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HOW OFTEN DO YOU RUN?

- Discuss sports and exercise habits.
- Ask and answer questions about frequency of free-time activities.

1 Complete the paragraph with the correct activities.

On weekends, my family likes to stay active. My little brother enjoys playing _____ with his friends at the park, while my sister prefers _____ because she loves being in the water. My dad usually goes _____ early in the morning to stay fit, and sometimes he also does _____ at the fitness center. My mom likes relaxing activities, so she practices _____ and _____ at home.

As for me, I love doing _____ because it helps me learn discipline. Sometimes, we all go _____ together for fun, or my parents play _____ at a nearby club. In the afternoons, we often go _____ in the park, and occasionally we play _____ at the beach.

2 Complete with the correct words: never, usually, hardly ever, sometimes, always.

1. I _____ drink coffee in the morning because I feel very sleepy.
2. She _____ goes to the gym; maybe once or twice a year.
3. We _____ have dinner together on weekends.
4. He _____ watches movies after work, but not every day.
5. They _____ travel abroad because they don't like flying.



3 Drag the correct word to complete each sentence.

always

usually

often

never

1. I _____ read a book before going to sleep.
2. My brother _____ eats vegetables because he doesn't like them.
3. We _____ visit our grandparents on Sundays.
4. She _____ goes running in the morning, about three times a week.

