

How often do you run?

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

1 SNAPSHOT

Top Sports and Fitness Activities in the United States



Sports

- ☐ football
- ☐ baseball
- ☐ soccer
- ☐ ice hockey
- ☐ basketball

Fitness Activities

- ☐ treadmill
- ☐ running/jogging
- ☐ walking
- ☐ bowling
- ☐ weight training



Do people in your country enjoy any of these sports or activities?
Check (✓) the sports or fitness activities you enjoy.
Make a list of other activities you do. Then compare with the class.

2 WORD POWER Sports and fitness

A Which of these activities are popular with the following age groups in your country? Check (✓) the activities. Then compare with a partner.

	Children	Teens	Young adults	Middle-aged people	Older people
bike riding	☐	☐	☐	☐	☐
golf	☐	☐	☐	☐	☐
jogging	☐	☐	☐	☐	☐
martial arts	☐	☐	☐	☐	☐
Pilates	☐	☐	☐	☐	☐
soccer	☐	☐	☐	☐	☐
swimming	☐	☐	☐	☐	☐
volleyball	☐	☐	☐	☐	☐
yoga	☐	☐	☐	☐	☐

B **PAIR WORK** Which activities in part A are used with *do*, *go*, or *play*?

do martial arts go bike riding play golf



3 CONVERSATION I run every day.

A Listen and practice.

- Aaron:** You have a lot of energy, Riley. Do you exercise a lot?
- Riley:** Well, I get up early and run on the treadmill for an hour every day.
- Aaron:** Seriously?
- Riley:** Sure. And I do weight lifting.
- Aaron:** Wow! How often do you lift weights?
- Riley:** I usually do it about three times a week. What about you?
- Aaron:** Oh, I hardly ever exercise. I usually just watch TV or listen to music in my free time. I guess I'm a real couch potato!



B Listen to the rest of the conversation. What else does Riley do in her free time?

4 GRAMMAR FOCUS

Adverbs of frequency

How often do you exercise?

I run on the treadmill **every day**.

I go jogging **once a week**.

I play soccer **twice a month**.

I swim about **three times a year**.

I don't exercise very **often/much**.

Usually I exercise before class.*

Do you **ever** watch TV in the evening?

Yes, I **often** watch TV after dinner.

I **sometimes** watch TV before bed.

Sometimes I watch TV before bed.*

I **hardly ever** watch TV.

No, I **never** watch TV.

100%

0%

always
almost always
usually
often
sometimes
hardly ever
almost never
never

*Usually and sometimes can begin a sentence.

GRAMMAR PLUS see page 137

A Put the adverbs in the correct place. Sometimes there is more than one correct answer. Then practice with a partner.

1. **A:** Do you play sports? (ever)

B: Sure. I play soccer. (twice a week)

2. **A:** What do you do on Saturday mornings? (usually)

B: Nothing much. I sleep until noon. (almost always)

3. **A:** Do you lift weights at the gym? (often)

B: No, I lift weights. (hardly ever)

4. **A:** Do you exercise on Sundays? (always)

B: No, I exercise on Sundays. (never)

5. **A:** What do you do after class? (usually)

B: I go out with my classmates. (about three times a week)

6. **A:** Do you go to the movies? (often)

B: Yes, I go to the movies. (once a week)

7. **A:** Do you go bike riding? (ever)

B: No, I ride a bike. (hardly ever)

8. **A:** Do you walk to school? (sometimes)

B: Sure. I walk to school. (five days a week)

B PAIR WORK Take turns asking the questions in part A. Give your own information when answering.

5 PRONUNCIATION Intonation with direct address

- A** Listen and practice. Notice these statements with direct address.
There is usually falling intonation and a pause before the name.
- You have a lot of energy, Riley. You look tired, Aaron. I feel great, Dr. Yun.
- B PAIR WORK** Write four statements using direct address. Then practice them.

