance this week? Yes I can / cant

Questions with have to:

1. do you have to make food? Yes I have to make food / no, I don't have to make food

2.do you have to arrive early to the conference? Yes, I have to arrive early / no I don't have to arrive early

3.do you have to go for the children to school? Yes I have to go for them/ no, I don't have to go for them

4.do you have to do your English homework? Yes I have to do homework / no I don't have to do homework

VOCABULARY - Places for sport and exercise



a pool



an athletic field



a golf course



a track



a tennis court



a park



a gym

Exercise 1. Translate the next vocabulary – Traduce el siguiente vocabulario al español

a pool -

una piscina

an athletic field -

un campo atletico

a golf course -

un curso de golf

a track -

una pista

a tennis court – una cancha de tenis

a park – un parque

a gym – un gimnasio

GRAMMAR

The Present Simple and the Present Continuous tense: review

The Present Simple

(for habits and routines)

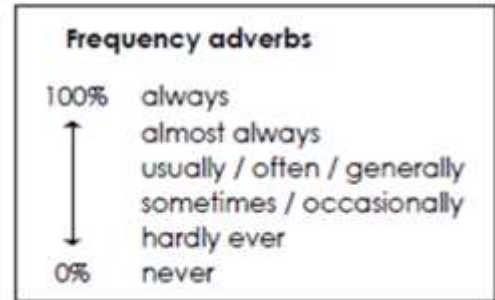
Example: I make dinner at least twice a week.

Example: He hardly ever meets his friends for dinner.

Questions

Do you always play golf on Saturdays?

How often do you lift weights?



Simple present

Grammatical rules

- We use simple present for habits and routines.
- We use simple present with time adverbs.

Time adverbs	Meaning
Always	Siempre
Every day	Todos los días
Usually	Usualmente
Often	A menudo
Sometimes	A veces
Rarely	Raramente
Hardly ever	Casi nunca
Never	Nunca

Simple present

Form (Forma)

To conjugate the simple present we use the infinitive for the subjects "I", "you", "we" and "they" and for the third persons "he", "she" and "it", we add a "-s" to the end of the verb

Subject (Sujeto)	Verb (Verbo)
I, you, we, they	talk, eat, learn, do, go...
he, she, it	talks, eats, learns, does, goes...

Structure (Estructura)

1. Affirmative Sentences (Frases afirmativas)

Subject + verb.

Examples:

I **talk**. (Yo hablo.)
He **eats**. (Él come.)
They **learn**. (Ellos aprenden.)

2. Negative Sentences (Frases negativas)

Subject + do/does + not + verb.

Examples:

I **do not** [don't] **talk**. (Yo no hablo.)
He **does not** [doesn't] **eat**. (Él no come.)
They **do not** [don't] **learn**. (Ellos no aprenden.)

We use **do** for:
I, You, We and They

We use **does** for:
He, She and It

3. Interrogative Sentences (Frases interrogativas)

Do/Does + subject + verb?

Examples:

Do you **talk**? (¿Tú hablas?)
Does he **eat**? (¿Él come?)
Do they **learn**? (¿Ellos aprenden?)

Examples with time adverbs: (Ejemplos usando los adverbios de tiempo)

I always **talk** to my mother on Sunday. (Siempre hablo con mi madre el domingo.)

He never **eats** vegetables. (Nunca come las verduras.)

They usually **learn** something new in class. (Normalmente aprenden algo nuevo en la clase.)

Exemption (when we use the verb **to be**):

I **am** always happy. (Siempre estoy contento.)

He **is** often sick. (A menudo él está enfermo.)

They **are** rarely late. (En raras ocasiones llegan tarde.)

Exercise 2. Write 12 sentences using the present simple and time adverbs (Escribe 12 oraciones en presente simple usando los adverbios de tiempo)

3 Affirmative sentences (tres oraciones afirmativas)

1. I TALK EVERY DAY WITH MY DAUGHTER/ YO HABLO TODOS LOS DIAS CON MI HIJA
2. ON WEEKENDS WE GO DANCE/ LOS FINES DE SEMANA VAMOS A BAILAR
3. WE ALMOST NEVER GO SWIMMING/ CASI NUNCA SALIMOS A NADAR
4. EVERY DAY I GO TO SEE MY GRANDMOTHER/ TODOS LOS DIAS VOY A VER A MI ABUELITA

3 Negative sentences

5. I DON'T LIKE TO WASH THE DISHES EVERY DAY/ NO ME GUSTA LAVAR LOS PLATOS TODOS LOS DIAS
6. THEY DON'T WANT TO GO TO THE PARK ON THE WEEKEND/ NO QUIEREN IR AL PARQUE EL FIN DE SEMANA
7. WE DON'T GO ANYWHERE/ NO SALIMOS A NINGUN LADO
8. I DON'T WANT TO TAKE CARE OF MY LITTLE BROTHER/ NO QUIERO CUIDAR A MI HERMANITO

