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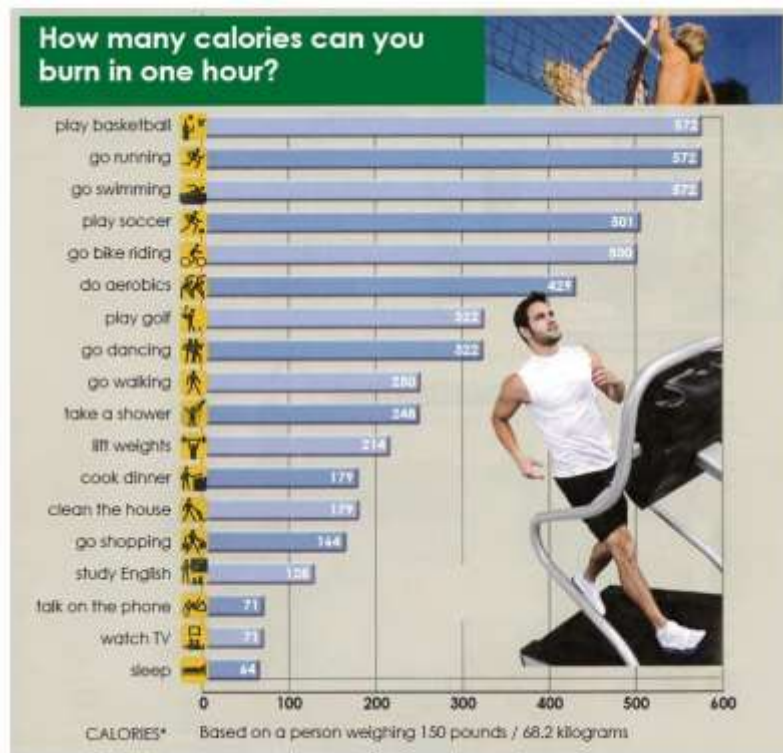
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## STAYING IN SHAPE - Vocabulary



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

play basketball – jugar basquetball go shopping – ir de compras go running - ir a correr  
study English – estudiar ingles go swimming - ir a nadar watch TV – ver la tv play soccer -  
jugar futbol sleep - dormir

go bike riding – ir a montar bicicleta do

aerobics – hacer aerobicos play golf -

jugar golf go dancing – ir a bailar go

walking - ir a caminar take a shower –

tomar una ducha lift weights – levantar

peso cook dinner – cocinar 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. sleep 2.study english 3.take a shower 4. play soccer 5.go dancing	1.go walking 2.watch tv 3. go shopping 4.go running 5.go bike riding	1. go swimming 2.clean the house 3.cook dinner 4. 5.	1. play basketball 2. 3. 4. 5.	1.play golf 2. 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't meet \_\_\_\_\_ us for lunch today. She \_\_\_\_\_ has to help \_\_\_\_\_ her boss write a report.  
not / meet help

3. Good news! I \_\_\_\_\_ don't have work \_\_\_\_\_ late tonight. We \_\_\_\_\_ can go running \_\_\_\_\_ together at 6:00.  
not / work go running

4. My sister \_\_\_\_\_ can't go shopping \_\_\_\_\_ at the mall today. She \_\_\_\_\_ has to go \_\_\_\_\_ to the doctor.  
not / go shopping go

5. Henry \_\_\_\_\_ has to go \_\_\_\_\_ to Toronto next week, so he \_\_\_\_\_ can't play \_\_\_\_\_ golf with us.  
go not / play

6. Sorry, I \_\_\_\_\_ can't 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 go out to night? Yes, I can

2. Can she swim? No, she can't

3. Can you play the guitar? Yes, I can 4. Can he use the bathroom? No, he can't Questions with have to:

1. Do I have to do that? Yes, I have to do that

2. Does she has to learn English? Yes, she has to learn English

3. Do you have to cut the paper? Yes, I have to cut the paper

4. Do I have to go to classes? Yes, you have to go to classes

## 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 - Alberca

an athletic field –Campo de atletismo

a golf course – Campo de golf

a track - Pista

a tennis court – Campo de tenis

a park – Parque a gym -

Gimnasio

## GRAMMAR

### The Present Simple and the Present Continuous tense: review

#### The Present Simple

(for habits and routines)

