LESSON B

YOU´RE GREAT IN SHAPE

Yes, and questions, short answers and

WH- information questions

A. VOCABULARY

1. What kind of sport do you do?

My favorite sport is _____

_____

_____

_____

How often do you do exercise? _____

_____

_____

_____



a. Soccer



b. Basketball



c. Cycling



d. Tennis

LIVEWORKSHEETS

Conversation

DO YOU USUALLY EXERCISE?



Liam: Do you usually go to the gym in the morning?

Mia: Yes, I always prefer morning workouts. What about you?

Liam: I often go in the evening, but I sometimes miss my sessions when I'm busy.

Mia: That happens to me too! But I rarely skip my routine. I almost always find time for it.

Liam: Impressive! I never manage to stick to a strict schedule like that.

Mia: It takes time. I occasionally have to adjust, but consistency is key.

1. Choose the correct answer. Adverbs of frequency in the present simple.

a. He usually doesn't go to bed late. b. He doesn't go to bed late usually.	b) My father doesn't hardly ever watch football on TV.
c. He doesn't usually go to bed late. d. Does he go usually late to bed?	c) My father watches hardly ever football on TV. d) My father watches football on TV hardly ever. e) My father hardly ever watches football on TV.

LIVEWORKSHEETS

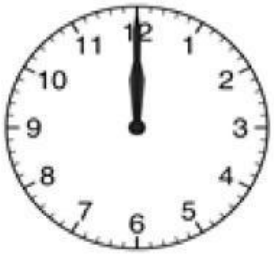
a. Never we eat fast food. b. We eat never fast food. c. We eat fast food never. d. We never eat fast food.	a. Do often you go to the cinema? b. Do you often go to the cinema? c. Do you go often to the cinema? d. Do you go to the cinema often?

B. GRAMMAR

WH questions with HOW; short answers	
How often do you go to work in the office? **Every day**. **Twice a week.** **Not very often**. **How long** do you spend at the gym? **Thirty minutes a day** **Two hours a week**. **About an hour on weekends**.	**How well** do you play basketball? **Pretty well**. **About average**. **Not very well**. **How good** at you at sports? **Pretty good**. **Ok**. **Not so good**.

1. **How often** do you work out? 	I work out ..... **Every day. Twice a week. Not very often**. 

LIVEWORKSHEETS

2. **How long** do you spend at the gym? 	I spend at the gym ..... **Thirty minutes a day. Two hours a week. About an hour on we.** 
3. **How well** do you play tennis? 	I play tennis ..... **Pretty well. About average. Not very well.** 
4. **How good** at you at sports? 	I am ..... **Pretty good. Ok. Not so good.** 

C. LISTENING

1. Listen to Rachel, Nicholas, Zack and Jennifer discuss sports and exercises.

Who is a couch potato? A fitness freak? A sport nut? A gym rat?

LISTENING C UNIT 6 U R IN GREAT SHAPE.mp3

a couch potato 1._____	a fitness freak? 2._____	a sports nut? 3._____	a gym rat? 4._____
			

LIVEWORKSHEETS

D. READING

1. Read the information and answer the questions.

How Often Do You Perform Daily Activities?



Everyone has different habits when it comes to their daily routines. Some people follow a strict schedule, while others are more flexible. Let's explore how frequently people perform certain activities.

Emma enjoys staying active, but she doesn't always have time for the gym. When asked **how often** she exercises, she says, "I **usually** exercise three times a week, but it depends on my work schedule." Her friend Mike, on the other hand, prefers outdoor activities. **How often** does he go hiking? "I **sometimes** hike on the weekends when the weather is good," he explains.

Cooking is another activity that varies from person to person. Emma loves trying new recipes, so she **always** cooks at home. Mike, however, isn't much of a chef. "I **rarely** cook. I prefer to order takeout," he says.

Now, think about your own routine. **How often** do you do the following activities?

1. How often do you exercise?

a) Always

b) Sometimes

c) Rarely

d) Never

LIVEWORKSHEETS

2. How often do you cook at home?

a) Always

b) Usually

c) Seldom

d) Never

3. How often do you go hiking?

a) Often

b) Sometimes

c) Rarely

d) Never

4. How often do you read before bed?

a) Always

b) Often

c) Occasionally

d) Never

E. WRITING

1. Write about your free-time activities you do.

LIVEWORKSHEETS

F. SPEAKING

1. **Discuss in pairs what activities did Kara and Mike mention?**
2. **Underline the free activities mentioned and how frequently each character does.**

Free Time Activities
Kara: Hi, Mike! How's it going? What do you usually do in your free time?
Mike: Hey, Sara! I'm doing well, thanks. In my free time, I usually go for a run or play basketball with friends. How about you? **How often** do you exercise?
Kara: I exercise **sometimes**, maybe two or three times a week, but it depends on my schedule. I prefer yoga because it helps me relax. **How often** do you play basketball?
Mike: I **usually** play basketball every weekend, and I run about four times a week. It's my way to stay active and clear my mind. What do you do when you're not exercising?
Kara: Well, I **often** read books. I love fiction, so I spend a lot of time reading novels. I also like to paint, but I **rarely** have time for it these days. **How often** do you do creative activities?
Mike: Creative activities? Hmm… I **sometimes** play the guitar in my free time, but I wouldn't say I'm great at it. I only do it **once in a while**. Do you watch TV or movies in your free time?
Kara: Oh yes! I **always** watch TV shows at night. It helps me unwind after a long day. I'm really into documentaries lately. **How about you**?
Mike: I **rarely** watch TV. I prefer spending my free time outdoors. But when I do watch something, I like action movies. **Do you ever travel on weekends**?
Kara: I **sometimes** travel, but not too often. I prefer to stay home and relax. **How often** do you go on trips?
Mike: I **occasionally** take weekend trips, especially if I need a break from the city. It's nice to explore new places.

