

# U2S

## UNIT IV. HOW OFTEN DO YOU EXERCISE?

### WORKBOOK

Un. Palatino IV

**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	-watching	-volleyball
-bicycling	-soccer	-yoga

Team sports	Individual sports	Exercise
baseball	swimming	yoga
tennis	bicycling	jogging
baseball		aerobics
volleyball		



team sport



individual sport

**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 Saturdays?

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**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 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: How often do you do exercise?  
 B: I don't exercise very often at all.
5. A: What do you usually do on weekends?  
 B: Yes, I sometimes play sports on weekends - usually baseball.
6. A: Do you ride? Do you like to ride?  
 B: I usually play tennis in my free time.

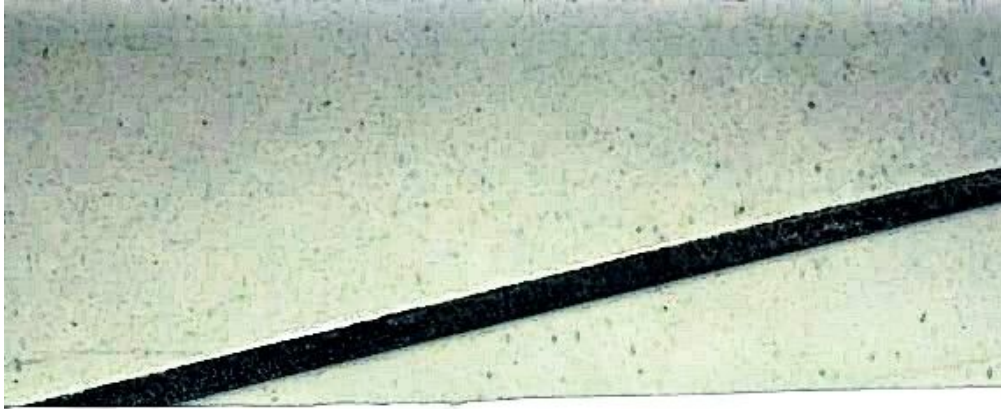
**4** Keeping fit?

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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
play basketball	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input 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 checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do karate	<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

B Write about yourself using the information in the chart.

- I every day do aerobics
- I one or twice a week play basketball
- I sometimes play soccer
- I not very often do weight training
- I never do karate



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*plato (on) a TV*

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

Susan: What time do you go jogging <sup>in</sup> 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 <sup>at</sup> 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 <sup>with</sup> 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 on weekends. (for / in / on)

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

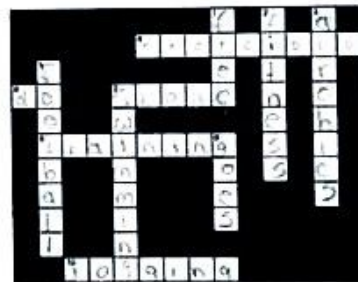


*ago*

**6** Complete the crossword puzzle.

Across

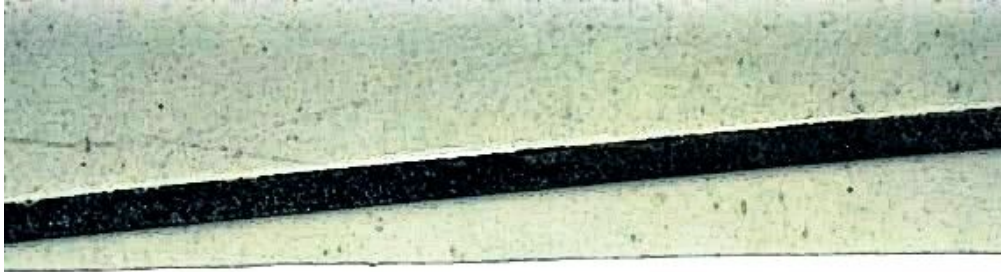
- 4 Pierre never smokes. He's a real couch potato.
- 6 How often do you do yoga?
- 7 I like to stay in Canada. I play sports every day.
- 8 Jeff does weight training every evening. He lifts weights of 40 kilos.
- 10 Diana goes swimming twice a week. She usually runs about three miles.



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.





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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? for a walk?

B: Almost every day. I really enjoy it.

3. A: How long do you spend in the jogging?

B: I spend about an hour jogging.

4. A: How good are you at soccer? 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.



*P/Wolcama W*

**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 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 jogging with my wife* \_\_\_\_\_ (always)
6. How good are you at tennis?  
*How good 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 exercise in the morning*
3. Which do you like better, walking or jogging?  
*I like jogging*
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 team sports*
6. How good are you at games like basketball or tennis?  
*I good basketball*
7. What sport or game don't you like?  
*I don't like playing football*

