6 How often do you run?

1 Complete the chart. Use words from the box.

baseball	soccer	basketball	volleyball	football
walking	jogging	weight training	Pilates	yoga

Sports	Fitness activities
baseball	





2 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
   _____?

LIVEWORKSHEETS

3 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.

4 Keeping fit?

A Check (✓) how often you do each of the things in the chart.

	Every day	Once or twice a week	Sometimes	Not very often	Never
do martial arts	☐	☐	☐	☐	☐
play basketball	☐	☐	☐	☐	☐
exercise	☐	☐	☐	☐	☐
go jogging	☐	☐	☐	☐	☐
go bowling	☐	☐	☐	☐	☐
play soccer	☐	☐	☐	☐	☐
go swimming	☐	☐	☐	☐	☐
do weight training	☐	☐	☐	☐	☐

B Drag and drop the sequence words or expressions where they belong.

I exercise _____ because I like to stay healthy. I go jogging _____, and I _____ play soccer with my friends. I don't do martial arts or weight training _____. I _____ go bowling because I don't have time. Swimming is one of my favorite activities, so I go swimming _____.

never **once a week** **every day** **very often** **sometimes** **twice a week**

LIVEWORKSHEETS

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

1. Katie never *exercises*. She's a real couch potato.
2. How often do you _____ martial arts?
3. I like to stay in _____. I play sports every day.
4. Jeff does weight _____ every evening. He lifts 50-pound weights.
5. Arturo goes _____ twice a week. He usually runs about three miles.
6. Miho often _____ TV in the evening.
7. Maria is on the _____ team at her high school. She's good at passing the ball.
8. Judy never goes _____ when the water is cold.
9. Kyle often _____ bike riding on weekends.
10. I run on the _____ at the gym three times a week.
11. In Canada, many people like to play _____ outside in the winter.



LIVEWORKSHEETS

A Read the descriptions of three unique sports that are played in different parts of the world.

Capoeira



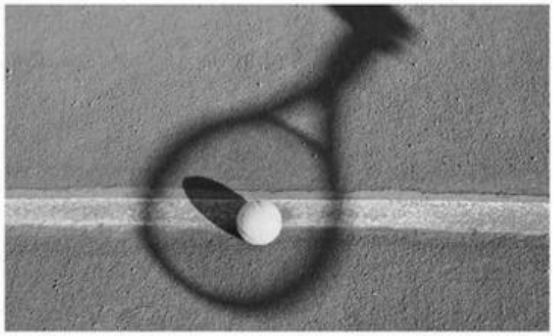
Capoeira is a sport that comes from Brazil. It is part martial art, part dance, and part game. The legs do most of the work in this sport. Capoeiristas kick, jump, and dance to the music of stringed instruments, drums, bells, and rattles. Although the two people are fighting and defending themselves, 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	☐	☐	☐

LIVEWORKSHEETS

8 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.

9 Look at the answers. Write questions using *how*.

1. **A:** *How long do you spend exercising?*
   B: I don't spend any time at all. In fact, I don't exercise.
2. **A:** _____ at playing football?
   B: I'm pretty good at it. I'm on the school team.
3. **A:** _____ for a walk?
   B: Almost every day. I really enjoy it.
4. **A:** _____
   B: Baseball? Pretty well, I guess. Yeah, I like it a lot.
5. **A:** _____
   B: I spend about an hour jogging.

LIVEWORKSHEETS

10 Rewrite these sentences. Find another way to say each sentence using the words given.

1. I don't go bike riding very often.
   I hardly ever go bike riding. (hardly ever)
2. Tamara exercises twice a month.
   _____ (not very often)
3. Patty tries to keep fit.
   _____ (stay in shape)
4. Ricardo often exercises at the gym.
   _____ (work out)
5. I go jogging every day after work.
   _____ (always)
6. How good are you at tennis?
   _____ (play)

11 What do you think about fitness and sports? Choose the best answer.

1. Do you like to exercise for a short time or a long time?
   _____
   _____
2. Do you prefer exercising in the morning or in the evening?
   _____
   _____
3. Which do you like better, walking or jogging?
   _____
   _____
4. Which do you like better, team sports or individual sports?
   _____
   _____
5. How good are you at sports like basketball and tennis?
   _____
   _____
6. What is a sport or game you don't like?
   _____
   _____



LIVEWORKSHEETS