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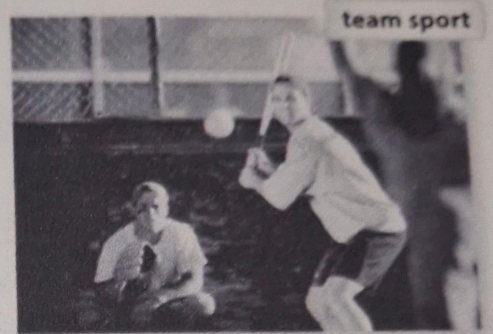
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UNIT IV. HOW OFTEN DO YOU EXERCISE?

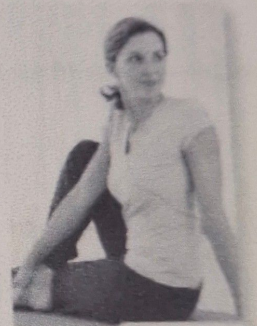
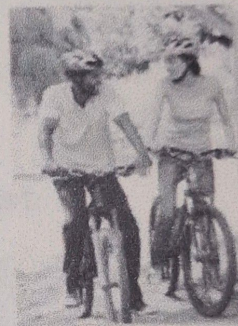
WORKBOOK

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 sports	Individual sports	Exercise
baseball	swimming	Jogging
basketball	Tennis	stretching
Football	bicycling	Yoga
Soccer		aerobics
Volleyball		



2 Arrange these words to make sentences or questions.

1. go never I almost bicycling

I almost never go bicycling

2. hardly they tennis play ever

They hardly ever play tennis

3. go do often jogging how you

How often do you go joggin

4. often mornings do on we yoga Sunday

We often do yoga on Sundays morning

5. ever Charlie do does aerobics

Does Charlie ever does aerobics

6. do on you what usually Saturdays do

What do you usually do on Saturdays

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 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: 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.

	Every day	Once or twice a week	Sometimes	Not very often	Never
do aerobics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input checked="" 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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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 never do aerobics
- I sometimes play basketball
- I not very often exercise
- I never do Karate
- I not very often go swimming

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 ^{for} an hour. (at / for / until) ^{hasta}

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

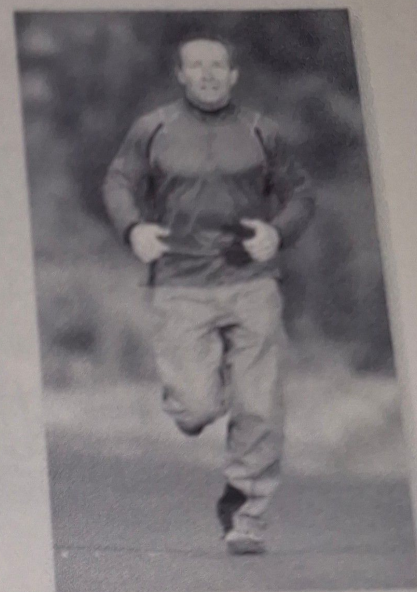
Susan: No, I usually go out ^{with} my classmates. (around / for / with)

What about you?

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

And sometimes I go bicycling weekends. (for / in / on)

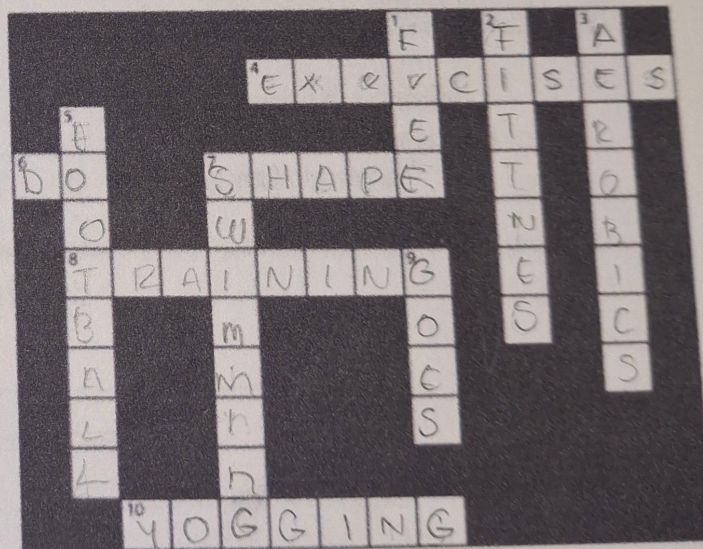
Susan: Wow! You really like to stay in shape.



6 Complete the crossword puzzle.

Across

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



Down

- 1 Andrew always watches TV in his FREE time.
- 2 Kate has a regular AEROBICS 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 FITNES 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.

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.

2. A: How long do you spend in the pool?

B: About 45 minutes

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

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 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.

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 joggin with my wife (always)
6. How good are you at tennis?
How good are you 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 short 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 play sports
5. Which do you like better, team sports or individual sports?
I like team sport
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, voleyball and football



1 Adverbs of frequency (page 37)

- ▶ Adverbs of frequency (*always, almost always, usually, often, sometimes, hardly ever, almost never, never*) usually come before the main verb: She **never plays** tennis. I **almost always eat** breakfast. BUT Adverbs of frequency usually come after the verb be: I'm **always** late.
- ▶ *Usually* and *sometimes* can begin a sentence: **Usually** I walk to work. **Sometimes** I exercise in the morning.
- ▶ Some frequency expressions usually come at the end of a sentence: *every day, once a week, twice a month, three times a year*: Do you exercise **every day**? I exercise **three times a week**.

Put the words in order to make questions. Then complete the answers with the words in parentheses.

- you what weekends usually do do on
Q: What do you usually do on weekends?
A: I often play sports. (often / play sports)
- ever you go jogging do with a friend
Q: Do you ever go jogging with a friend?
A: No, I always go alone. (always / alone)
- you play do tennis how often
Q: How often do you play tennis?
A: I play four times a week. (four times a week)
- do you what in the evening usually do
Q: What do you usually do in the evening?
A: My family and I almost always watch TV. (almost always / watch)
- go how often you do to the gym
Q: How often do you go to the gym?
A: I never go to the gym. (never)

11/11