

Unit 2

How often do you exercise?



Section A

Period One



COUNTRY HOUSE OF THE FALL

What do you usually do on weekends?



100%



80%



30-50%



20%



5%



0%

always

usually

often

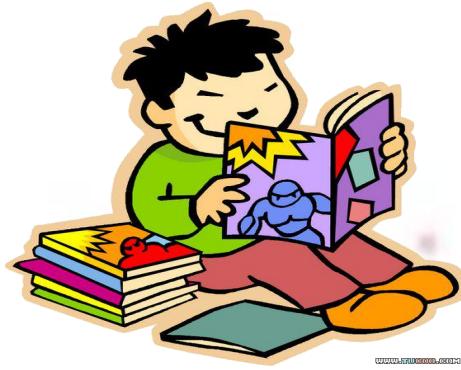
sometimes

hardly ever

never

help with housework

always
总是

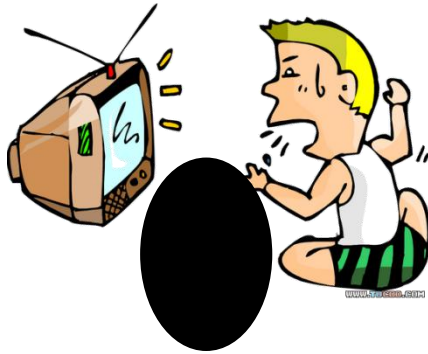


usually
通常



SHOPPING

often
常常



sometimes
有时



VITAMIND | getfile www.getfile.co.kr **SHOPPING**

hardly ever
几乎不



never
从不



What do you usually do on weekends?

I always/often/usually/sometimes...



do homework



do some reading



play football



watch TV



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

She always/often/usually/sometimes...

 SHOPPING
COMPUTERIZED FILE AND PRINTING ELEMENT SET
DESIGNED & MADE FOR DESKTOP



goes shopping

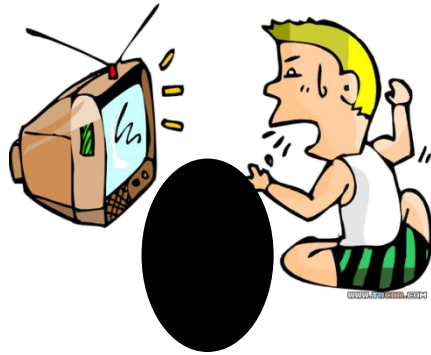


does homework.



does some reading.

What **does** **he** usually do on weekends?
He always/often/usually/sometimes...



watches TV



plays football.



exercises.



What do they usually do on weekends?

They always/often/usually/sometimes...



go to the movies.

go shopping.



Groupwork

A: What do you do on weekends?

B: I always/usually/often/sometimes/hardly ever/never...

C: What **does** B do on weekends?

D: He/She always/usually/often/sometimes/hardly
ever/never+V **三单**



What do you usually do on weekends?
I always/usually/often/sometimes watch TV.

How often(多久一次) do you watch TV?

I watch TV **every day**

once a week

twice a week

three times a month

I never watch TV



Oral practice

How often do you do these activities?



do homework
Every day

A: How often do you do your homework?

B: I do my homework every day.





exercise



three times a
week

A: How often do you exercise?

B: I exercise



play basketball



once a week

A: How often do you?

B: I once a week.



✦ ✦ play football ✦ ✦

twice a week



A: How often do you?

B: I twice a week.



play computer games

every day



A: How often does he

B: He **plays** every day.



read books

three times a week



A: How often does he

B: He **reads** three times a week.



help with housework



twice a month

A: How often does she

B: She helps twice a month.



go shopping

once a month



01 SHOPPING
MULTIPLATFORM UI/UX AND SHOPPING ELEMENT SET
WINDOWS & MAC FORM DESIGNER



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A: How often does she?

B: She goes once a month.



go to the movies

twice a month



A: How often do they.....?

B: They twice a month.



2c. How often do you do these activities? Fill in the chart and do a report about your partner.

