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**Nombre del trabajo:**

**Unit Activity #1 U1 – 5BRH**

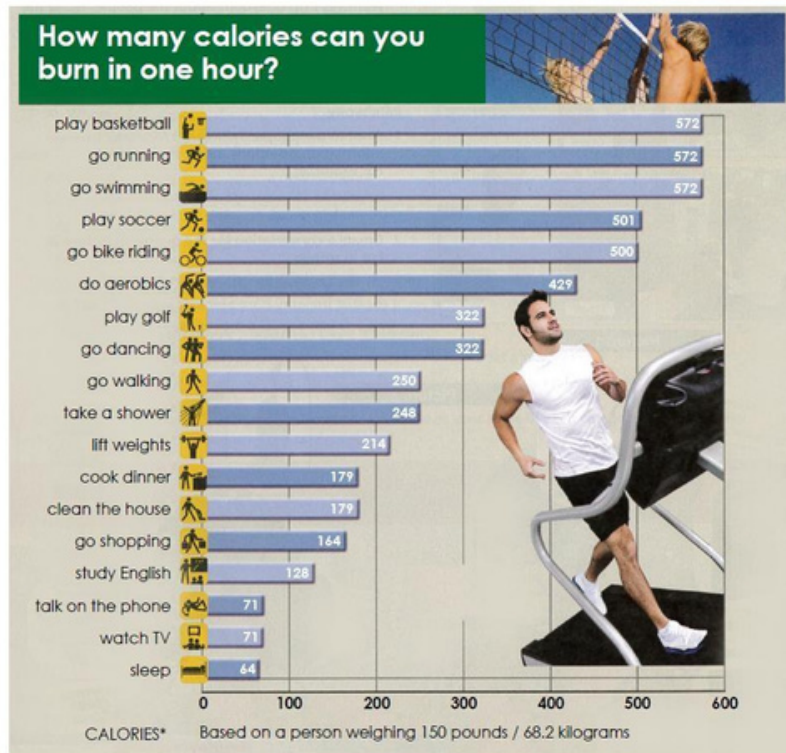
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## STAYING IN SHAPE Vocabulary



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

play basketball – **JUGAR BALONCESTO**

running - **SALIR A CORRER**

go swimming - **IR A NADAR**

play soccer - **JUGAR FUTBOL**

go bike riding – **VE ANDAR EN BICICLETA**

do aerobics – **HACER EJERCICIOS**

play golf – **JUGAR GOLF**

go dancing – **IR A BAILAR**

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**

go shopping - **IR DE COMPRAS**

go study English - **ESTUDIAR INGLES**

watch TV - **VER LA TELEVISION**

sleep - **DORMIR**

**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. CLEAN THE HOUSE 3. COOK DINNER 4. TALK ON THE PHONE 5. SLEEP	1. WATCH TV 2. GO SHOPPING 3. 4. 5.	1. DO AEROBICS 2. GO WALKING 3. LIFT WEIGHTS 4. STUDY ENGLISH 5. GO SHOPPING	1. GO SWIMMING 2. GO DANCING 3. GO BIKE RIDING 4. 5.	1. PLAY BASKETBALL 2. PLAY GOLF 3. PLAY SOCCER 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	We	} have to work / don't have to
You	have to work / don't have to	You	
He	} has to work / doesn't have to work late tonight	They	
She			
It			

#### "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 NOT 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 CANNOT PLAY golf with us.  
go not / play

6. Sorry, I CANNOT 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 WATCH THE CHILD AT NIGHT? YES I CAN TAKE CARE OF THE CHILD/ I CAN'T TAKE CARE OF THE CHILD

2. CAN YOU GO OUT FOR A COFFEE AT 6PM? YES I CAN/ I CANT GO OUT

3. CAN YOU ENTER THE DANCE THIS WEEK? YES I CAN / CAN'T

4. CAN YOU STUDY AT NIGHT? YES I CAN / I CAN'T GET COMPLICATED

Questions with have to:

1.-DO YOU HAVE TO ARRIVE EARLY TO THE CONFERENCE? YES, I HAVE TO ARRIVE EARLY / NO, I DON'T HAVE TO ARRIVE EARLY2.

2. **DO YOU HAVE TO MAKE FOOD?** I HAVE TO MAKE FOOD / NO, I DON'T HAVE TO MAKE FOOD

3. **DO YOU HAVE TO DO YOUR ENGLISH HOMEWORK?** HAVE TO DO HOMEWORK / NO I DON'T HAVE TO DO HOMEWORK

4.. **DO YOU HAVE TO GO FOR THE CHILDREN TO SCHOOL?** HAVE TO GO FOR THEM/ NO, I DON'T HAVE TO GO FOR THEM

### VOCABULARY - Places for sport and exercise



a pool



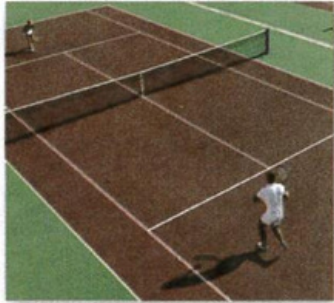
an athletic field



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 - **UNA CANCHA DE ATLETISMO** 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?

Frequency adverbs	
100%	always
↑	almost always
	usually / often / generally
	sometimes / occasionally
↓	hardly ever
	never
0%	

## 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. I TALK EVERY DAY WITH MY DAUGHTER/ YO HABLO TODOS LOS DIAS CON MI HIJA

2. WE ALMOST NEVER GO SWIMMING/ CASI NUNCA SALIMOS A NADAR

3. ON WEEKENDS WE GO DANCE/ LOS FINES DE SEMANA VAMOS A BAILAR

4. EVERY DAY I GO TO SEE MY GRANDMOTHER/ TODOS LOS DIAS VOY A VER A MI ABUELITA

3 Negative sentences

5. WE DON'T GO ANYWHERE/ NO SALIMOS A NINGUN LADO

6. THEY DON'T WANT TO GO TO THE PARK ON THE WEEKEND/ NO QUIEREN IR AL

PARQUE

EL FIN DE SEMANA

7. I DON'T WANT TO TAKE CARE OF MY LITTLE BROTHER/ NO QUIERO CUIDAR A MI HERMANITO

8. I DON'T LIKE TO WASH THE DISHES EVERY DAY/ NO ME GUSTA LAVAR LOS PLATOS TODOS LOS DIAS

3 Interrogative sentences



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

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

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

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

3 Negative sentences

5. I DON'T TALK TO MY MOM/ YO NO HABLO CON MI MAMA
6. SHE DOES NOT GO TO ZUMBA CLASSES
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 CLENA (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	
HE STUDIES ENGLISH	I HAVE TO STUDY?	
She does her homework	Does he study English?	
	HE DOES NOT STUDY ENGLISH	
IT IS NECESSARY TO DO IT	SHE DOES NOT DO HER HOMEWORK	SHE DOES HER HOMEWORK?
We run in the park	It doesn't need to be done	IS IT NECESSARY TO DO IT?
THEY EAT THEIR LUNCH	WE DON'T RUN IN THE PARK	
	THEY RUN IN THE PARK?	
You want a chocolate cake	THEY DON'T EAT THEIR LUNCH	Do they eat their lunch?
	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	IT 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 can't 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 cannot 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.