

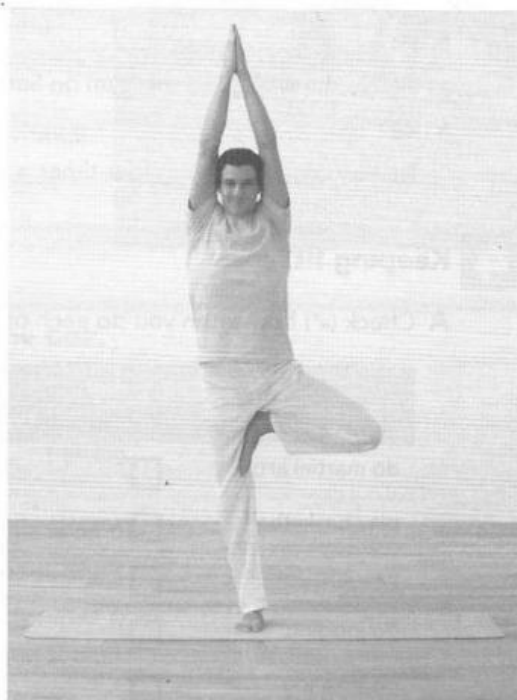
## 6

## How often do you run?

## 1 Complete the chart. Use words from the box.

baseball  
walkingsoccer  
joggingbasketball  
weight trainingvolleyball  
Pilatesfootball  
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

?

### 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
play basketball	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go jogging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go bowling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
play soccer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
go swimming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
do weight training	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

B Write about your fitness habits using the information in the chart.

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## 5 Complete this conversation with the correct prepositions. Write them in the correct places.

**Kelly:** What time do you go swimming <sup>in</sup> 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	ice hockey	soccer	treadmill	goes	jogging
swimming	watches	exercises	shape	training	

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





## 7 Sports around the world

- A Read the descriptions of three unique sports that are played in different parts of the world. Which sport do you want to try? Why?

### Capoeira



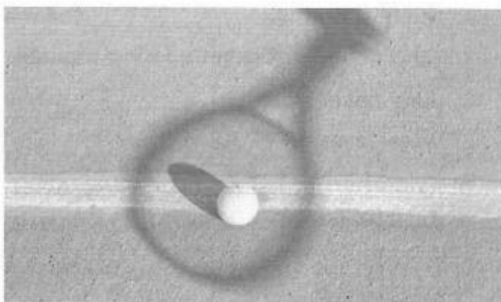
Capoeira is a sport that comes from Brazil. It is part martial art, part dance, and part game. The legs do most of the work in this sport. Capoeiristas kick, jump, and dance to the music of stringed instruments, drums, bells, and rattles. Although the two people are fighting and defending themselves, 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	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. run very fast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. know what your opponent is thinking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. get a ball in a net	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. move with music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. hit a ball over a net	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 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.

# 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? Answer these questions.

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