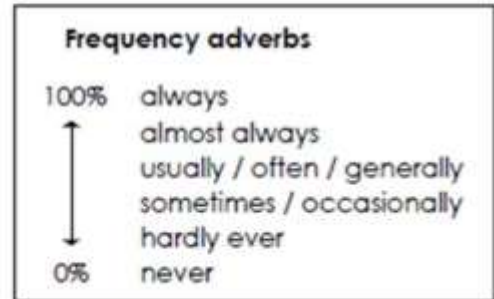
Example: I make dinner at least twice a week.

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 dias
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.)

## Exeption (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. She rarely texts me back
2. He always takes a shower at night
3. Óscar rarely brush his teeth's
4. I always check if the water is warm before I get in the shower

3 Negative sentences

5. They don't practice yoga often
6. I don't always talk to my sister
7. We usually don't go shopping
8. Sometimes I dn't do my homework

3 Interrogative sentences

9. Do you always do your homework
10. Does she rarely takes a shower
11. Do you practices basketball often
12. Does he never gets sick

# 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. I am running
2. She is playing the guitar
3. He is walking
4. We are swimming

3 Negative sentences

5. She is not walking
6. I am not playing Xbox
7. He is not eating
8. We are not doing the homework

3 Interrogative sentences

9. Is she doing the homework?
10. Am I walking to my house?
11. Is he playing the guitar?
12. Are we doing the project today?

**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 studing\_\_\_\_\_ **(he / study)**.
2. How often \_\_\_\_\_she doing\_\_\_\_\_ **(she / go)** walking?
3. \_\_\_\_\_We playing\_\_\_\_\_ **(we / play)** tennis this weekend?
4. \_\_\_\_\_he lifting\_\_\_\_\_ **(he / lift)** weights three times a week.
5. \_\_\_\_they making\_\_\_\_\_ **(they / make)** lunch. Can they call you back?
6. How often \_\_\_\_\_you cleaning\_\_\_\_\_ **(you/ clean)** the house?
7. \_\_\_i doing\_\_\_\_\_ **(I / do)** aerobics every day.
8. \_\_\_\_\_she going\_\_\_\_\_ **(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 don't go swimming with my brother	Do I go swimming with my brother?
You have to study	You don't have to study	Do You have to study?
He does study English	He don't does study English	Does he study English?
She does her homework	She don't does her homework	Does She does her homework ?
It need to be done	It doesn't need to be done	Do It need to be done?
We run in the park	We don't run in the park	Do We run in the park?
They do eat their lunch	They don't do 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 don't running in the park	Am I running in the park?
You are studying now	You are not studying now	Are you studying now?
He is studying English	He is not studying English	Is he studying English?
She is doing her homework	She is not doing her homework	Is she doing her homework?
It is working well	It is not working well	Is it working well?
We are playing soccer in the park	We are not playing soccer in the park	Are we playing soccer in the park?
They are eating their lunch	They are not eating their lunch	Are they eating their lunch?
You are cooking a chocolate cake	You are not cooking 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.



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

## 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.

**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 \_can’t\_\_\_\_\_ stand up and take a few steps for a short time. He \_\_\_has to\_\_\_ go walking or running, but he \_\_\_can\_\_\_\_\_ play quad rugby. He \_\_\_has to\_\_\_ 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’t\_\_\_\_\_ lift weights. He \_\_\_can\_\_\_ drive a car using his feet, but he \_\_has to\_\_\_\_\_ use his hands. A lot of people think quadriplegics \_\_\_can’t\_\_\_\_\_ do anything, but Zupan proves that they \_\_\_can\_\_\_\_\_.

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

When she surfs, Hamilton \_\_\_using\_\_\_\_\_ **(use)** her legs to help her go in the right direction. She \_\_\_has to\_\_\_\_\_ **(have)** a prosthetic arm, but she hardly ever \_\_\_wearing\_\_\_\_\_ **(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 \_\_standup\_\_\_\_\_ **(stand)** on her surfboard. Hamilton

\_\_\_wanting\_\_\_\_\_ **(want)** to help other people with difficult experiences follow their dreams.