



Mi Universidad

Unit Activity #1 – UI

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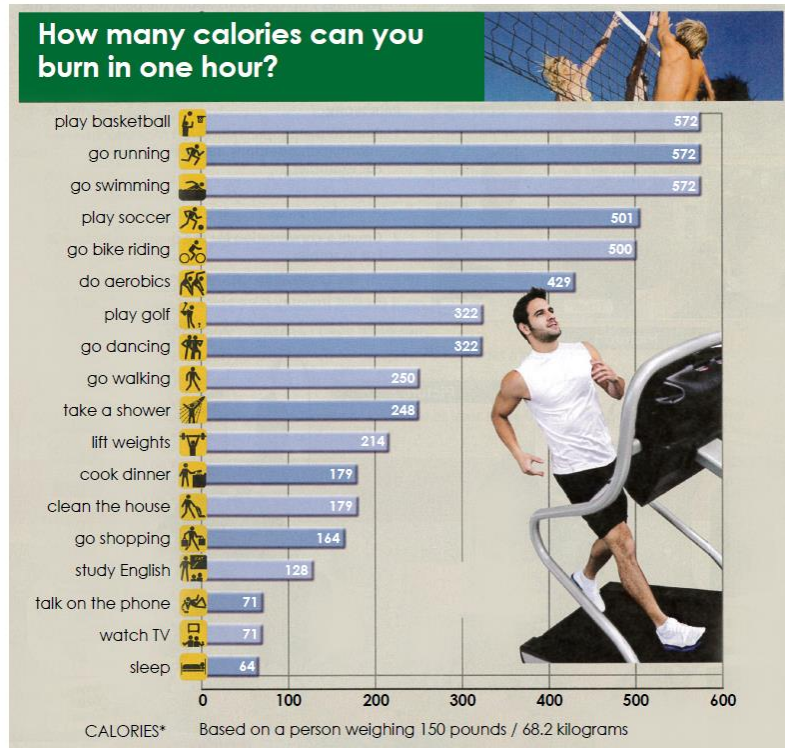
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STAYING IN SHAPE - Vocabulary



Exercise 1. Translate the next vocabulary – Traduce el siguiente vocabulario

play basketball – jugar basquetbol

go running – ir a correr

go swimming – ir a nadar

play soccer – jugar futbol

go bike riding – montar bicicleta

do aerobics – hacer aerobics

play golf – jugar golf

go dancing - bailar

go walking - caminar

take a shower – tomar una ducha

lift weights – levantar pesas

cook dinner – cocinar la cena

clean the house – limpiar la casa

talk on the phone – hablar por telefono

go shopping - ir de compras

study English – estudiar inglés

watch TV – ver tv

sleep – dormir

Exercise 2. Using the vocabulary above and list the activities you do...(usando el vocabulario de arriba enlista las actividades que realizas por día, por fin de semana, una vez a la semana, casi nunca, nunca)

Every day	Every weekend	Once a week	Almost never	Never
1. sleep 2. watch Tv 3. clean the house 4. take a shower 5. go walking	1. go dancing 2. 3. 4. 5.	1. study english 2. go shopping 3. cook dinner 4. lift weights 5. go running	1. go bike riding 2. play soccer 3. play basketball 4. 5.	1. play golf 2. do aerobics 3. go swimming 4. 5.

Grammar

"Can" / "can't" and "have to" / "don't have to"

Can

- We use "can" + the base form of a verb for possibility.

Example: We can stay out late tonight. There are no classes tomorrow morning.

- Questions

Can you go running tomorrow at 3:00? (Yes, I can / No, I can't).

- "Can" is invariable.

Example: Can she play tennis? Yes, she can.

Can't

- We use "can't" + the base form of a verb for impossibility.

Example: I can't stay out late tonight. I have class tomorrow morning.

Have to

- We use "have to" or "has to" + the base form of a verb for obligation.

I have to work / don't have to

You have to work / don't have to

He

She has to work / doesn't have to work late tonight

It

We } have to work / don't have to

You } have to work / don't have to

They } have to work / don't have to

"Don't" / "doesn't have to"

- We use "don't" / "doesn't have to" + the base form of a verb when it's not necessary to do something.

Example: We don't have to go to school tomorrow because it's Sunday.

Exercise 3. Read the sentences carefully. Then complete each sentence with "can" or a form of "have to".