3 Interrogative sentences

9. WHY DO WE NEVER GO SWIMMING?/PORQUE NUNCA VAMOS A NADAR?

10. WHEN DO WE LEAVE ON HOLIDAYS? / CUANDO SALIMOS DE VACACIONES?

11. WHY DO YOU ONLY COME TO THE HOUSE ON WEEKENDS?/ PORQUE SOLO VIENES A CASA LOS FINES DE SEMANA?

12. WHY ARE YOU ANGRY EVERY DAY?/ POR QUE TE ENOJAS TODOS LOS DIAS?

Present Continuous

Grammatical rules (Reglas gramaticales)

- We use simple continuous for actions in progress and future plans.

Form (Forma)

To conjugate the present continuous we use the auxiliary **verb to be** and the **verb+ing**

Subject	Auxiliary (to be)	Verb + ing
I	am	talking, eating, learning, doing, going...
he, she, it	is	talking, eating, learning, doing, going...
you, we, they	are	talking , eating, learning, doing, going...

Structure (Estructura)

1. Affirmative Sentences (Frases afirmativas)

Subject + auxiliary verb (to be) + verb+ing.

Examples:

I'm **talking**. (*Estoy hablando.*)
He's **eating**. (*Esta comiendo.*)
They're **learning**. (*Estan aprendiendo.*)

2. Negative Sentences (Frases negativas)

Subject + auxiliary verb (to be) + not + verb+ing.

Examples:

I'm **not talking**. (*No estoy hablando.*)
He's **not eating**. (*No esta comiendo.*)
They're **not learning**. (*No estan aprendiendo.*)

3. Interrogative Sentences (Frases interrogativas)

Auxiliary verb (to be) + subject + verb+ing?

Examples:

Are you **talking**? (*¿Estás hablando?*)
Is he **eating**? (*¿Está comiendo?*)
Are they **learning**? (*¿Están aprendiendo?*)

There are some verbs that we can't use for present continuous:

*be (ser/estar), want (querer), need (necesitar),
know (saber/conocer), prefer (preferir), remember (recordar),
understand (comprender), care (cuidar), see (ver), hear (oír), smell (oler),
believe (creer), belong (pertenecer),
cost (costar), seem (parecer), exist (existir), own (poseer),
like (gustar), dislike (desagradar), love (amar), hate (odiar),
fear (temer), envy (envidiar), mind (importar)...*

Exercise 3. Write 12 sentences using simple continuous (Escribe 12 oraciones en presente continuo)

3 Affirmative sentences (tres oraciones afirmativas)

1. THEY RUN ON THE TRACK/ ELLOS CORREN EN LA PISTA
2. SHE IS EATING CHICKEN/ ELLA ESTA COMIENDO POLLO
3. I'M TALKING TO MOM/ ESTOY HABLANDO CON MAMA
4. HE IS LEARNING ENGLISH/ EL ESTA APRENDIENDO INGLES

3 Negative sentences

5. I DON'T TALK TO MY MOM/ YO NO HABLO CON MI MAMA
6. SHE DOES NOT GO TO ZUMBA
7. THEY DON'T GO OUT TO EAT
8. HE DOES NOT LEARN TO DRIVE

3 Interrogative sentences

9. ARE YOU TALKING TO MOM?
10. . ARE YOU GOING TO RUN TODAY?
11. WILL YOU EAT POTATOES?
12. DO YOU LIKE TO RUN IN THE PARK?

Exercise 4. Complete the sentences. Use the Present Simple or the Present Continuous tense. (Completa las oraciones usando presente simple o presente continuo con las palabras en el paréntesis)

1. Brian can't answer the phone right now. _____ HE STUDY _____ (**he / study**).
2. How often _____ SHE GO _____ (**she / go**) walking?
3. _____ WE PLAY _____ (**we / play**) tennis this weekend?
4. _____ HE LIFT _____ (**he / lift**) weights three times a week.
5. _____ THEY MAKE _____ (**they / make**) lunch. Can they call you back?
6. How often _____ YOU CLEAN _____ (**you/ clean**) the house?
7. _____ I DO _____ (**I / do**) aerobics every day.
8. _____ SHE GO _____ (**she / go**) shopping tonight.

