

6

FULL NAME: _____

How often do you run?

Complete the chart. Use words from the box.

baseball soccer basketball volleyball football
walking jogging weight training Pilates yoga

Sports	Fitness activities
baseball	



Arrange these words to make sentences or questions.

1. often mornings play on we tennis Saturday

We often play tennis on Saturday mornings

2. ever Ryan do does yoga

_____?

3. go do often swimming how you

_____?

4. go never I almost jogging

5. hardly they basketball play ever

6. do on you what usually Sundays do

_____?

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

1. A: Do you ever go bowling?
B: Yes, I often go bowling on weekends.
2. A: _____
B: Well, I usually do martial arts or watch TV after work.
3. A: _____
B: Yes, I sometimes play sports on weekends – usually soccer.
4. A: _____
B: I don't exercise very often at all.
5. A: _____
B: No, I never go to the gym on Saturdays.
6. A: _____
B: I usually go jogging four times a week.

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

1. A: Do you ever go bowling?
B: Yes, I often go bowling on weekends.
2. A: _____
B: Well, I usually do martial arts or watch TV after work.
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5

Complete this conversation with the correct prepositions. Write them in the correct places.

Kelly: What time do you go swimming ⁱⁿ the morning? (around / in / on)

Neil: I always go swimming 7:00. (at / for / on)

How about you, Kelly?

Kelly: I usually go swimming noon. (around / in / with)

I swim about 30 minutes. (at / for / until)

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

Kelly: No, I usually go out my classmates. (around / for / with)

What about you?

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

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

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



6

Complete the sentences. Use the words from the box.

do swimming	ice hockey watches	soccer exercises	treadmill shape	goes training	jogging
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- Katie never exercises.
She's a real couch potato.
- How often do you _____ martial arts?
- I like to stay in _____. I play sports every day.
- Jeff does weight _____ every evening.
He lifts 50-pound weights.
- Arturo goes _____ twice a week. He usually runs about three miles.
- Miho often _____ TV in the evening.
- Maria is on the _____ team at her high school. She's good at passing the ball.
- Judy never goes _____ when the water is cold.
- Kyle often _____ bike riding on weekends.
- I run on the _____ at the gym three times a week.
- In Canada, many people like to play _____ outside in the winter.



A Read the descriptions of three unique sports that are played in different parts of the world. Which sport do you want to try? Why?

Capoeira



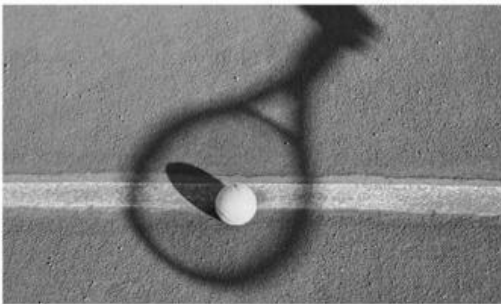
Capoeira is a sport that comes from Brazil. It is part martial art, part dance, and part game. The legs do most of the work in this sport. Capoeiristas kick, jump, and dance to the music of stringed instruments, drums, bells, and rattles. Although the two people are fighting and defending themselves, capoeira is really more about movement, speed, and knowing what your opponent is thinking.

Hurling

The game of hurling comes from Ireland. It is the fastest field sport in the world. Hurlers play on a field like soccer but use a stick and a small ball. The stick is used to carry or hit the ball, or players can kick it or slap it with their hands. They try to get the ball over a bar for one point or under the bar into a net for three points. Hurling is a very old sport and similar to modern rugby, soccer, field hockey, and football.



Bashi



Bashi is a national sport in the Maldives, and only women play it. Between eight and eleven women play on a tennis court with tennis balls and one tennis racket. One player hits a ball with the racket on one side of the net, and players try to catch it on the other side. The woman who hits the ball faces away from the net and has to hit the ball backwards over her head! Women often get injured trying to catch the fast-moving balls with their bare hands.

B What sport do the activities describe? Check (✓) the answers.

	Capoeira	Hurling	Bashi
1. hit a ball backwards	☐	☐	☐
2. run very fast	☐	☐	☐
3. know what your opponent is thinking	☐	☐	☐
4. get a ball in a net	☐	☐	☐
5. move with music	☐	☐	☐
6. hit a ball over a net	☐	☐	☐

Choose the correct responses.

1. **A:** How often do you play golf, Monica?

B: Once a week.

- I guess I'm OK.
- Once a week.
- About an hour.

2. **A:** How long do you spend on the golf course?

B: _____

- About four hours.
- About average.
- About three miles.

3. **A:** And how well do you play?

B: _____

- 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.
- I sometimes play twice a week.
- Pretty well, I guess.