

Lesson **3****How Often Do You Exercise?**

Let's learn about **frequency**.

Part 1



Warm-up



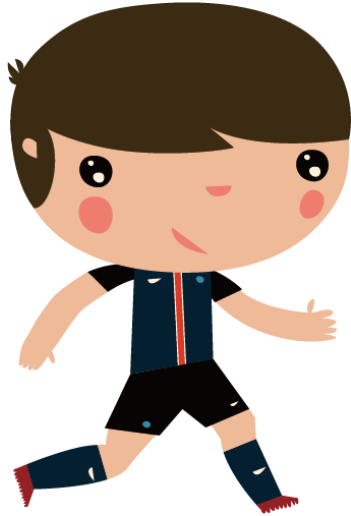
Do you play sports often?





Focus on

Learn the new words.

A green-outlined thought bubble with three small circles leading to it from the left. Inside the bubble is the text "What is the boy doing?".

What is the boy doing?





Focus on

Learn the new words.



jog





Focus on

Learn the new words.



jog

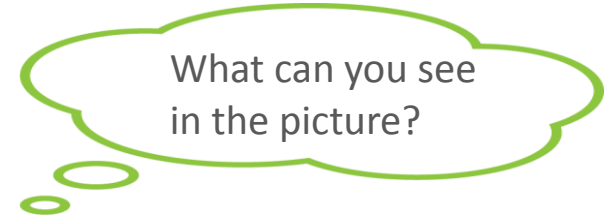
David usually jogs in the park near his apartment.





Focus on

Learn the new words.





Focus on

Learn the new words.

once





Focus on

Learn the new words.



once

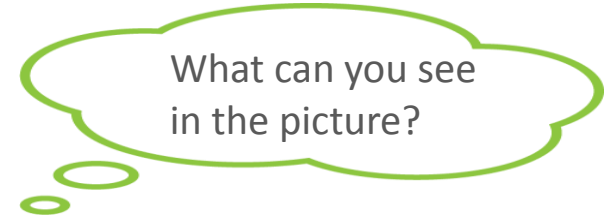
I go to the park once a week.





Focus on

Learn the new words.





Focus on

Learn the new words.

twice





Focus on

Learn the new words.



twice

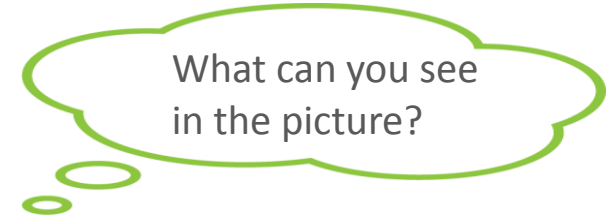
We should brush our teeth twice
a day.





Focus on

Learn the new words.





Focus on

Learn the new words.

times





Focus on

Learn the new words.



times

The doctor says you need to do exercise at least (至少) three times a week.



Focus on

Learn the new words.



1



David **jogs once** a week.

2

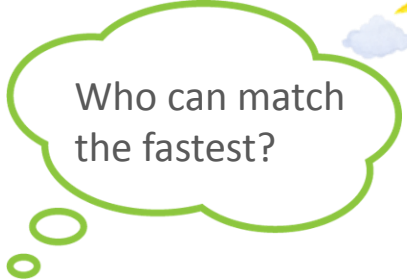


Lucy jogs **twice** a week.

3



Tom jogs three **times** a week.



Who can match
the fastest?





Have fun

Is this true or false?



Take turns answering the question. Help your partner if he / she needs help.

Josh plays basketball
once a week.





Have fun

Is this true or false?



Andy swims three times
a week.





Have fun

Is this true or false?



Lizzy jogs every day.





Have fun

Is this true or false?



Mark plays baseball five times a week.





Have fun

Is this true or false?



Jill plays tennis four times a week.





Get ready

Watch a video.





Get ready



Do a role-play.

*(Jimmy and Mandy are talking in the **playground**.)*



You're really healthy, Jimmy. Do you
exercise a lot?

Yes, I love exercising. I always get
up early to **jog**.



How often do you jog?

Almost every day.



Do you want to be
Jimmy or Mandy?





Get ready



Do a role-play.



Cool! How long do you **spend** jogging?



An hour each **time**. I also play **basketball** **twice** a week. What about you?



I think I must be lazy, because I seldom exercise. I usually just sit at home watching TV!





Grammar



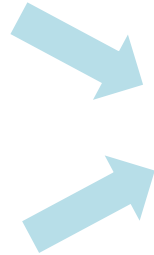
Practice and make sentences.



How often do you jog?



I jog almost every day.



How often ...?

多久一次 ... ?

S1: Make a question.

S2: Answer the question
in a louder voice.



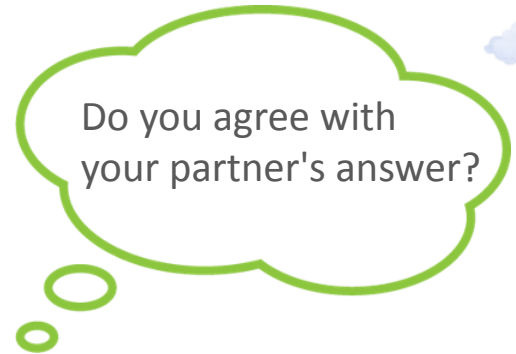


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1. Fill in each blank using the first letter given.

1. - How often do you jog?
- A_____ every day.
2. You look healthy. Do you e_____ a lot?
3. - How long do you s_____ exercising?
- Two hours each t_____.
4. Landi plays basketball t_____ a week.

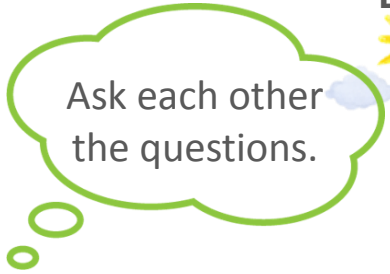


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2. Answer the following questions.

- 1 Do you exercise?
- 2 How often do you exercise?
- 3 How long do you spend exercising every week?
- 4 Is it important to exercise? Why?



Ask each other
the questions.





Homework

1. Listen to the “Branch out” recording from Lesson 3 Part 2, then repeat it.
2. Fill in the table below about how often you do exercise or play sports; share them with your partner next class.

Sport	How often you do/play it	How long you spend doing it
jog		
play basketball		
play football		
play table tennis		



