



Mi Universidad

Unit Activity #1 – U4

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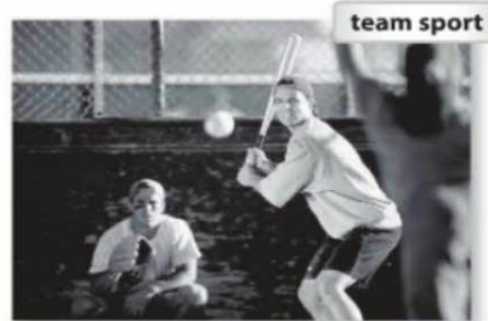
Workbook

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 sport

Team sports	Individual sports	Exercise
baseball	bicycling	aerobics
basketball	swimming	jogging
football	tennis	yoga
stretching		
volleyball		
soccer		



individual sport



exercise

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 hardly ever play tennis .
- go do often jogging how you
How often do you go jogging ?
- often mornings do on we yoga Sunday
We often do yoga on mornings Sunday .
- ever Charlie do does aerobics
does charlie ever do aerobics ?
- do on you what usually Saturdays do
what do you usually do on Saturday ?

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 and you usually the do weekends
 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 exercise?
 B: I don't exercise very often at all.
5. A: Do you ever Play sports?
 B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: what 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.

1 box sometimes

	Every day	Once or twice a week	Sometimes	Not very often	Never
do aerobics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
play basketball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do karate	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
play soccer	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 never do aerobics
- I play soccer twice a week
- I exercise three times a week
- I don't usually go for walks
- I box sometimes

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.

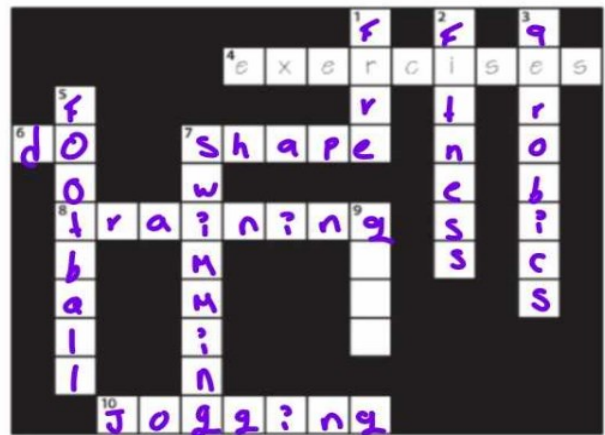


6

Complete the crossword puzzle.

Across

- 4 Pierre never Exercises. He's a real couch potato.
- 6 How often do you Do yoga?
- 7 I like to stay in Shape. I play sports every day.
- 8 Jeff does weight Training every evening. He lifts weights of 40 kilos.
- 10 Diana goes Gogging twice a week. She usually runs about three miles.



Down

- 1 Andrew always watches TV in his Free time.
- 2 Kate has a regular Fitness program.
- 3 I do Aerobics at the gym three times a week. The teacher plays great music!
- 5 Paul is on the Football team at his high school.
- 7 Marie never goes Swimming when the water is cold.
- 9 Amy often Goes bicycling on weekends.

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 about average

- 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.

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 spend jogging _____

B: I spend about an hour jogging.

4. A: And how well do you _____ at soccer?

B: I'm pretty good at it. I'm on the school team.

5. A: How good are you at playing _____ 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 doesn't exercise not very often (not very often)
3. Philip tries to keep fit.
Philip stays in shape (stay in shape)
4. Jill often exercises at the gym.
Jill often works out (work out)
5. I go jogging with my wife all the time.
I go jogging with my wife always (always)
6. How good are you at tennis?
How good are you at playing 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?
I like exercise for a long time
2. Do you prefer exercising in the morning or in the evening?
I prefer exercising in the evening
3. Which do you like better, walking or jogging?
I like jogging
4. Do you like to watch sports or play sports?
I like playing sports
5. Which do you like better, team sports or individual sports?
I like team sports
6. How good are you at games like basketball or tennis?
I like basketball
7. What sport or game don't you like?
I don't like tennis

