



HOW OFTEN DO YOU EXERCISE IN YOUR FREE TIME?

LEARNING OUTCOMES

STUDENTS WILL BE ABLE TO:

- » Talk about sports and exercise habits.
- » Ask and answer questions about frequency of free-time activities.

LESSON A

HOW OFTEN DO YOU RUN?

Talk about sports and exercise habit.

Ask and answer questions about frequency of free-time activities.

A. VOCABULARY

1. Which of these activities are popular with the following age groups in your country? Check (✓) the activities.

Activities	Children	Teens	Young adults	Middle-aged people	Older people
Soccer					
					
Swimming					
					
Jogging					
					
Yoga					
					



Crossfit					
					
Volleyball					
					
Martial Arts					
					
Gym					
					

Conversation

2. Read the conversation and answer the questions.

I EXERCISE EVERY DAY

Jake: Do you often play basketball?

Sarah: I usually play on weekends, but I sometimes join a game after work. How about you?

Jake: I hardly ever play basketball. I always go for a run instead.

Sarah: Really? I rarely run. I almost always prefer team sports.

Jake: Yeah, I occasionally join a soccer match, but running is my go-to.

Sarah: I never run long distances, but I admire people who do.





- a. How often does Sarah play basketball?
- b. Who always go for running?
- c. Who always prefer team sports?

B. GRAMMAR - Adverbs of frequency

Definition:

An adverb of frequency describes how often an action happens.

	Adverbs of frequency
100%	Always
90%	Usually
80%	Normally and Generally
70%	Often / Frequently
50%	Sometimes
30%	Occasionally
10%	Seldom
5%	Rarely
0%	Never

Adverbs of frequency: Affirmative sentences

S + ADVERB OF FREQUENCY + MAIN VERB + C (noun, adjective or preposition).

- a. I always wake up at 6 o'clock.
- b. I sometimes play tennis on the weekend.
- c. I rarely listen to the radio.



Adverb of frequency with be: Affirmative sentences

S + VERB TO BE + ADVERB OF FREQUENCY + COMPLEMENT
(noun, adjective or preposition).

EXAMPLES:

- a. I **am** usually late for class.
- b. She **is** never at home when i call.
- c. You **are** always very busy



Adverb of frequency: Negative sentences

S + AUX(DO-DOES) + NOT + ADVERB OF FREQUENCY + MAIN VERB+C
(noun, adjective or preposition).

The other option is using the adverb (never) to indicate 0% of frequency.

EXAMPLES:

- a. He never studies after class.
- b. I don't usually walk to work.

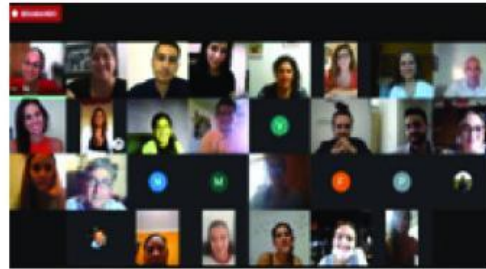


Basic structure in negative with the adverbs of frequency with be:

S + VERB TO BE+NOT + ADVERB OF FREQUENCY + COMPLEMENT
(noun, adjective, preposition).

EXAMPLES:

- a. She **isn't** *usually* at home.
- b. They **aren't** *often* in class with the camera off.



Adverbs of frequency: Interrogative sentences

AUX(DO-DOES) +S+ADVERB OF FREQUENCY+MAIN VERB+C
(noun, adjective or preposition).?

EXAMPLES:

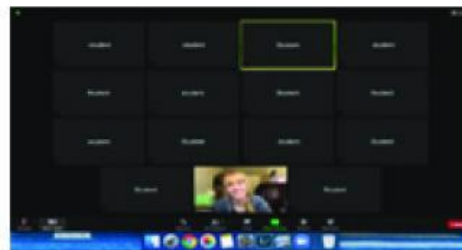
- a. **Does** he *never* study after class?
- b. **Do** you *usually* walk to work?



VERB TO BE+S+ADVERB OF FREQUENCY+COMPLEMENT
(noun, adjective or preposition)?

EXAMPLES:

- a. **Is** she *usually* at home?
- b. **Are** they *often* in class with the camera off?



1. Complete the statements. Write the adverbs in the correct place. Sometimes there is more than one correct answer. Then practice with a partner.