1. I'd like to go out tonight, but we have a test tomorrow. I have to study.

study

2. Audrey can't meet us for lunch today. She has to help her boss write a report.

not / meet

help

3. Good news! I don't have to work late tonight. We can together at 6:00.

not / work

go running

4. My sister can't go shopping at the mall today. She has to to the doctor.

not / go shopping

go

5. Henry has to go to Toronto next week, so he can not play golf with us.

go

not / play

6. Sorry, I can not to aerobics class tonight. I have to with my boss.

not / go

meet

Exercise 4. Write four questions using "can" and four questions using a form of "have to". (with answer)

Example: Can you have a Zoom meeting tomorrow at 3:00? (Yes, I can / No, I can't).

Do you have to work until 6:00pm? (Yes, I have to work / No, don't have to work).

Questions with can:

1. can you go to the cinema today?
2. can she play volleyball?
3. can I go to the park?
4. can we do exercise here?

Questions with have to:

1. do you have to go to the school?
2. do we have to play soccer?

3. do they have to play videogames?

4. does she have to play piano?

VOCABULARY - Places for sport and exercise



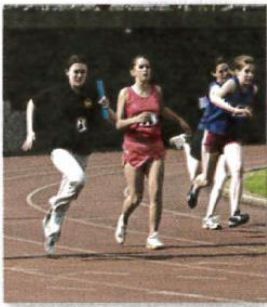
a pool



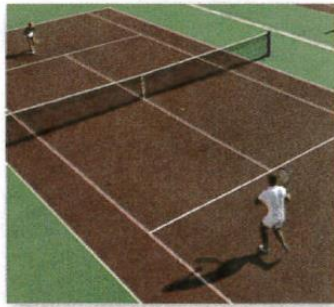
an athletic field



a golf course



a track



a tennis court



a park



a gym

Exercise 1. Translate the next vocabulary – Traduce el siguiente vocabulario al español

a pool - Alberca

an athletic field - Campo

a golf course - Campo de golf

a track - Pista

a tennis court – Campo de tennis

a park – Parque

a gym – Gimnasio

GRAMMAR

The Present Simple and the Present Continuous tense: review

The Present Simple

(for habits and routines)

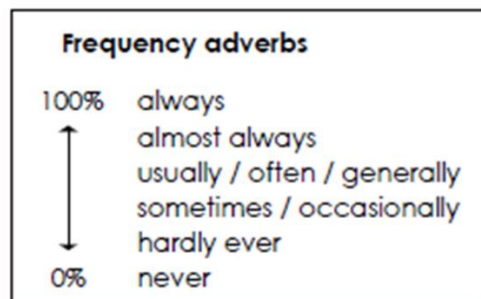
Example: I make dinner at least twice a week.

Example: He hardly ever meets his friends for dinner.

Questions

Do you always play golf on Saturdays?

How often do you lift weights?



Simple present

Grammatical rules

- We use simple present for habits and routines.
- We use simple present with time adverbs.

Time adverbs	Meaning
Always	Siempre
Every day	Todos los dias
Usually	Usualmente
Often	A menudo
Sometimes	A veces
Rarely	Raramente
Hardly ever	Casi nunca
Never	Nunca

Simple present

Form (Forma)

To conjugate the simple present we use the infinitive for the subjects "I", "you", "we" and "they" and for the third persons "he", "she" and "it", we add a "-s" to the end of the verb

Subject (Sujeto)	Verb (Verbo)
I, you, we, they	talk, eat, learn, do, go...
he, she, it	talks, eats, learns, does, goes...

Structure (Estructura)

1. Affirmative Sentences (Frases afirmativas)

Subject + verb.

Examples:

I **talk**. (Yo hablo.)

He **eats**. (Él come.)

They **learn**. (Ellos aprenden.)

2. Negative Sentences (Frases negativas)

Subject + do/does + not + verb.

Examples:

I **do not [don't]** talk. (Yo no hablo.)

He **does not [doesn't]** eat. (Él no come.)

They **do not [don't]** learn. (Ellos no aprenden.)

We use **do** for:
I, You, We and They

We use **does** for:
He, She and It

3. Interrogative Sentences (Frases interrogativas)

Do/Does + subject + verb?

Examples:

Do you talk? (¿Tú hablas?)

Does he eat? (¿Él come?)

Do they learn? (¿Ellos aprenden?)

