



Mi Universidad

Unit Activity #1 – U4

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Workbook

How often do you exercise?

On

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 Football	Swimming	Stretching
Tennis	Bicycling	Jogging
Soccer		Yoga
Volleball		Aerobics
Basketball		
Baseball		



individual sport



exercise

On

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 Sunday mornings .
- 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: How often do you usually do karate and yoga?
B: Well, I usually do karate on Saturdays and yoga on Sundays.
3. A: Do you ever go to the gym?
B: No, I never go to the gym after work.
4. A: Do you ever exercise?
B: I don't exercise very often at all.
5. A: What do you usually do on weekend
B: Yes, I sometimes play sports on weekends – usually baseball.
6. A: Do you ever play tennis?
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.

	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 type="checkbox"/>
play basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
exercise	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
do karate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
play soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

B Write about yourself using the information in the chart.

I ever day exercise

I not very often do aerobics

I sometimes go swimming

I not very often do weight training

I never go jogging



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 ^{At} 7:00. (at / for / on)

How about you, Susan?

Susan: I usually go jogging ^{Around} noon. (around / in / with)

I jog about an hour. (at / for / until)

Jerry: And do you also play sports ⁱⁿ your free time? (at / in / until)

Susan: No, I usually go ^{Whit} out my classmates. (around / for / with)

What about you?

Jerry: I go to the gym ^{On} Mondays and Wednesdays. (at / on / until)

And sometimes I go bicycling ^{In} weekends. (for / in / on)

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



6

Complete the crossword puzzle.

Across

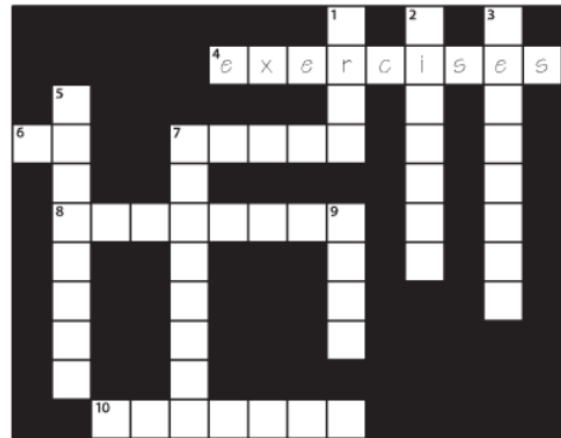
4 Pierre never Excercises. He's a real couch potato.

6 How often do you DO yoga?

7 I like to stay in Shapies. I play sports every day.

8 Jeff does weight Training every evening. He lifts weights of 40 kilos.

10 Diana goes Jogging 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.

8 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.

9 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 _____ at soccer?

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

5. A: How well do you play basketball _____

B: Basketball? Pretty well, I guess. I like it a lot.

10

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 does exercises very often (not very often)
3. Philip tries to keep fit.
Philip tries stay in shape (stay in shape)
4. 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 al tennis (play)

11

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 a long time
2. Do you prefer exercising in the morning or in the evening?
I prefer exercising in the morning
3. Which do you like better, walking or jogging?
I like jogging and walking
4. 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 individual sports
6. How good are you at games like basketball or tennis?
I like tennis and basketball
7. What sport or game don't you like?
I don't like soccer