Activities	How often
watch TV	every day
use the Internet	three times a week
read English books	every day
go to the movies	once a year
exercise	twice a week

Do like this:

My deskmate watches TV every day. He/She uses...

How often does...?



趁热打铁

1. 多久一次

2. 帮助做家务

3. 几乎不

4. 去购物

5. 使用电脑

6. 每天

7. 一周一次

8. 一月两次

9. 一周三次

1. how often

2. help with housework

3. hardly ever

4. go shopping

5. use the computer

6. every day

7. once a week

8. twice a month

9. three times a week



1+1

1. Lin Fang sometimes shops (shop) with her mother.
2. They go swimming once (one) a week.
3. Can you speak loudly (大声地)? I can hardly (hard) hear you.
4. He usually (usual) reads books in the library.
5. Candy always helps her mother cook (cook) dinner.

to cook



1. Laura sometimes goes to the movies.

How often does Laura **go** to the movies?

2. They exercise twice a week to keep healthy.

How often do they exercise to keep healthy?

3. My favorite program is CCTV News.

What is **your** favorite program?

4. He usually reads newspapers on Friday afternoon.

What does he usually **do** on Friday afternoon?



3a. Complete the questions with do or does. Then match the questions and answers.

1. How often does he play soccer? ~~_____~~ a.
2. Do you drink milk? ~~_____~~ b.
3. How often do they stay up late? ~~_____~~ c.
4. Does Sue eat a healthy breakfast? ~~_____~~ d.
5. How often do you eat apples? ~~_____~~ e.
6. Do your parents play sports? ~~_____~~ f.



Section A

Period Two



温故知新

A: What do you do on weekends?

B: I always/usually/often/sometimes...

A: How often do you...?

B: I...every day/once a week/...

C: What does B do on weekends?

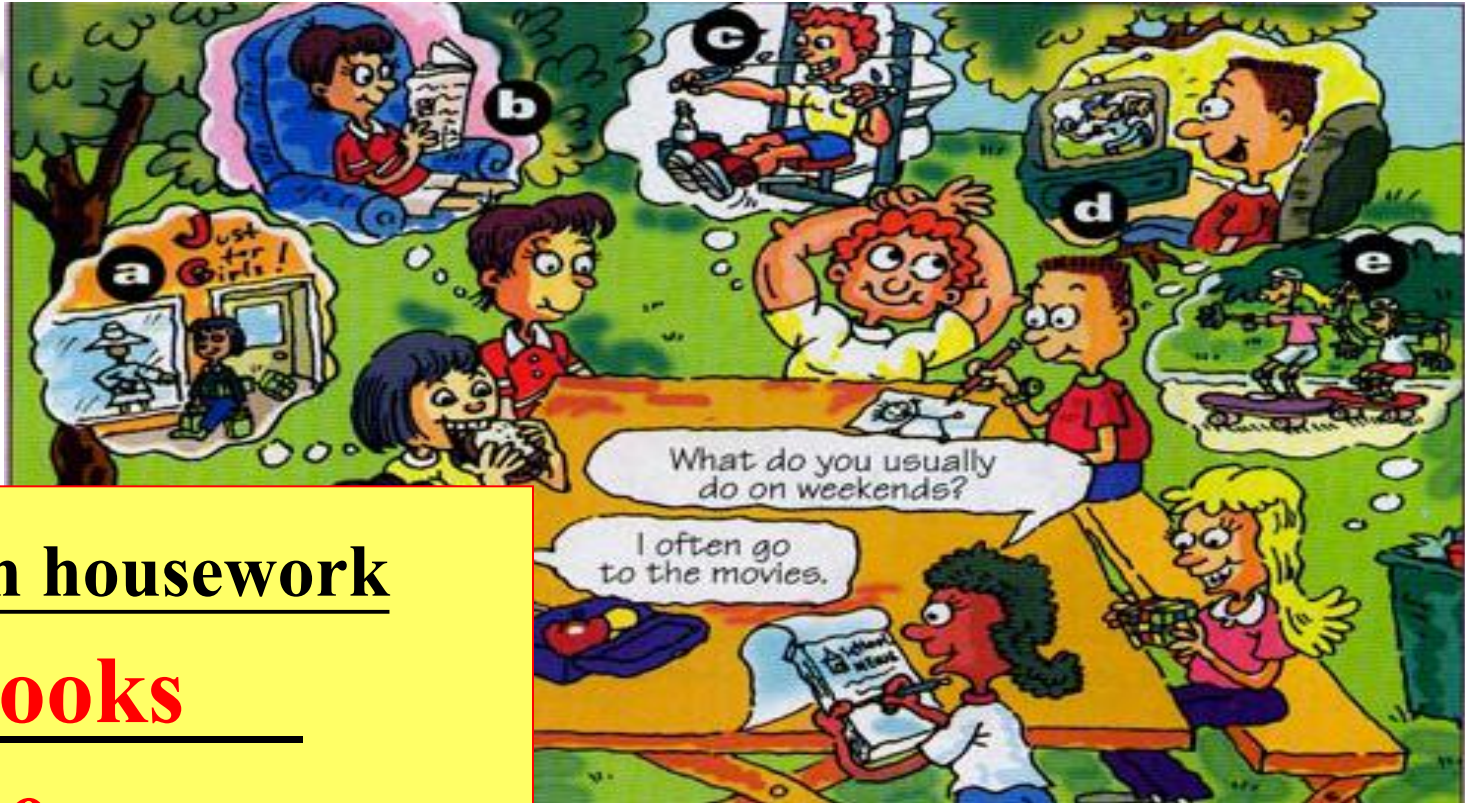
D: He/She always/usually...