Examples with time adverbs: (Ejemplos usando los adverbios de tiempo)

I always **talk** to my mother on Sunday.(Siempre hablo con mi madre el domingo.)

He never **eats** vegetables.(Nunca come las verduras.)

They usually **learn** something new in class.(Normalmente aprenden algo nuevo en la clase.)

Exeption (when we use the verb **to be**):

I **am** always happy.(Siempre estoy contento.)

He **is** often sick.(A menudo él está enfermo.)

They **are** rarely late.(En raras ocasiones llegan tarde.)

Exercise 2. Write 12 sentences using the present simple and time adverbs (Escribe 12 oraciones en presente simple usando los adverbios de tiempo)

3 Affirmative sentences (tres oraciones afirmativas)

1. I go to the school yesterday
2. I always watch a movie in my phone at night
3. I never run in the morning
4. I take a shower every day

3 Negative sentences

5. I don't go to the school yesterday
6. I don't watch a movie in my phone
7. I don't run in the morning
8. I don't take a shower every day

3 Interrogative sentences

9. does he usually play soccer?
10. do you often run in the morning?
11. does he sometimes watch a horror movies?
12. do they walk every day?

Present Continuous

Grammatical rules (Reglas gramaticales)

- We use simple continuous for actions in progress and future plans.

Form (Forma)

To conjugate the present continuous we use the auxiliary **verb to be** and the **verb+ing**

Subject	Auxiliary (to be)	Verb + ing
I	am	talking, eating, learning, doing, going...
he, she, it	is	talking, eating, learning, doing, going...
you, we, they	are	talking, eating, learning, doing, going...

Structure (Estructura)

1. Affirmative Sentences (Frases afirmativas)

Subject + auxiliary verb (to be) + verb+ing.

Examples:

I'm **talking**. (Estoy hablando.)

He's **eating**. (Esta comiendo.)

They're **learning**. (Estan aprendiendo.)

2. Negative Sentences (Frases negativas)

Subject + auxiliary verb (to be) + not + verb+ing.

Examples:

I'm **not talking**. (No estoy hablando.)

He's **not eating**. (No esta comiendo.)

They're **not learning**. (No estan aprendiendo.)

3. Interrogative Sentences (Frases interrogativas)

Auxiliary verb (to be) + subject + verb+ing?

Examples:

Are you **talking?**.(¿Estás hablando?)

Is he **eating?**.(¿Está comiendo?)

Are they **learning?**.(¿Están aprendiendo?)

There are some verbs that we can't use for present continuous:

*be (ser/estar), want (querer), need (necesitar),
know (saber/conocer), prefer (preferir), remember (recordar),
understand (comprender), care (cuidar), see (ver), hear (oir), smell (oler),
believe (creer), belong (pertenecer),
cost (costar), seem (parecer), exist (existir), own (poseer),
like (gustar), dislike (desagradar), love (amar), hate (odiar),
fear (temer), envy (envidiar), mind (importar)...*

Exercise 3. Write 12 sentences using simple continuous (Escribe 12 oraciones en presente continuo)

3 Affirmative sentences (tres oraciones afirmativas)

1. I am eating pizza at home
2. She is running in the morning
3. We are reading a romantic book in the club
4. He is watching horror movies

3 Negative sentences

5. I am not eating pizza at home
6. She isn't running in the morning
7. We aren't reading a romantic book in the club
8. He isn't watching horror movies

3 Interrogative sentences

9. Am I eating pizza at home?
10. Is she running in the morning?
11. Are we reading a romantic book in the club?
12. Is he watching horror movies?

Exercise 4. Complete the sentences. Use the Present Simple or the Present Continuous tense. (Completa las oraciones usando presente simple o presente continuo con las palabras en el paréntesis)

1. Brian can't answer the phone right now. ____ he is studying _____ **(he / study)**.
2. How often ____ does she go _____ **(she / go)** walking?
3. ____ we are playing _____ **(we / play)** tennis this weekend?
4. ____ he lifts _____ **(he / lift)** weights three times a week.
5. ____ they are making _____ **(they / make)** lunch. Can they call you back?
6. How often ____ do you clean _____ **(you/ clean)** the house?
7. ____ I do _____ **(I / do)** aerobics every day.
8. ____ she is going _____ **(she / go)** shopping tonight.

