



Mi Universidad

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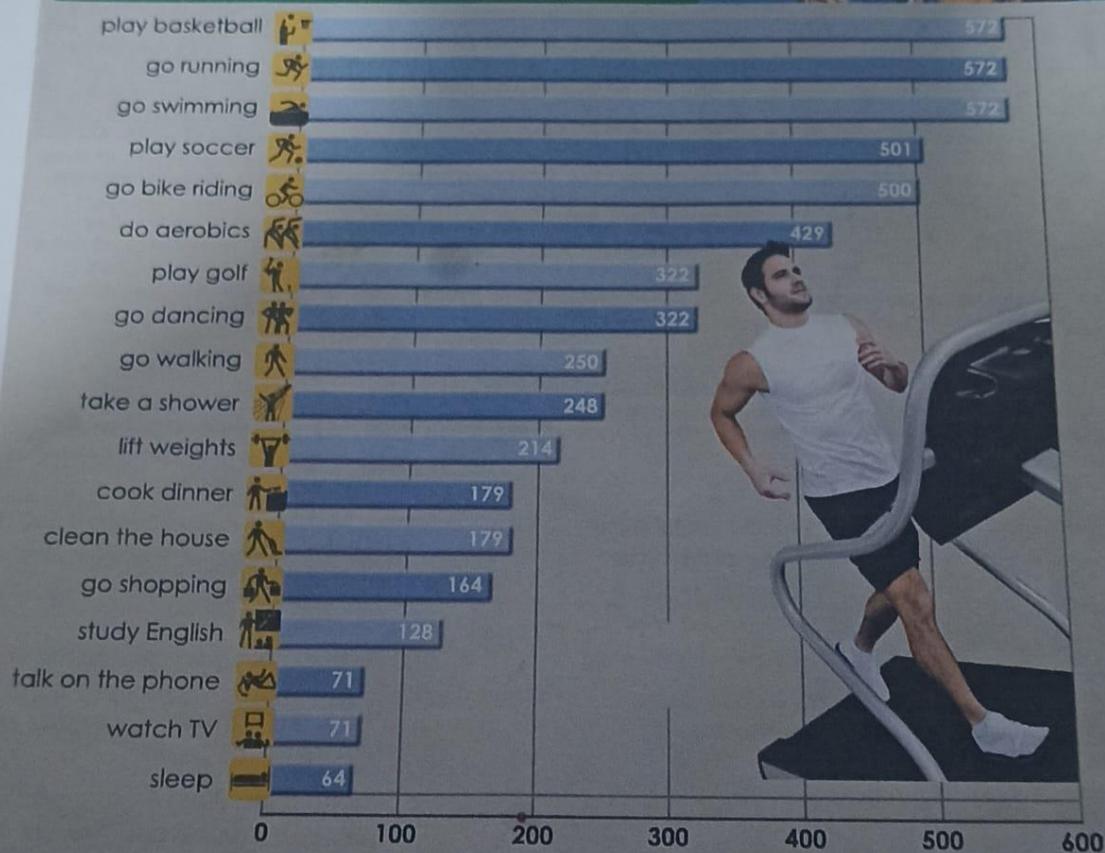
Semestre: 4 Semestre

STAYING IN SHAPE

LISTENING

a)  Look at the graph. Then listen and repeat.

How many calories can you burn in one hour?



CALORIES* Based on a person weighing 150 pounds / 68.2 kilograms

PEAKING

Work in pairs. According to the graph, approximately how many calories do you burn every day? Find out who in your class burns more than 1,500 calories a day.

LISTENING

c) Read and listen to people talk about playing tennis.



Lynn: Hi, Joy! What are you up to?
 Joy: Lynn! How are you? I'm playing tennis, actually. In the park.
 Lynn: You play tennis? I didn't know that.
 Joy: I do. About three times a week. Do you play?



Lynn: Not as much as I'd like to.
 Joy: Well, why don't we meet at the park on Saturday?
 Lynn: This coming Saturday? Sorry, I can't. I have to work. What about Sunday?
 Joy: Perfect. Hey, how about your husband? Can he come, too?



Lynn: Ken? No way. He's a total couch potato. He just watches TV and eats junk food. He's so out of shape.
 Joy: Too bad. My husband's crazy about tennis.
 Lynn: Listen. I'm on my way home right now. Let's talk tomorrow. Ok?
 Joy: Terrific.

d) Look at the underlined expressions in the photo story. Use the context to help you choose the correct meaning of the following sentences.

- What are you up to?
 a. What are you doing?
 b. Where are you going?
- Why don't we play tennis sometime?
 a. Can you explain why we don't play tennis?
 b. Would you like to play tennis sometime?
- My husband is really out of shape.
 a. My husband doesn't exercise.
 b. My husband exercised a lot.
- I'm crazy about tennis.
 a. I hate tennis.
 b. I love tennis.
- I'm on my way to the park.
 a. I'm going to the park right now.
 b. I'm going to go to the park this afternoon.

WRITING

e) Look at the activities in a). List the activities you do...

every day	every weekend	once a week	almost never	never
take a shower sleep	clean the house watch TV	go walking go shopping	play basketball go swimming go dancing cook dinner study English talk on the phone	go running play soccer go bike riding do aerobics play golf lift weights

SPEAKING

f) Compare activities with a partner.

"What do you do every weekend?"

"Me? I go shopping".

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	have to work / don't have to
He	has to work / doesn't have to work late tonight	They	have to work / don't have to
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.

