

Welcome

Unit 2

How often do you exercise?



Period I

Warning up

Copyright(c)版权所有 Toot Digital Design Production CO.,LTD.



Let's exercise together!

Lead-in

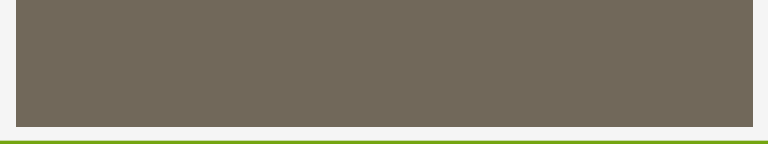
Your Activities



play football



go to the movies



exercise



Go shopping

Go swimming





read

watch TV





*do some **housework***

我要做家务



What did you do in this summer vacation?

Watch TV

play computer games

do some housework

do shopping

do homework

read books



Do you **always**
often
sometimes



Adverbs of frequency

100%

80%

60%

40%

10%

0%



never hardly ever sometimes often usually always

从不 几乎不 有时 常常 通常 总是

What do you usually do on weekends?



SUN MON TUE WED THU FRI SAT

7

8

9

3

10

4

11

5

12

6

13

14

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30

Tell us about him/her like that.

always > usually > often > sometimes

> hardly ever (几乎没有) > never

She *always* dances after school.

100%



dance

after school

Tell us about him/her like that.

always > usually > often > sometimes

> hardly ever (几乎没有) > never

She usually swims after school.

80%



swim

after school

Tell us about him/her like that.

always > usually > often > sometimes

> hardly ever (几乎没有) > never

60%



play soccer

after school

He often plays soccer after school.

Tell us about him/her like that.

always > usually > often > sometimes

> hardly ever (几乎没有) > never

40%



skateboard

after school

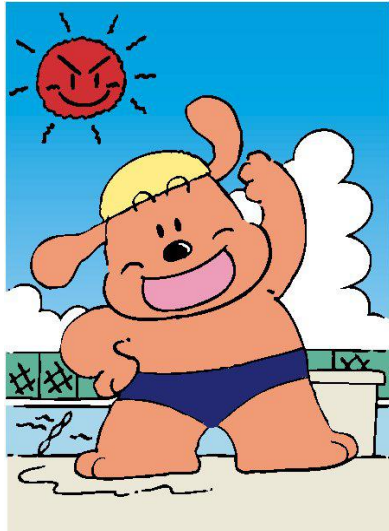
**He sometimes skateboards
after school.**

Tell us about him/her like that.

always > usually > often > sometimes

> hardly ever (几乎没有) > never

10%



exercise

after school

She hardly ever exercise after school.

Tell us about him/her like that.

always > usually > often > sometimes

> hardly ever (几乎没有) > never

0%



play soccer

after school

He never plays soccer.



1 a Look at the picture.
Make a list of the weekend activities.

1. **help with house**

2. **go shopping**

3. **watch TV**

4. **read books**

5. **exercise**



1 b

Listen and write the letters from the picture above on the lines below.



always(100%) _____

usually _____

often _____

sometimes _____

hardly ever _____

never(0%) _____

1 c

Talk about the people in the picture above.
What do they do on weekends?

A: What does he do on weekends?



B: He usually watches TV.



A: Does he go shopping?

B: No, he never goes shopping.



2 a

Listen. Cheng Tao is talking about how often he does these activities. Number the activities you hear [1-5].

Activities

- a. _____ go to the movies
- b. _____ watch TV
- c. _____ shop
- d. _____ exercise
- e. _____ read

How often

every day

once a week

twice a week

three times a week

once/ twice a month



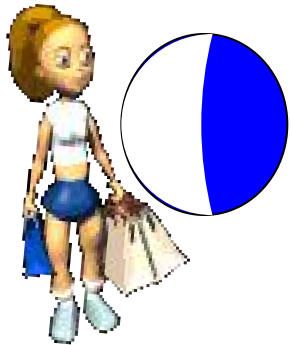
What **does** he/she **do** on weekends?

He/ She **usually** ...

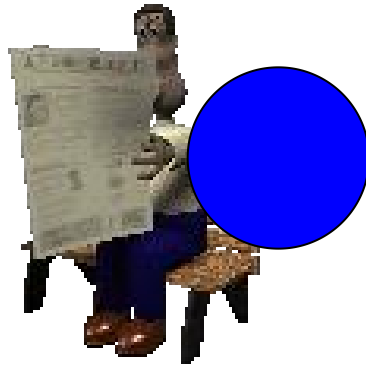
always ...

sometimes ...

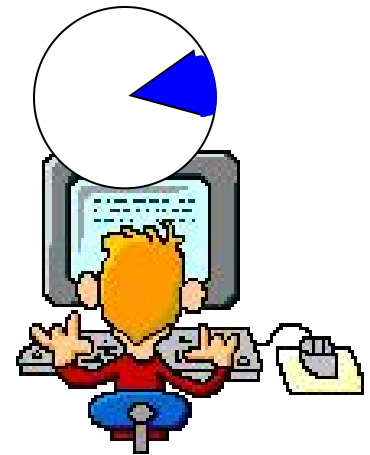
often ...



go**es** shopping



read**s** newspaper



surf**s** the Internet

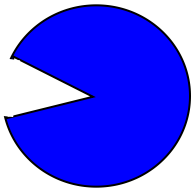
What **does** he/she usually **do** on weekends?

He/ She **usually** ...

always ...

sometimes ...

often ...



plays **s** basketball

does **e**s exercises

does **e**s homework



How often do you ...? does he/she...?

- **every day/night** 每天/每夜
- **once a week/month** 一周/一个月一次
- **twice a week/month** 一周/一个月两次
- **three times a week/month** 一周/一个月三次
- **once or twice a week/month** 一周/一个月一次或两次



2 c

How often do you do these activities? Fill in the chart and then make conversations.

| Activities | How often |
|--------------------|------------------|
| watch TV | every day |
| use the Internet | |
| read English books | |
| go to the movies | |
| exercise | |

A: How often do you watch?

B: I watch TV every day.

A: What's your favorite program?

B: *Animal World.*

A: How often do you watch it?

B: Twice a week.

B: Twice a week.

Write them down, then give a report.

What does your friend do?

How often does he/she ...?

| Name | Activities | How often |
|-------------|-------------------|------------------|
| ... | | |
| ... | | |
| ... | | |

Eg. ... likes watching TV, so he usually watches TV.

Role-play the conversation.

Jack: Hi, Claire, are you free next week?

Claire: Hmm...next week is quite full for me, Jack.

Jack: Really? How come?

Claire: I have dance and piano lessons.

Jack: What kind of dance are you learning?

Claire: Oh, swing dance. It's fun! I have class once a week, every Monday.

Jack: How often do you have piano lessons?

Claire: Twice a week, on Wednesday and Friday.

Jack: Well, how about Tuesday?

Claire: Oh, I have to play tennis with my friends.

But do you want to come?

Jack: Sure!

Homework

- 1. Make a survey. Ask your family members
“What do you usually do ?/How often do
you ...?”**
- 2. According to the survey, write a report.**

