

Adverbs of Frequency and Vocabulary (unit 6 book 1)

I. Unscramble and write the verb according to the noun.

1. My brother/run / sometimes /on weekends.

_____.

2. Stretch / I / always / before a work out.

_____.

3. active /A couch potato / almost never / is.

_____.

4. Do / aerobics / My sister / usually/ on Tuesdays and Fridays.

_____.

5. I / weight train / hardly ever.

_____.

II. Choose the best answer.

1. Do you ever play sports? ____

a. Yes, I often do.

2. How often does your sister run.? ____

b. Usually I go bowling on Saturdays and visit my parents on Sundays.

3. Do you ever sing in the shower? ____

c. No, I hardly ever play sports, I'm a couch potato.

4. Do you ever exercise in your house? ____

d. Yes, sometimes I do but I prefer going to the gym.

5. What do you usually do on weekends? ____

e. about three times a week.

III. Vocabulary builder

Sports nut	junk food	free time
Fundraiser	tip	couch potato
Healthy	real	teen
Athlete	gym rat	fitness freak
Tired	middle-aged	keep fit

1. When you are _____ you have little energy.

2. We raised money to help children in a _____.

3. My cousin is seventeen years old, she is a _____. Her mother is forty five she is _____.

4. A _____ is a piece of advice.

5. A _____ is a sports fan and an _____ is someone who is good at sports.

6. A _____ is obsessed with working out.

7. Tom spends more time at the gym than in his house. He is a _____.

8. My brother is very lazy. He is a _____.

9. _____ is not _____. It isn't _____ food.

10. My mother works a lot but in her _____ she works out to _____.