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

- I'd like to go out tonight, but we have a test tomorrow. I have to study.
study
- Audrey can't meet us for lunch today. She has to help her boss write a report.
not / meet help
- Good news! I can't work late tonight. We have to go running together at 6:00.
not / work go running
- My sister can't go shopping at the mall today. She has to go to the doctor.
not / go shopping go
- Henry has to go to Toronto next week, so he can't play golf with us.
go not / play
- Sorry, I can't go to aerobics class tonight. I have to meet with my boss.
not / go meet

WRITING

h) Write three questions using "can" and three questions using a form of "have to". Then practice asking and answering questions with a partner.

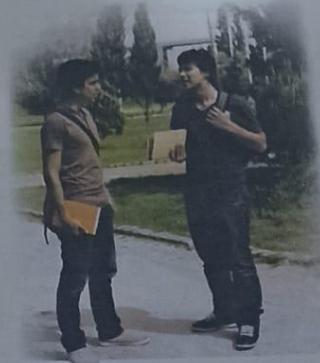
CAN
Can you play basket ball?
Can you speak English?
Can she play the violin?

HAVE TO
Do we have to bring any food?
Does it have to be ready tomorrow?
Do you have to take them to the airport?

LISTENING

i)  Read and listen to two people plan an activity together.

- A: Hey, Gary. Why don't we go running sometime?
 B: Great idea. When's good for you?
 A: Friday morning at 9:00?
 B: Sorry, I can't. I have to work on Friday.
 A: Well, how about Sunday afternoon at 2:00?
 B: That's good for me. See you then.



SPEAKING

j) Practice the conversation in i) with a partner.

	Friday	Saturday	Sunday
9:00	go running	visit Mom	

WRITING

k) Write your schedule for this weekend in the daily planner.

SPEAKING

l) Practice the conversation again. Plan other activities. Use your daily planner to respond.

Daily Planner			
	Friday	Saturday	Sunday
9:00	play video games.	chatting with friends	keep sleeping
11:00	listen to music	watching TV	go shopping with my family
1:00	Hang out	drawing	I'm taking a short trip
3:00	to play the violin	stay at home and relax	lock myself in my room to read
5:00	lock myself in my room to read	go to the cinema	spend time with my family
7:00	Eat out	lock myself in my room to read	Chill out



LISTENING
Places for sport and exercise

m)  Read and listen. Then listen again and repeat.



a pool



an athletic field



a golf course



a track



a tennis court



a park



a gym

SPEAKING

n) Tell your partner what you can do in these places.

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?

The Present Continuous

(for actions in progress and future plans)

Example: I'm making dinner right now.

Example: They're swimming at the pool in the park tomorrow.

Frequency adverbs

100%	always
	almost always
	usually / often / generally
	sometimes / occasionally
	hardly ever
0%	never

Questions

Are you going running tomorrow?
What time are you playing tennis today?

o) Complete the sentences. Use the Present Simple or the Present Continuous tense.

1. Brian can't answer the phone right now. he is studying
he / study
2. How often does she go walking?
she / go
3. Are we play tennis this weekend?
we / play
4. He lifts weights three times a week.
he / lift
5. They are making lunch. Can they call you back?
they / make
6. How often you are clean the house?
you / clean
7. I / do aerobics every day.
I / do
8. She is going shopping tonight.
she / go

LISTENING

p) 5.5 Listen to the conversations. Circle the frequency adverb that best completes each statement.

1. She (often) hardly ever/ never) plays golf.
2. He (often/ sometimes/ always) goes to the gym four times a week.
3. She (often/ sometimes/ never) plays tennis in the park.
4. He (always/ often/ never) goes swimming.
5. She (always) sometimes/ never) rides her bike on weekends.

LISTENING

q) 5.6 Read and listen to two people talk about habitual activities and future plans.

A: Hey, Nancy. Where are you off to?

B: Hi, Trish. I'm going to the gym.

A: Really? Don't you usually go there on weekends?

B: Yes. But not this weekend.

A: How come?

B: Because this weekend I'm going to the beach.



SPEAKING

With a partner, change the conversation in q) using a different vocabulary. Then change roles.

v) Take the health survey.

Do you stay in shape?

Check the statements that are true for you. Then add up your score.

- 1 a. I exercise regularly.
 b. I hardly ever exercise.
 c. I never exercise.

- 2 a. I usually sleep seven hours or more.
 b. I generally sleep less than seven hours.
 c. I rarely sleep more than four hours.

- 3 a. I avoid junk food.
 b. I sometimes eat junk food.
 c. I eat a lot of junk food.

- 4 a. I hardly ever eat sweets.
 b. I sometimes eat sweets.
 c. I eat too many sweets.

- 5 a. I hardly ever watch TV.
 b. I sometimes watch TV.
 c. I watch a lot of TV.

Score

Each a answer = 10 points
 Each b answer = 5 points
 Each c answer = 0 points
 Your total points = **35**

Points

40-50	You stay in great shape!
30-35	You're getting in shape!
20-25	You can do more!
0-15	You're a couch potato!



w) Walk around the classroom and ask questions. Write names and take notes on the chart.

Find someone who...	Name	Other information
stays in great shape	Toni	goes running everyday
Find someone who...	Name	Other information
stays in great shape.	Yozelin	She play Tocho
is out of shape.	Nigel	He don't do exercise
eats a lot of junk food.	Daniela	She likes junk food
avoids sweets.	Francisco	He don't like sweet food
avoids fatty foods.	Angel	He eat a lot of vegetables
never sleeps more than four hours.	Emmanuel	Don't sleep more the 7 hours