

6 How often do you run?

Exercise 1

Sports	Fitness activities
baseball	jogging
basketball	Pilates
football	walking
soccer	weight training
volleyball	yoga

Exercise 2

- Does Ryan ever do yoga?
- How often do you go swimming?
- I almost never go jogging.
- They hardly ever play basketball.
- What do you usually do on Sundays?

Exercise 3

- A: What do you usually do after work?
B: Well, I usually do martial arts or watch TV after work.
- A: Do you ever play sports on weekends?
B: Yes, I sometimes play sports on weekends – usually soccer.
- A: How often do you exercise?
B: I don't exercise very often at all.
- A: Do you ever go to the gym on Saturdays?
B: No, I never go to the gym on Saturdays.
- A: How often do you go jogging?
B: I usually go jogging four times a week.

Exercise 4

A

Answers will vary.

B

Answers will vary.

Exercise 5

Kelly: What time do you go swimming *in* the morning?

Neil: I always go swimming **at** 7:00. How about you, Kelly?

Kelly: I usually go swimming **around** noon. I swim **for** about 30 minutes.

Neil: And do you also play sports **in** your free time?

Kelly: No, I usually go out **with** my classmates. What about you?

Neil: I go to the gym **on** Mondays and Wednesdays. And sometimes I go jogging **on** weekends.

Kelly: Wow! You really like to stay in shape.

Exercise 6

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

Exercise 7

A

Answers will vary.

B

	Capoeira	Hurling	Bashi
1. hit a ball backwards			✓
2. run very fast		✓	
3. know what your opponent is thinking	✓		
4. get a ball in a net		✓	
5. move with music	✓		
6. hit a ball over a net			✓

Exercise 8

- A: How long do you spend on the golf course?
B: About four hours.
- A: And how well do you play?
B: I'm about average.
- A: How good are you at other sports?
B: Not very good, actually.

Exercise 9

- A: How good are you at playing football?
B: I'm pretty good at it. I'm on the school team.
- A: How often do you go for a walk?
B: Almost every day. I really enjoy it.
- A: How (well) do you like baseball?
B: Baseball? Pretty well, I guess. Yeah, I like it a lot.
- A: How long do you spend jogging? / How much time do you spend jogging?
B: I spend about an hour jogging.

Exercise 10

- Tamara doesn't exercise very often.
- Patty tries to stay in shape.
- Ricardo often works out at the gym.
- I always go jogging after work.
- How well do you play tennis?

Exercise 11

Answers will vary.