C: How often does he/she...

D: He/She...every day/once a week/...



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



1. help with housework
2. read books
3. exercise
4. watch TV
5. go shopping



Listen and Fill



Reporter: What do you usually do on weekends?

Girl1: I sometimes go shopping.

Boy1: I never go shopping. I usually watch TV.

Boy2: I always exercise.

Girl2: I often help with housework.

Reporter: How about you?

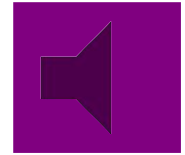
Girl3: I hardly ever watch TV. I always read.

Reporter: Oh, why is that?

Girl3: Oh, I don't know. I guess I just like books.



2a. Listen. Cheng Tao is talking about how often he does these activities. Number the activities [1-5] in the order you hear them.



Activities

How often

a. 3 go to the movies

every day

b. 1 watch TV

once a week

c. 5 shop

twice a week

d. 4 exercise

three times a week

e. 2 read

once a month

twice a month

A: How often does Cheng Tao watch TV?

B: He watches TV twice a week.



Role-Play and Answer:1+1

1. Is Claire busy next week? **Yes, she is.**
2. Is she learning **swing dance** or street dance?
3. How often does she have dance class? **Once a week.**
4. How often does she have piano lessons? **Twice a week.**
5. Does Jack want to play tennis with Claire's friends?
Yes, he does.



Fill

Next week is quite full for Claire. She has dance and piano lessons. She is learning swing dance (摇摆舞). She has dancing lessons once a week (一周一次) and piano lessons twice a week (一周两次).

On Tuesday, Claire has to play (play) tennis with her friends. Jack wants to come (come), too.

2d.Role-play the conversation.

Jack: Hi, Claire, are... next week?

Claire: Hmm...next week 相当忙 for me, Jack.

Jack: Really? 怎么会呢?

Claire: I have dance and piano lessons.

Jack: 你正在学什么类型的舞?

Claire: Oh, swing dance. It's fun! I have class 一周一次,
every Monday.

Jack: ...do you have piano lessons?

Claire: Twice a week, on Wednesday and Friday.

Jack: Well, ...怎么样Tuesday?

Claire: Oh, I have to... with..... But do you want to come?

Jack: Sure.

Period 3



Does he/she have a healthy lifestyle?

