

I-JOS



**Mi Universidad**

## **Unit Activity #1 – U4**

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*Nombre del tema: Unit IV*

*Parcial: Fourd*

*Nombre de la Materia: English IV*

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*Nombre de la Licenciatura: lic. enfermeria*

*Cuatrimestre: Fourth*

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



**2** Arrange these words to make sentences or questions.

1. 90 never almost bicycling

I almost never go bicycling

2. hardly they tennis play ever they hardly

ever play tennis

3. 90 do often jogging how you

How often do you go jogging?

4. often mornings do on we yoga Sunday

We often do yoga on Sunday 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 Saturdays?

I. A: DO you ever exercise?

B: Yes, I often exercise on weekends.

**3**

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

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 after work?

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 in weekends?

B: Yes, I sometimes play sports on weekends - usually baseball.

6. A: What do you usually do on your free time?

B: I usually play tennis in my free time.

2/1/1

**4**

**Keeping fit?**

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

	Every day <i>every day</i>	Once or twice a week <i>once or twice a week</i>	Sometimes <i>sometimes</i>	Not very often <i>not very often</i>	Never <i>never</i>
do aerobics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
play basketball	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input 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 type="checkbox"/>	<input checked="" 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 like to play basketball every day and I like to exercise twice a week

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 <sup>at</sup> 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 <sup>in</sup> your free time? (at / in / until)

Susan: No, I usually go out <sup>with</sup> my classmates. (around / for / with)

What about you?

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

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



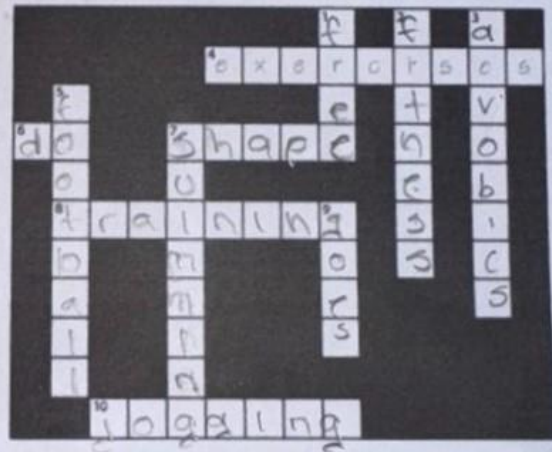
Susan: Wow! You really like to stay in shape.

6

Complete the crossword puzzle.

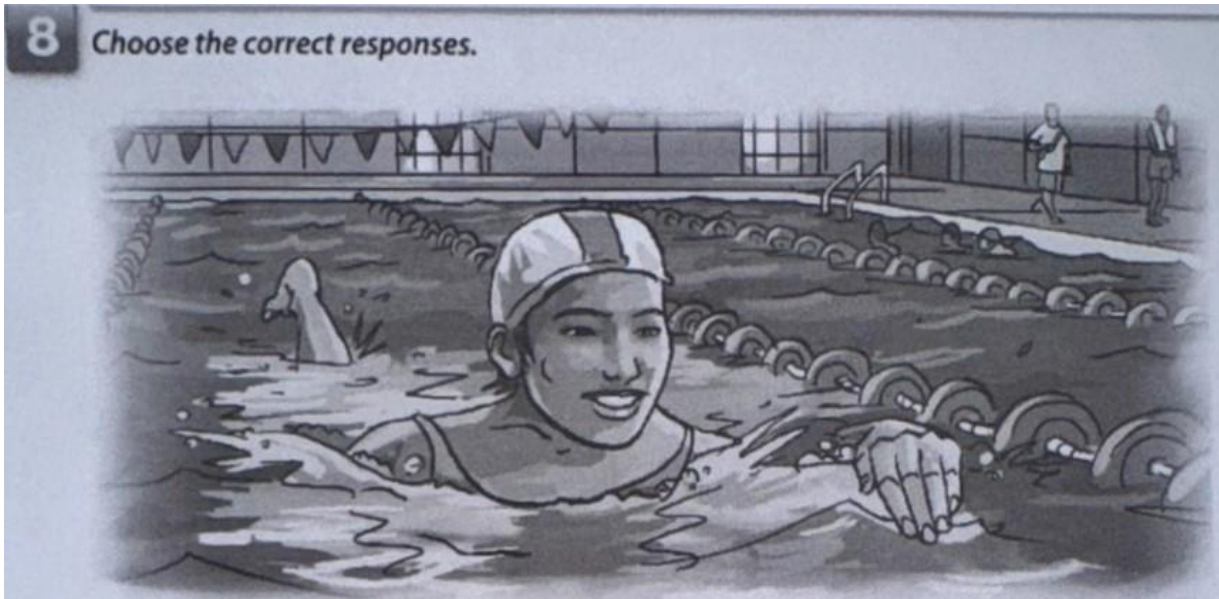
Across

- 4 Pierre never exercise. He's a real couch potato.
- 6 How often do you do yoga?
- 7 I like to stay in shape. 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 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 3 when the water is cold.
- 9 Amy often goes bicycling on weekends.



1. A: How often do you go swimming, Linda? 3.

A: do you swim?

B: Once a week.

- I guess I'm OK.
- I'm not very well.

aboev cyuev<sup>e</sup> CR3e

A: And how well

B: I'm ab

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

B: About 15 minutes.

- Once a week.
- I almost never do.
- About an hour.
- I'm about average.

How long

4. A: How good are you at other sports?

B: Not very good, actually.

- About 45 minutes.
- About average.
- About three miles.
- Pretty well, I guess.

• Not very good, actually.

• I sometimes play twice a week.

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 good are you at jogging?

B: I spend about an hour jogging.

4. A: How good are you at soccer

at soccer?

B: \_\_\_\_\_ it. I'm \_\_\_\_\_ the school team.

I'm pretty good \_\_\_\_\_ on \_\_\_\_\_

at \_\_\_\_\_

tennis

discus

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 stays fit in shape. (stay in shape)
4. Jill often exercises at the gym.  
Jill works out often. (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 are you playing tennis? (play)

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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 exercise in the morning.
3. Which do you like better, walking or jogging?  
I like walking.
4. Do you like to watch sports or play sports?  
I like watch 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.



2. Tom exercises twice a month.

7.