

UNIT 4: HOW OFTEN DO YOU DO YOGA?

Vocabulary

A. Look at the picture. What are the activities? Look at the pictures and complete the crossword puzzle.



		1	2	W		3				
				E						
	4			I		5				
				G						
				H						
6		7		T						
				L						
				I						
				F						
				T						
				I		8				
				N						
9				G						



B. Complete the boxes with the names of sports.

<h1>Activities</h1> <p><i>migatosabeingles.com</i></p> <p>GO - PLAY - DO</p>	<p>GO + V-ing</p> <p>GO cycling GO running GO swimming</p>	
	<p>PLAY + sport (ball)</p> <p>PLAY football PLAY basketball PLAY ping pong</p>	
	<p>DO + activity (no -ing/no ball sport)</p> <p>DO yoga DO karate DO exercise</p>	

Listening

A. Listen to the conversation and complete the sentences.

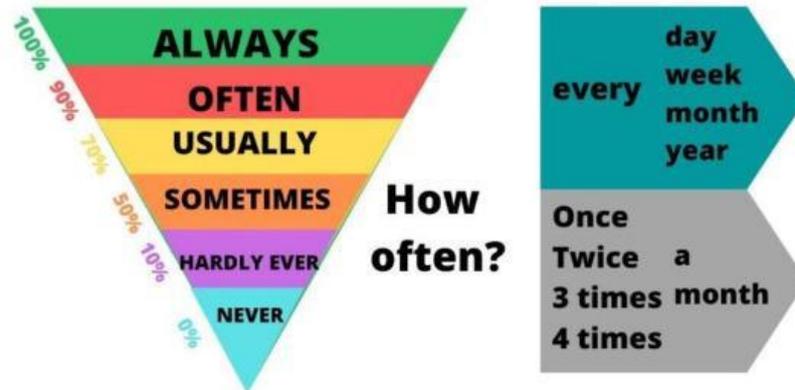
- Claire _____ or _____ to keep fit.
- She does that _____.
- She _____ goes to the gym.
- Brad _____ goes to the gym after work and play tennis about _____.



Language practice

Frequency adverbs and time expressions	Grammar Reference page 127						
	M	Tu	W	Th	F	Sa	Su
<p>Do you ever exercise after class?</p> <p>Yes, I always go running after school.</p> <p>Yes, I usually play tennis with my friend.</p> <p>Yes, I sometimes go swimming, but I never do yoga.</p>	✓	✓	✓	✓	✓	✓	✓
<p>How often do you exercise?</p> <p>I go running every day.</p> <p>I play tennis four times a week.</p> <p>I go swimming once a week.</p>		✓		✓		✓	✓
			✓				

ADVERBS & EXPRESSIONS OF FREQUENCY



B. Look at the information about Anna. Then complete the sentences.

	M	Tu	W	Th	F	Sa	Su
	✓			✓			
	✓	✓	✓	✓	✓	✓	✓
		✓	✓		✓		✓

- Anna usually does yoga.
- She plays tennis.
- She goes running .
- She goes swimming .
- She goes running.
- She does yoga .

C. What about you? Complete the conversations. Use your own ideas.

- A Do you ever ?
B Yes, I do.
A Really? How often ?
B .

- A Do you ever ?
B No, I don't. But I like .

Pronunciation. Final sounds

A. Listen. Notice how the final **s** sounds like /s/ or /z/. Does each word end in a /s/ or /z/ sound? Write **s** or **z**.

- | | |
|--------------------------------|--------------------------------------|
| 1. <u>s</u> tennis | 4. <input type="text"/> sometimes |
| 2. <input type="text"/> always | 5. <input type="text"/> swims |
| 3. <input type="text"/> class | 6. <input type="text"/> martial arts |

Pronunciation of S AT THE END OF WORDS

/ɪz/
SIBILANT

- C races
- S buses
- X boxes
- Z prizes
- SS kisses
- CH watches
- SH dishes
- GE changes

/ɪz/ Sometimes written as /əz/

/s/
VOICELESS

- P sleeps
- K books
- T hats
- F cliffs
- GH laughs
- PH graphs

/z/
VOICED

- B crabs
- D words
- G bags
- L falls
- M dreams
- N fans
- NG sings
- R wears
- V gloves

There are 3 ways of pronouncing S at the end of a word in English. The pronunciation of words ending in S depends on the final consonant sound.

