

Sports and Fitness Activities

- **Read the paragraphs and complete the exercises**



I'm Junior. I like to practice sports and fitness activities. I like basketball, tennis, swimming, and jogging. I practice basketball for three hours every day. I practice tennis once a week. I am very good at swimming. I always practice swimming. Finally, I like to jog twice a week for one hour.

Activities he does, goes, and plays

- Do:
- Go:
- Play:

Answer the questions

- How long does Junior practice basketball?
_____.
- How often does he practice tennis?
_____.
- How good is he at swimming?
_____.
- How long does Junior practice jogging?
_____.



I'm Rachell. I like to exercise and do some sports. I practice gymnastics once a week. I exercise at the gym four times a day for two hours. I can do sit-ups and push-ups very well. I also practice soccer sometimes. I like to practice cycling, but I'm not very good at it. Finally, I often practice yoga for one hour.

Activities she does, goes, and plays

- Do:
- Go:
- Play:

Answer the questions

- How often does Rachell practice gymnastics?
_____.
- How long does Rachell exercise?
_____.
- How well does Rachell do sit-ups and push-ups?
_____.
- How good is Rachell at cycling?
_____.
- How often does Rachell practice yoga?
_____.

- **Mention one sport or fitness activity you can do, go, and play and answer the questions**

Do	How long do you do it?
Go	How often do you go?
Play	How good are you at playing that?