Exercise 5. Complete the table with the missing sentences use the Present Simple. (Completa la siguiente table con las oraciones faltantes usando presente simple)

Affirmative	Negative	Questions
I work everyday	I don't work every day	Do I work everyday?
I go swimming with my brother	I don't go swimming with my brother	Do I go swimming with my brother?
You have to study	You don't have to study	Do you have to study?
He studies English	He doesn't study English	Does he study English?
She does her homework	She doesn't her homework	Does she do her homework?
It needs to be done	It doesn't need to be done	Does it need to be done?
We run in the park	We don't run in the park	Do we run in the park?
They eat their lunch	They don't eat their lunch	Do they eat their lunch?
You want a chocolate cake	You don't want a chocolate cake	Do you want a chocolate cake?

Exercise 6. Complete the table with the missing sentences use the Present Continuous.
 (Completa la siguiente table con las oraciones faltantes usando el presente continuo)

Affirmative	Negative	Questions
I am working at UDS	I am not working at UDS	Am I working at UDS?
I am running in the park	I am not running in the park	Am I running in the park?
You are studying now	You are not studying now	Are you studying now?
He is studying English	He isn't studying English	Is he studying English?
She is doing her homework	She isn't doing her homework	Is she doing her homework?
It is working well	It is not working well	Is it working well?
We are playing soccer in the park	We aren't playing soccer in the park	Are we playing soccer in the park?
They are eating their lunch	They aren't eating their lunch	Are they eating their lunch?
You are cooking a chocolate cake	You aren't cooking a chocolate cake	Are you cooking a chocolate cake?

When You Think You Can't...

Mark Zupan

When he was eighteen years old, a terrible accident made Mark Zupan a quadriplegic and changed his life forever. At first, he could hardly move his arms or legs normally. However, after a lot of hard work, he was able to use his arms to move his wheelchair, and he could even stand for a short time and take a few slow steps. Zupan- or Zup to his friends- became a quad rugby champion, helping his team win a gold medal in the Paralympic Games. "I dream about running all the time", he says, "but you can't live in the past."

Today, Zupan frequently gives talks and raises money for his sport and appears in movies and TV shows. Anyone who spends time with him forgets that he's in a wheelchair. He lifts weights at the gym every day, drives a car, and goes to rock concerts. "A lot of people think quadriplegics can't do anything", he says. To stay in shape, Zupan is careful about his diet and avoids unhealthy and fatty foods. "Just think of me as a human being and an athlete. Because that's who I am".



Zupan became a quad rugby champion.

Bethany Hamilton

At the age of thirteen, surfer Bethany Hamilton had a dream. She wanted to be a champion in her sport. But she lost her left arm when she was attacked by a shark. A month later, she was surfing again.

Today, she's a professional competitive surfer. Because she can only use one arm, she has to use her legs more to help her go in the right direction. Hamilton practices every day at the beach. She has a prosthetic arm, but she rarely uses it, and never when she's surfing.

Hamilton often appears on TV. She wants to help other people follow their dreams, even when they face great difficulties. "People can do whatever they want if they just set their hearts to it, and just never give up".

In 2011, Hollywood made a movie about her experience. Bethany has a happy life and got married in 2013.



Hamilton was attacked by a tiger shark when she was thirteen.

Exercise 7. Read the text above and answer the next exercises. (Lee el texto de arriba y contesta el siguiente ejercicio).

Complete the paragraph about Marc Zupan. Use “can”, “can’t” or “has to”.

Zupan _____ spend most of his time in a wheelchair, but he _____ stand up and take a few steps for a short time. He _____ go walking or running, but he _____ play quad rugby. He _____ be careful about his diet so he doesn't get out of shape. He doesn't have complete use of his hands, but he _____ lift weights. He _____ drive a car using his feet, but he _____ use his hands. A lot of people think quadriplegics _____ do anything, but Zupan proves that they _____.

Complete the paragraph about Bethany Hamilton using the Present Simple or the Present Continuous.

When she surfs, Hamilton _____ **(use)** her legs to help her go in the right direction. She _____ **(have)** a prosthetic arm, but she hardly ever _____ **(wear)** it. She _____ **(complete)** regularly with the world's top professional women surfers. In the photo, she is competing against other surfers with two arms. She _____ **(wear)** a t-shirt and _____ **(stand)** on her surfboard. Hamilton _____ **(want)** to help other people with difficult experiences follow their dreams.