6 SPEAKING Fitness programs

- A GROUP WORK** Take a poll in your group. Take turns asking each person these questions.
Each person gets two points for each Yes answer and one point for each No answer.

				
1	2	3	4	5
Do you have a regular fitness program?	Do you ever go to a gym?	Do you play any sports?	Do you ever take long walks?	Do you do anything else to keep fit?
YES ☐ NO ☐	YES ☐ NO ☐	YES ☐ NO ☐	YES ☐ NO ☐	YES ☐ NO ☐
How often do you exercise?	How often do you go? What do you do there?	Which ones? How often do you play them?	How often? Where do you go?	What do you do?

- B GROUP WORK** Add up your points and study the results of the poll.
Who in your group got at least six points?
- C CLASS WORK** Tell the class about one of the people in your group.
"Cynthia does Pilates twice a week, and sometimes she goes jogging. She doesn't . . ."

7 LISTENING I swim twice a week.

- A** Listen to three people discuss what they like to do in the evening.
Complete the chart.

	Activity	How often?
Joseph		
Victoria		
Carlos		

- B** Listen again. Who is most similar to you – Joseph, Victoria, or Carlos?

8 DISCUSSION Olympic sports and athletes

GROUP WORK Take turns asking and answering these questions.

Can you remember the names of five Olympic sports?

What are they?

Do you ever watch Olympic sports on TV? Which ones?

Would you like to see Olympic sports live? Why? Why not?

Do you prefer the summer or winter Olympics? Why?

What's your favorite Olympic sport? Why?

What's an Olympic sport that you really don't like? Why not?

Who's a famous male athlete in your country? What sport does he play?

Who's a famous female athlete? What sport does she play?



9 WRITING Your weekly activities

A Write about your weekly activities. Include your favorite activity, but don't say which one is your favorite.

I usually exercise four or five times a week. I always do yoga on Mondays and Wednesdays. I often go jogging in the morning on Tuesdays and Thursdays. I sometimes go to the beach and play volleyball with my friends on weekends. I...

B GROUP WORK Take turns reading your descriptions. Can you guess your partners' favorite activities?

"Your favorite activity is volleyball, right?"

10 CONVERSATION You're in great shape.

A Listen and practice.



STEPH You're in great shape, Mick.



MICK Thanks. I guess I'm a real fitness freak.



STEPH How often do you work out?



MICK Well, I go swimming and lift weights every day. And I play tennis three times a week.



STEPH Tennis? That sounds like a lot of fun.



MICK Oh, do you want to play sometime?



STEPH Uh... how well do you play?



MICK Pretty well, I guess.



STEPH Well, all right. But I'm not very good.



MICK No problem. I'll give you a few tips.



B Listen to Mick and Steph after their tennis match. Who's the winner?

11 GRAMMAR FOCUS

Questions with *how*; short answers

How often do you work out?

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 tennis?

Pretty well.

About average.

Not very well.

How good are you at sports?

Pretty good.

OK.

Not so good.

GRAMMAR PLUS see page 137

A Complete these questions. Then practice with a partner.

1. **A:** _____ at sports?

B: I guess I'm pretty good. I play a lot of different sports.

2. **A:** _____ spend online?

B: About an hour after dinner. I like to chat with my friends.

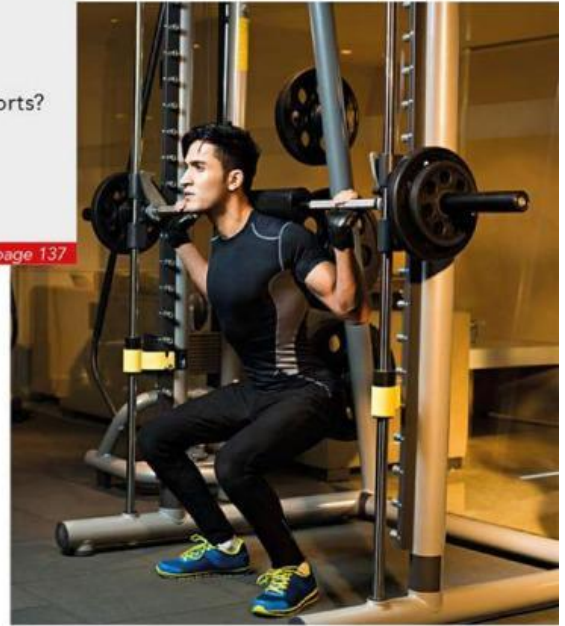
3. **A:** _____ go to the beach?