Adverbs	EXERCISES
ever	1.
almost always	A: Do you practice any sport? (ever)
twice a week	B: Sure. I practice basketball. (twice a week)
often	2.
hardly ever	A: What do you do on Sunday afternoons? (usually)
usually	B: Nothing much. I sleep until noon. (almost always)
always	3.
never	A: Do you lift weights at the gym? (often)
about three times a week	B: No, I lift weights. (hardly ever)
	4.
	A: Do you run on Saturday's morning? (always)
once a week	B: No, I run on Saturday's morning. (never)
	5.
	A: What do you do before to sleep? (usually)
every weekend	B: I go out with my classmates. (about three times a week)
	6.
	A: Do you go to the church? (often)
	B: Yes, I go to the church. (once a week)
	7.
	A: Do you go horse riding? (ever)
	B: No, I ride a horse. (hardly ever)
	8.
	A: Do you walk in the beach? (sometimes)
	B: Sure. I walk in the beach. (every weekend)



C. LISTENING

Watch the video and practice.

<https://www.youtube.com/watch?v=VAWo65QwP2c>



1. Listen and practice. Notice these statements with direct address.

There is usually falling intonation and a pause before the name.

PRONUNCIATION UNIT 6 EX 1.mp3



You have a lot of energy, Riley



You look tired, Aron.



I feel great, Dc. Yun.



2. Listen to the audio track. What is the main idea? Choose the correct option.

Listening unit 6.mp3

- a. A man invites his friend to the beach on Sunday morning.
- b. A man tells his friend some ideas about an ideal camping day.
- c. A man tells how good he is at extreme sports.

3. Listen to the audio track again. Circle true or false according to the conversation.

- a. The story is about a trip to the beach.

TRUE

FALSE



b. Charlie always goes to the beach on Sundays.

TRUE

FALSE

c. Charlie gets to know new girls on the beach.

TRUE

FALSE

d. David never goes to the beach on Sundays.

TRUE

FALSE

D. WRITING

1. Write about your weekly activities. Include your favorite activities, but don't say which one is your favorite.



Each week, I engage in a variety of activities that keep me both active and productive. Early in the week, I spend time working on projects that require creativity and focus, often brainstorming new ideas. I also dedicate some time to fitness, incorporating exercises such as running or strength training to keep my body energized. Midweek, I usually take some time to relax and recharge, often by engaging in hobbies that I find both calming and fulfilling. Toward the end of the week, I tend to focus on social activities, meeting up with friends or connecting with colleagues for collaboration. Additionally, I

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E. READING

1. Read and answer the following questions.

THE IMPORTANCE OF STAYING FIT AND HEALTHY



Maintaining a fit and healthy lifestyle is essential for overall well-being. Regular physical activity helps you build strength, improve endurance, and reduce the risk of chronic diseases like heart disease and diabetes. Along with exercise,

eating a balanced diet plays a key role in staying healthy. Foods rich in vitamins, minerals, and proteins give the body the energy it needs to function properly.

To stay fit, you don't have to spend hours in the gym. Simple activities like walking, cycling, swimming, or even dancing can make a big difference. Regular exercise not only helps you physically but also improves your mental health. It reduces stress, enhances mood, and helps you sleep better.

Staying hydrated is another important part of a healthy lifestyle. Drinking enough water keeps your body functioning optimally and supports your workouts. Setting small, achievable goals can keep you motivated on your fitness journey. Remember, it's about making consistent, long-term changes rather than seeking quick fixes.

- What is the title of the reading?
- What does the reading talk about?
- Do you recommend this reading? Why? or why not?

2. Match the words on the left with their definitions on the right.

- | | |
|---------------------|---|
| 1. Endurance | a) _____ A diet that includes the right amount of different nutrients. |
| 2. Chronic diseases | b) _____ Diseases that last for a long time, such as diabetes or heart disease. |



3. Hydrated c) _____ The ability to continue physical activity for a long time without getting tired.
4. Balanced diet d) _____ Having enough water in your body.

3. Read the statements and write (T) True or (F) False.

1. You need to spend hours at the gym to stay fit. _____
2. Regular exercise helps reduce stress. _____
3. Eating junk food is part of a balanced diet. _____
4. Staying hydrated supports your workout performance. _____
5. Mental health is not affected by physical activity. _____

F. SPEAKING

1. **GROUP WORK.** Take a survey in your group. Take turns asking each person these questions. If the answer is “Yes” you get 2 points and “NO” 1 point.

Fitness program				
				
1	2	3	4	5
Do you have a regular training program? Yes ☐ No ☐	Do you ever run a race? Yes ☐ No ☐ How often do you go? What do you do there?	Do you play any sport? Yes ☐ No ☐ Which ones? How often do you play them?	Do you ever take long jogging? Yes ☐ No ☐ How often? Where do you go?	Do you do anything else to keep fit? Yes ☐ No ☐ What do you do?