Activities	How often
watch TV	
use the Internet	
exercise	
eat junk food	
eat fruit	
stay up late	



Fast Reading Match

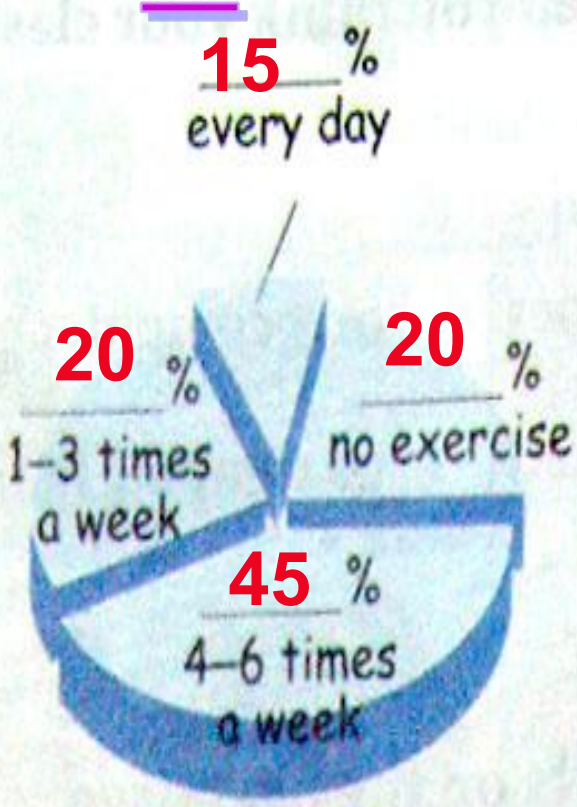
结构：分-总 总-分 **总-分-总**

- Para.1 → a. Watching TV
- Para.2 → b. Free time activities
- Para.3 → c. Exercise
- Para.4 → d. The best way to relax
- Para.5 → e. Going online