B: Once or twice a month. It's a good way to relax.

4. **A:** _____ swim?

B: Not very well. I need to take swimming lessons.

B GROUP WORK Take turns asking the questions in part A. Give your own information when answering. Then ask more questions with *how often*, *how long*, *how well*, and *how good*.



12 LISTENING You're in great shape!

Listen to Rachel, Nicholas, Zack, and Jennifer discuss sports and exercise. Who is a couch potato? a fitness freak? a sports nut? a gym rat?



a couch potato



a fitness freak



a sports nut



a gym rat

1. _____

2. _____

3. _____

4. _____

13 INTERCHANGE ACTIVITY What's your talent?

Find out how well your classmates do different activities. Go to Interchange 6 on page 120.

14 READING

A How healthy and fit do you think you are? Skim the questions. Then guess your health and fitness score from 0 (very unhealthy) to 50 (very healthy).



FIT AND HEALTHY?

Take the quiz!

1. How many servings of fruits or vegetables do you eat each day?

- | | |
|-----------------------------------|---|
| Five or more. | 5 |
| Between one and four. | 3 |
| I don't eat fruits or vegetables. | 0 |

2. How much sugar do you use in food and drinks?

- | | |
|---|---|
| I hardly ever use sugar in my food and drink. | 5 |
| A little, but I'm careful. | 3 |
| A lot. I love sugar! | 0 |

3. How often do you eat junk food?

- | | |
|-----------------------|---|
| Never. | 5 |
| Maybe once a week. | 3 |
| As often as possible. | 0 |

4. How many glasses of water do you drink each day?

- | | |
|-----------------------------|---|
| Eight or more. | 5 |
| Between one and three. | 3 |
| I almost always drink soda. | 0 |

5. Do you eat oily fish (for example, sardines, salmon)?

- | | |
|-------------------------------|---|
| Yes, I love fish! | 5 |
| Yes, about twice a month. | 3 |
| No, I really don't like fish. | 0 |

6. How often do you exercise?

- | | |
|-------------------------------|---|
| I usually exercise every day. | 5 |
| Two or three times a week. | 3 |
| What's exercise? | 0 |

7. Do you walk or bike to work or school?

- | | |
|------------------------|---|
| Yes, whenever I can. | 5 |
| I do when I have time. | 3 |
| No, never. | 0 |

8. Is fitness important to you?

- | | |
|--------------------------------|---|
| Yes, it's extremely important. | 5 |
| I think it's pretty important. | 3 |
| No, it's not important at all. | 0 |

9. What do you do on weekends?

- | | |
|--|---|
| I play as many kinds of sports as I can! | 5 |
| I sometimes go for walks or bike rides. | 3 |
| I watch TV all day long. | 0 |

10. When you're at work or school, how active are you?

- | | |
|--|---|
| Very active. I walk around a lot. | 5 |
| A little active. I go for a walk at lunchtime. | 3 |
| I sit at my desk and order lunch. | 0 |

RATE YOURSELF!

42 to 50: Good job! You're doing all the right things for a healthy life.

28 to 41: You're on the right track. With a little more work, you'll be great.

15 to 27: Keep trying! You can be very fit and healthy, so don't give up!

14 or below: It's time to improve your health and fitness. You can do it!



B Take the quiz and add up your score. Is your score similar to your original guess? Do you agree with your score? Why or why not?

C **GROUP WORK** Compare your scores. Who is healthy and fit? What can your classmates do to improve their health and fitness?