EUDDS Mi Universidad Unit Activity #1 – U4

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Workbook

How often do you exercise?

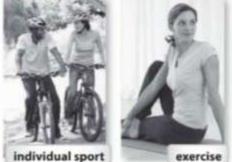
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Complete the chart. Use words from the box. (Some of the words can be both individual sports and exercise.)

aerobics	football	swimming
baseball	jogging	tennis
basketball	stretching	volleyball
bicycling	soccer	yoga

Team sports	Individual sports	Exercise
Baseball Tennis	Swimming Bicycling	Jogging Stretching
Voleyball Football		Yoga Aerobics
Soccer		





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Arrange these words to make sentences or questions.

- 1. go never I almost bicycling
- 2. hardly they tennis play ever They hardly ever play tennis
- 3. go do often jogging how you How often do go jogging
- 4. often mornings do on we yoga Sunday We often do yoga on sonday mornings
- 5. ever Charlie do does aerobics Does Charlie ever do aerobics
- 6. do on you what usually Saturdays do What do you usually do on Saturday

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Use these questions to complete the conversations. How often do you ...? Do you ever ...? What do you usually ...?

- A: Do you ever exercise?
 B: Yes, I often exercise on weekends.
 A: How often do you usually do karate and yoga?
 B: Well, I usually do karate on Saturdays and yoga on Sundays.
 A: Do you ever go to the gym?
 B: No, I never go to the gym after work. Do you ever excersise?
 A:
 B: I don't exercise very often at all. What do you usually do on wekend
 A:
 B: Yes, I sometimes play sports on weekends – usually baseball. Do you ever play tennis?
 - B: I usually play tennis in my free time.

Keeping fit?

A Check (1) how often you do each of the things in the chart.

_	Every day	Once or twice a week	Sometimes	Not very often	Never
do aerobics play basketball exercise go jogging do karate play soccer go swimming do weight training	0000000000	00000000	X	00000000	X X X X X X

B Write about yourself using the information in the chart. I Sometimes play basketball

I never do aerobics

I every day exercise

I never do karate

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Complete this conversation. Write the correct prepositions in the correct places.

in Susan: What time do you go jogging the morning? (around in on) AT Jerry: I always go jogging 7:00. (at) for / on) How about you, Susan? Around 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)) Whit 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)



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Complete the crossword puzzle.

Susan: Wow! You really like to stay in shape.

Across

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

Down

- Andrew always watches TV in his <u>Free</u> time.
- 2 Kate has a regular Fitnness program.
- 3 I do <u>Aerobics</u> at the gym three times a week. The teacher plays great music!



- 5 Paul is on the <u>Football</u> team at his high school.
- 7 Marie never goes <u>Swimming</u> when the water is cold.
- 9 Amy often <u>Goes</u> 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?

About 45 minutes

- About 45 minutes.
- About average.
- About three miles.

3. A: And how well do you swim? 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.

at soccer?

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: How Good are you

- B: I'm pretty good at it. I'm on the school team.
- How well do you play basketbal
 - B: Basketball? Pretty well, I guess. I like it a lot.

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Rewrite these sentences. Find another way to say each sentence using the words given.

 I don't watch TV very much. I handly ever watch TV. 	(hardly ever)
2. Tom exercises twice a month. Tom does exercises very often	(not very often)
3. Philip tries to keep fit. Philip tries stay in shape	(stay in shape)
 Jill often exercises at the gym. Jill often work out 	(work out)
5. I go jogging with my wife all the time. I always go joggin with my wife	(always)
6. How good are you at tennis? How Good are you playing at tennis	(play)

What do you think about sports? Answer these questions.

- Do you like to exercise for a short time or a long time? I like exercise a long time
- Do you prefer exercising in the morning or in the evening? I prefer exercising in the morning
 - Which do you like better, walking or jogging? I like walking
 - Do you like to watch sports or play sports? I like play 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
 - What sport or game don't you like?
 I don't like tennis