Exercise 5. Complete the table with the missing sentences use the Present Simple. (Completa la siguiente table con las oraciones faltantes usando presente simple)

Affirmative	Negative	Questions
I work everyday	I don't work every day	Do I work everyday?
I go swimming with my brother	I WILL NOT GO SWIMMING WITH MY BROTHER	WILL YOU GO SWIMMING WITH YOUR BROTHER?
I HAVE TO STUDY	You don't have to study	I HAVE TO STUDY?
HE STUDIES ENGLISH	HE DOES NOT STUDY ENGLISH	Does he study English?
She does her homework	SHE DOES NOT DO HER HOMEWORK	SHE DOES HER HOMEWORK?
IT IS NECESSARY TO DO IT	It doesn't need to be done	IS IT NECESSARY TO DO IT?
We run in the park	WE DON'T RUN IN THE PARK	THEY RUN IN THE PARK?
THEY EAT THEIR LUNCH	THEY DON'T EAT THEIR LUNCH	Do they eat their lunch?
You want a chocolate cake	YOU DON'T WANT A CHOCOLATE CAKE	DO YOU WANT A CHOCOLATE CAKE?

Exercise 6. Complete the table with the missing sentences use the Present Continuous. (Completa la siguiente table con las oraciones faltantes usando el presente continuo)

Affirmative	Negative	Questions
I am working at UDS	I am not working at UDS	Am I working at UDS?
I am running in the park	I AM NOT RUNNING IN THE PARK	ARE YOU RUNNING IN THE PARK?
I'M STUDYING NOW	You are not studying now	YOU ARE STUDYING?
I'M STUDYING ENGLISH	I'M NOT STUDYING ENGLISH	Is he studying English?
She is doing her homework	SHE IS NOT DOING HER HOMEWORK	SHE DOES THE HOMEWORK?
IT WORKS WELL	It is not working well	T WORKS WELL?
We are playing soccer in the park	WE ARE NOT PLAYING FOOTBALL IN THE PARK	DO YOU PLAY FOOTBALL IN THE PARK?

WE ARE EATING LUNCH	THEY ARE NOT EATING THEIR LUNCH	Are they eating their lunch?
You are cooking a chocolate cake	I'M NOT BAKING A CHOCOLATE CAKE	ARE YOU COOKING A CHOCOLATE CAKE?

When You Think You Can't...

Mark Zupan

When he was eighteen years old, a terrible accident made Mark Zupan a quadriplegic and changed his life forever. At first, he could hardly move his arms or legs normally. However, after a lot of hard work, he was able to use his arms to move his wheelchair, and he could even stand for a short time and take a few slow steps. Zupan- or Zup to his friends- became a quad rugby champion, helping his team win a gold medal in the Paralympic Games. "I dream about running all the time", he says, "but you can't live in the past."

Today, Zupan frequently gives talks and raises money for his sport and appears in movies and TV shows. Anyone who spends time with him forgets that he's in a wheelchair. He lifts weights at the gym every day, drives a car, and goes to rock concerts. "A lot of people think quadriplegics can't do anything", he says. To stay in shape, Zupan is careful about his diet and avoids unhealthy and fatty foods. "Just think of me as a human being and an athlete. Because that's who I am".



Zupan became a quad rugby champion.

Bethany Hamilton

At the age of thirteen, surfer Bethany Hamilton had a dream. She wanted to be a champion in her sport. But she lost her left arm when she was attacked by a shark. A month later, she was surfing again.

Today, she's a professional competitive surfer. Because she can only use one arm, she has to use her legs more to help her go in the right direction. Hamilton practices every day at the beach. She has a prosthetic arm, but she rarely uses it, and never when she's surfing.

Hamilton often appears on TV. She wants to help other people follow their dreams, even when they face great difficulties. "People can do whatever they want if they just set their hearts to it, and just never give up".

In 2011, Hollywood made a movie about her experience. Bethany has a happy life and got married in 2013.



Hamilton was attacked by a tiger shark when she was thirteen.

Exercise 7. Read the text above and answer the next exercises. (Lee el texto de arriba y contesta el siguiente ejercicio).

Complete the paragraph about Marc Zupan. Use “can”, “can’t” or “has to”.

Zupan ___can___ spend most of his time in a wheelchair, but he _have to_____ stand up and take a few steps for a short time. He ___cant___ go walking or running, but he ___have to___ play quad rugby. He ___can_____ be careful about his diet so he doesn't get out of shape. He doesn't have complete use of his hands, but he ___can_____ lift weights. He ___can_____ drive a car using his feet, but he ___has to_____ use his hands. A lot of people think quadriplegics ___cant___ do anything, but Zupan proves that they ___yes_____.

Complete the paragraph about Bethany Hamilton using the Present Simple or the Present Continuous.

When she surfs, Hamilton ___uses_____ **(use)** her legs to help her go in the right direction.

She _____have_____ **(have)** a prosthetic arm, but she hardly ever ___have to wear_____ **(wear)** it.

She _____complete_____ **(complete)** regularly with the world's top professional women surfers.

In the photo, she is competing against other surfers with two arms.

She ___wear_____ **(wear)** a t-shirt and ___stand_____ **(stand)** on her surfboard. Hamilton

_____want_____ **(want)** to help other people with difficult experiences follow their dreams.