

MEETING SIX

ROUTINES



brush your hair



brush your teeth



clean



hold the baby



hold the baby up



hug



drink



dust



eat



make the bed



put on makeup



shake hands



shave



sit



sleep



tie your shoelaces



walk



walk the dog



squat



talk on the phone



throw something away



wave



wink



yawn

EVERYDAY ACTIONS

Which are these activities are popular with the following age group?
 check the activities. Then compare with your friend.

Activity	Children	Teens	Young adults	Middle-aged people	Older people
aerobics					
baseball					
bicycling					
in-line skating					
soccer					
swimming					
tennis					
yoga					

I hardly ever exercise

Marie : You're really fit, Paul. Do you exercise a lot?

Paul : Well, i almost always get up early, and i lift weight for an hour

Marie : Seriously?

Paul : Sure, and then i often go in-line skating

Marie : Wow! How often do you exercise like that?

Paul : About five times a week. What about you?

Marie : Oh, i hardly ever exercise. I usually just watch TV in my free time. I guess i'm a real couch potato

100%	always	He always gives flowers to Mary.
85%	usually	I usually take two buses per day.
75%	frequently	She frequently goes to the park
60%	often	We often miss the English class.
50%	Sometimes	They sometimes play soccer until the night
40%	occasionally	I occasionally travel by work
30%	rarely	You rarely mixture friendship with business
20%	seldom	He seldom lends something
10%	hardly ever	We hardly ever play videogame
0%	never	I never go out without money.

Example questions and answers using adverbs of frequency.

How often do you exercise?

I lift weights **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**

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

Put the Adverb in the correct place. Then practice with your friend.

1. A: Do you play sport? (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 do aerobics at the gym?(often)
B: No, I do aerobics. (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)

Discussion.

Sport and Athletes

Group work. Take turn questions and answering these question.

1. Who's your favorite athlete? Why?
2. Who are three famous athletes in your country?
3. Do you ever watch sport on tv?
4. Do you ever watch sport live?
5. What are two sport you don't like?
6. What sport or activity do you want to try?

Writing.

Write about your favorite activities.

I'm a real fitness freak

Ruth : You're in great shape. Keith

Keith : Thanks. I guess i'm a real fitness freak.

Ruth : How often do you work out?

Keith : Well, i do aerobics twice a week, and i play tennis every week.

Ruth : Tennis? That sounds like a lot of fun.

Keith : Oh, do you want to play sometime?

Ruth : uh.... How well do you play?

Keith : Pretty well, i guess.

Ruth : Well, alright. But i'm not very good.

Keith : No problem, i'll give you a few tips.

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 minues a day / two hours a week

How well do you play tennis?

Pretty well / about average /not very well

How good are you at sport?

Pretty good / ok / not so good

I. Complete these questions. Then practice with your friend.

1. A: At Volleyball?
B: I guess, i'm pretty good. I often play on weekends.
2. A: Spend online?
B: About an hour after dinner. I like to chat with my friend.
3. A: Play cards?
B: Once or twice a month. it's a good way to relax.
4. A:type?
B: Not very well, actually. i need to take a typing class