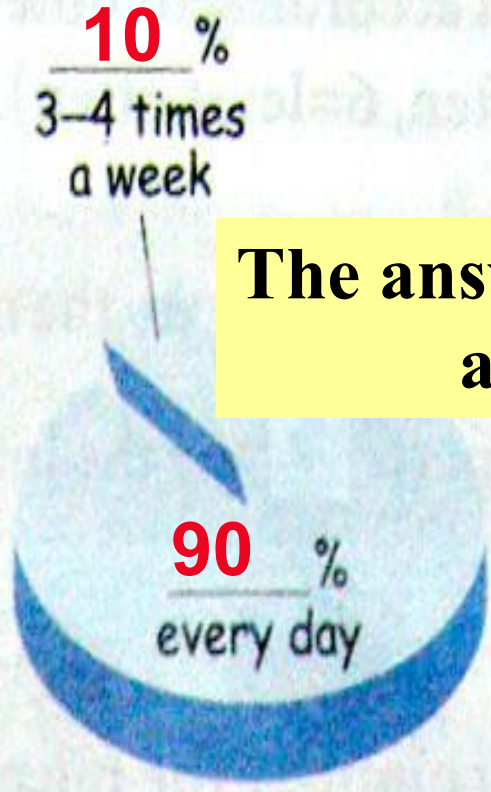


We found that

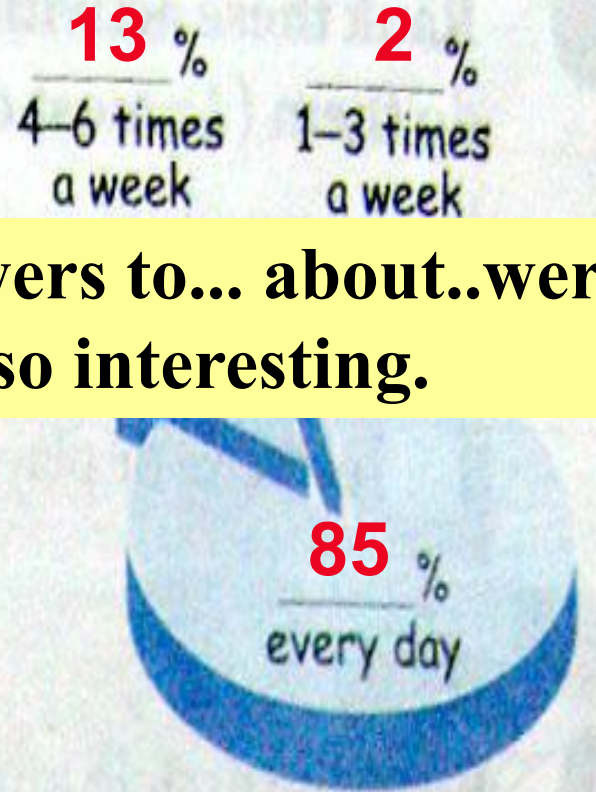
We were surprised that



Exercise



Use the Internet

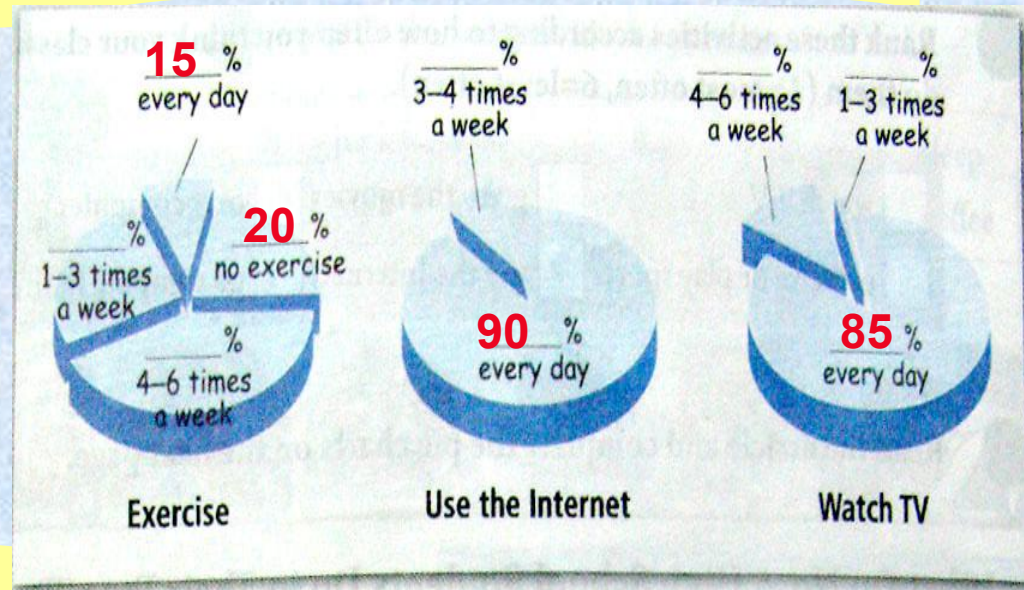


Watch TV

The answers to... about..were also interesting.

15 percent of the students exercise every day.

Do you think the students at No. 5 are healthy?
Why or why not?



Para. 5

What does the writer think is the best way to relax? Why?

The writer thinks the best way to relax is through exercise

Because it is healthy for the mind and the body.

Retell(复述)

It is good to relax by using the Internet or watching game shows

but we think the best way to relax is through exercise

It is healthy for the mind and the body.

Exercise such as playing sports is fun, and

you can spend time with your friends and family

as you play together. And remember,

“旧习难改” “Old habits die hard.”

So start exercising before it's too late.

Can you understand me?

1. Mary经常问我有关中国历史的事。

2. 我一点都不想做运动。 /这部电影一点也不有趣。

3. Most students use it **for fun** and not for homework.

4. 你知道这个问题的答案吗?