Words that end in a vowel sound use the /z/ pronunciation for S.
e.g. -- plays -- sees -- tries -- follows -- continues

www.grammar.cl www.woodwardenglish.com www.vocabulary.cl

Woodward
ENGLISH

- **Sibilant Sound** -
= a hissing or buzzing sound.

- **Voiceless Sound** -
= the vocal cords do not vibrate.

- **Voiced Sound** -
= uses the vocal cords and they produce a vibration or humming sound in the throat.

© Woodward English

Listening

A. Listen to the conversation and write the names of the sports you hear.

B. Listen to interviews with three people. Complete the chart.

	Name	Age	Job
1.	Diane	<input style="width: 80%;" type="text"/>	<input style="width: 80%;" type="text"/>
2.	Tony	<input style="width: 80%;" type="text"/>	<input style="width: 80%;" type="text"/>
3.	Sandy	<input style="width: 80%;" type="text"/>	<input style="width: 80%;" type="text"/>

C. Listen again. Complete the sentences about the people.

1. Diane: a. I go three times a week.
b. I go surfing in the .
2. Tony: a. I sometimes go , but that's all.
b. I every day.
3. Sandy: a. I like to go in the winter.
b. In the summer, I go to the beach every day.

Listening Plus

A. Listen to more of the interviews and choose the correct answers.

- How often does Diane go to the gym?
 a. every day b. on the weekend c. never
- How often does Tony go to the gym?
 a. never b. every week c. two or three times a year
- What does Sandy do at the gym?
 a. She meets her friends. b. She swims. c. She does weightlifting.

Reading

YOU WANT TO PLAY IN THE NBA? READ ON...

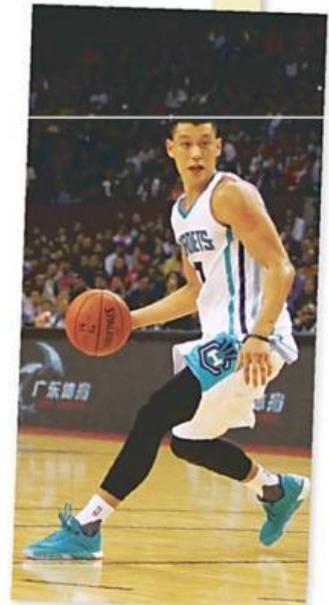
Basketball is a very popular sport all over the world. Young **players** from all countries dream of becoming **professional** players, and they want to play in the best **league** in the world, the NBA (National Basketball Association).

What's it like playing at the top level of this amazing sport?

Professional basketball is a hard, non-stop sport, and the players are very tall and fast. They need a lot of energy, and they need to be very fit. They never stop **training**—in the gym, on the running track, and on the court. When the **season** starts in October, training gets really serious.

Superstar Jeremy Lin was born in California. He is the first Chinese-American to play in the league. He is also the first NBA player to score more than twenty points in his first five games. Jeremy Lin doesn't like running. He usually trains with the basketball in his hand, doing the same **moves** again and again. After training, he often does yoga. And his favorite sport is... soccer! He can't play both sports because they are both in the same season.

CRAZY FACT: Jeremy Lin is 1.91 meters tall, but his parents are only 1.68 meters tall!



ONLINE
PRACTICE

A. Read the article. Complete the questions. Then match them with the answers.

- | | | | |
|-------------------------|-------------------------------------|--------------------------|----------------|
| 1. <input type="text"/> | was Jeremy Lin born? | <input type="checkbox"/> | a. yoga |
| 2. <input type="text"/> | does the NBA season start? | <input type="checkbox"/> | b. 1.68 meters |
| 3. <input type="text"/> | does Lin like doing after training? | <input type="checkbox"/> | c. California. |
| 4. <input type="text"/> | tall are his parents? | <input type="checkbox"/> | d. in October. |

B. Read the article again. Choose (x) True or False.

- | | True | False |
|--|--------------------------|--------------------------|
| 1. There are players from all over the world in the NBA. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Jeremy Lin is the first Chinese NBA player. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. NBA players only train on the basketball court. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Lin is a professional soccer player, too. | <input type="checkbox"/> | <input type="checkbox"/> |

EXERCISES

A. Answer the questions about you. Use adverbs of frequency in your answers.

1. What do you always do on the weekend?

2. What do you always do in the evenings?

3. What time do you usually get up in the mornings?

4. Where do you often go after class?

5. Where do you sometimes eat lunch?

6. What do you hardly ever do in your free time?

7. Who do you seldom talk to?

8. What do you never watch on TV?
