

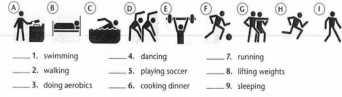
WORKBOOK UNIT 6 - First Part

UNIT 6

Staying in Shape

PREVIEW

1 Look at the pictures. Name each activity. Write the letter on the line.



1. swimming 4. dancing 7. running
2. walking 5. playing soccer 8. lifting weights
3. doing aerobics 6. cooking dinner 9. sleeping

2 Choose the correct response. Write the letter on the line.

1. Kate has ballet class on Mondays. She goes to ballet _____. a. almost never
2. The first thing I do in the morning is drink coffee. I drink coffee _____. b. every weekend
3. I play basketball, but not as much as I'd like to. I _____. c. never
4. Anna's husband does all the cooking. Anna _____. d. every day
5. Jim and Dean always play golf on Saturday or Sunday. They play golf _____. e. once a week

3 How often do you do these activities? Complete the chart. Use frequency adverbs

Activity	How often?
ride a bike	
eat in a restaurant	
shop for clothes	
shop for food	
watch TV	
clean your house	
exercise	



4 Answer the questions. Use your own words.

1. "What are you up to?"
2. "Are you in shape or out of shape?"
3. "What are you crazy about?"

LESSON 1

5 Complete the sentences. Use **have to** or **has to**.

1. I _____ go to class this morning. Do you have my textbook?
2. She can sleep late tomorrow. She doesn't _____ work until 10:30.
3. My brother isn't healthy. He _____ exercise more.
4. They don't _____ pick us up at the train station. We can take a taxi.
5. Pete _____ buy a new digital camera. His old one isn't working.
6. Do you _____ work next Saturday?
7. We _____ finish our report before the next sales meeting.

7 Look at the responses. Write questions with **can** or **have to**.

1. A: (Gail / speak Polish) _____?
B: No. She speaks English and French.
2. A: (you / play basketball tonight) _____?
B: Sure. I'm not busy.
3. A: (you / meet your brother at the airport) _____?
B: No, I don't. He's taking a bus.
4. A: (I / call you tomorrow) _____?
B: OK. That would be great.
5. A: (Frank / buy a new printer) _____?
B: No. He fixed his old one.
6. A: (they / take the exam on Friday) _____?
B: Yes, they do. They're studying tonight.

9 Choose the correct response. Circle the letter.

1. "Why don't we go bike riding this weekend?"
a. Too bad. b. Sounds good. c. Don't bother.
2. "I'd love to go dancing with you sometime."
a. When's good for you? b. Want to come along? c. What are you up to?
3. "When's good for you?"
a. Sorry, I can't. b. How about Thursday? c. Once a week.
4. "Saturday at noon is perfect."
a. I'm sorry to hear that. b. Well, how about Sunday? c. Great. See you then.

LESSON 2

10 Complete the sentences with places from the box.

gym	athletic field	pool	court	track	course
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1. The school _____ is used for a lot of different sports. Students play football and soccer in the fall and baseball in the spring.
2. You can take an aerobics class or use exercise machines at a _____.
3. The hotel has a tennis _____ and an 18-hole golf _____.
4. On Fridays, there are water aerobics classes in the swimming _____.
5. You can go running or walking on a _____.

13 Look at the responses. Complete the questions. Use the simple present tense.

1. A: How often _____?
B: Jim almost never plays tennis.
2. A: How often _____?
B: I go walking every day.
3. A: When _____?
B: I usually cook dinner at 7:00.
4. A: When _____?
B: They go dancing on Friday nights.
5. A: Where _____?
B: We do aerobics at the gym.
6. A: Where _____?
B: Kyle plays soccer at the athletic field.

14 Write sentences. Use the simple present tense or the present continuous.

1. Charlie / usually / play golf / on weekends
2. Adam / talk on the phone / right now
3. My stepbrother / hardly ever / clean the house
4. We / go dancing / tonight
5. I / sleep late / tomorrow morning
6. Cindy / go swimming / twice a week
7. Deanna / almost always / watch TV / on weeknights
8. They / work late / next Tuesday

15 Choose the correct response. Write the letter on the line.

1. "How often do you do aerobics?" a. Because I'm too busy.
2. "Where are you off to?" b. No, I'm not. I'm watching TV.
3. "How often do you go swimming?" c. I go to the gym once a week.
4. "When do you go dancing?" d. I hardly ever go to the pool.
5. "How come you're not going running tonight?" e. On Friday nights.
6. "Are you studying right now?" f. I'm meeting my sister at the pool in 15 minutes.