3. **Share with your classmate about activities that you do. Highlight adverbs of frequency.**

LIVEWORKSHEETS

LESSON C

HOW OFTEN DO YOU EXERCISE IN YOUR FREE-TIME?

Autonomous work 6

A. VOCBULARY

1. List of Adverbs of Frequency: First, review the list of adverbs of frequency and their approximate meaning in percentage of time:

Always (100%):
Usually (80-90%):
Often (60-70%):
Sometimes (40-50%):
Occasionally (30%):
Seldom (10-20%):
Rarely (10%):
Never (0%):

2. Complete the following sentences using the appropriate adverb of frequency according to the situation:

a. I _____ brush my teeth before going to bed.

b. She _____ forgets her homework, but it happens once in a while.

c. They _____ go to the movies on weekends because they love films.

d. We _____ travel abroad, maybe once every few years.

e. He _____ eats fast food. He prefers cooking healthy meals at home.

3. Complete the columns with adverbs of frequency that best describe how frequently you do the following activities.

ACITVITY	ADVERB OF FREQUENCY
Do excercise	
Watch TV	
Read books	

LIVEWORKSHEETS

Hang out with friends	
travel	
Use social networks	

B. GRAMMAR

1. Rewrite the sentences. Add the adverb of frequency in the correct position. Use the adverbs in parentheses.

1. She goes to the gym. (always)

_____.

2. They are late for meetings. (often)

_____.

3. We cook dinner at home. (usually)

_____.

4. I forget my keys. (sometimes)

_____.

5. He watches TV in the evening. (never)

_____.

2. Complete the sentences with the correct adverb.

Choose the most appropriate adverb of frequency to complete the following sentences.

alway usually often sometimes seldom rarely never

1. I _____ go swimming on weekends, maybe twice a month.
2. He is _____ late for class. He's very punctual.
3. They _____ go hiking, but only if the weather is good.
4. I _____ eat breakfast before leaving for work.
5. My parents _____ watch TV after dinner. They prefer reading.

LIVEWORKSHEETS

C. READING

A day in Jake's life



Jake is a busy college student, but he always finds time to balance his studies and hobbies. Let's take a look at how often he performs certain activities during the week.

Jake **always** wakes up early. He sets his alarm for 6:00 AM every day and **never** hits the snooze button. After getting up, he **usually** exercises for about 30 minutes. He likes jogging in the park or doing some yoga at home. Jake **often** eats a healthy breakfast, like oatmeal or fruit smoothies, but he **sometimes** skips it when he's running late for class.

During the day, Jake spends most of his time studying. He **always** attends his classes and takes notes, but he **rarely** goes to the library. He prefers to study at home where it's quiet. After his classes, he **usually** spends a couple of hours doing homework.

In the evening, Jake likes to relax. He **often** plays video games or watches movies, but he **seldom** watches TV. On weekends, he **occasionally** meets his friends to hang out or watch a football game. Jake **never** stays up late, though. He **always** tries to get at least 8 hours of sleep.

1. Mark each statement as True or False according to the reading.

A. Jake **never** exercises in the morning.

B. Jake **rarely** goes to the library to study.

C. Jake **always** attends his classes and takes notes.

D. Jake **often** skips breakfast.

E. Jake **never** stays up late at night.

LIVEWORKSHEETS

2. Complete the sentences with the correct adverb of frequency from the reading (always, usually, often, sometimes, seldom, rarely, never).

A. Jake _____ exercises for about 30 minutes after waking up.

B. He _____ hits the snooze button when his alarm goes off.

C. Jake _____ watches TV in the evening, but he prefers video games or movies.

D. He _____ meets his friends on the weekends to hang out.

E. Jake _____ skips breakfast, but only when he's running late.

D. WRITING

1. Write a short paragraph (5-6 sentences) describing your own daily routine. Use at least three different adverbs of frequency to describe how often you do certain activities.

_____
_____
_____
_____
_____.

_____
_____
_____
_____.

D. LISTENING

1. Listen to the recording and choose the correct answer for each question.

Listening D unit 6 part C.mp3

1. **How often** does Emma drink coffee in the morning?

a) Sometimes

b) Always

c) Rarely

LIVEWORKSHEETS

2. **How often** does Emma skip breakfast?

a) Sometimes

b) Always

c) Never

3. **How often** does Emma take short breaks during the day?

a) Often

b) Rarely

c) Sometimes

4. **How often** does Emma watch TV in the evening?

a) Always

b) Often

c) Rarely

5. **How often** does Emma stay up late at night?

a) Never

b) Sometimes

c) Always

2. Listen again and fill in the blanks with the correct adverb of frequency.

Listening D unit 6 part C.mp3

1. Emma _____ drinks coffee in the morning.
2. She _____ skips breakfast.
3. She _____ checks her emails after breakfast.
4. Emma _____ takes short breaks to go for a walk.
5. She _____ watches TV in the evening.

LIVEWORKSHEETS

E. SPEAKING

1. In pairs or small groups, discuss the following questions using adverbs of frequency:

1. How often do you wake up early during the week?
2. How often do you exercise in the morning?
3. How often do you skip breakfast?
4. How often do you go out with friends on weekends?
5. How often do you stay up late at night?

LIVEWORKSHEETS