5. It's + adj. to do sth. 学好英语非常重要。学好英语最好的方式是通过每天练习。(做某事的方式way to do)

Listening to music is a good way **to relax** (relax)。

6. 旧习难改。

Keep me in mind~

- 1、在某人的空闲时间里
- 2、一周4至6次
- 3、去上网
- 4、某人感到吃惊
- 5、15%的学生
- 6、最受欢迎的
- 7、(1)和...共度时间
(2)某人花费时间/金钱
做某事

1. in one's free time
2. four to six times a week
3. go online/use the Internet
4. sb. be surprised
5. 15 percent of the students
6. the most popular
7. (1) spend time with sb.
(2) sb. spend(s)/spent
time/money doing sth.

Period Four



What is healthy/unhealthy?



a



d



b



e



c



f

1. b junk food

2. a milk

3. e fruit

4. c vegetables

5. f sleep

6. d coffee

1b

A: How often do you ...?

B: I

A: Do you like it/them?

B: Yes/No. Because

1. it's/they're delicious...

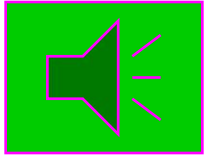
2. it's/they're good/bad for my health.

3.

be good for对...有益

be bad for对...有害





1c .Listen to an interview about two people's daily habits. **Circle** your answer to each questions.

Does Tina have good habits?	Yes	No.	I don't know.
Does Bill have good habits?	Yes .	No .	I don't know.



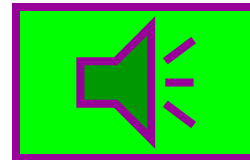


Tina



Bill

1d. Listen again . Fill in the blanks
in the survey.



Questions	Tina	Bill
1. How often do you exercise?	every day	hardly ever
2. How often do you eat fruit?	every day	never
3. How many hours do you sleep every night?	nine	nine
4. How often do you drink milk?	every day	never
5. How often do you eat junk food?	two or three times a week	three or four times a week
6. How often do you drink coffee?	never	four times a day

Have a try. So easy~

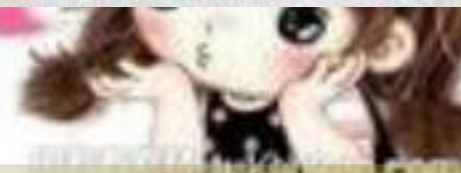
Tina is healthy. She...



3a**Look at the information in the chart and complete the report.**

Activities	Days a year
Exercise	365
Read books	365
Watch TV for over 2 hours	320
Drink juice	210
Eat hamburgers	95
Help with housework	20
Stay up late	15
Go to the dentist	0

Jane is a 16-year-old high school student in the United States. American Teenager magazine asked her about her habits. Jane has a lot of good habits. She always exercises and she reads books every day. Also, she usually drinks juice and she hardly ever stays up late. However, she has some bad habits, too. She always watches TV for more than two hours a day, and she sometimes eats hamburgers. Her parents are not very happy because she hardly ever helps with housework and she never goes to the dentist for teeth cleaning. She says she is afraid!



3 Fill in the blanks in the conversation.

A: What do Tom and Mike usually do on weekends?

B: They sometimes go to the museum.

A: How often do they go to the shopping center?

B: Hardly ever. Maybe about twice a month.

A: How often do they watch TV?

B: Mike never watches TV, but Tom watches TV every day.

A: Oh, I'm just like Tom. I always watch TV, too.



Eighty-five percent of the students usually watch TV .

Forty -five percent of the students often exercise.

Ten percent of the students sometimes use the Internet.

Thirteen percent of the students sometimes watch TV.

Two percent of the students hardly ever watch TV .

always/usually/often/sometimes/hardly ever

2d



Activities	How often
exercise	
eat fruit	
sleep at least 8 hours	
eat a healthy breakfast	
eat junk food	
stay up late	



- 1.拍相当多的照片
- 2.许多 (a lot of) 建筑
- 3.一些 (some) 不同点
- 4.努力说好英语
- 5.Tom想要 (feel like) 去某个美丽的地方。
- 6.Lucy决定参观博物馆。
- 7.没人好像(seem)很厌烦。



1.你周末通常做什么？

--我总是锻炼。

2.他们周末做什么？

--他们经常帮着做家务。

3.她周末做什么？

--她有时去购物。

4.你多久去看一次电影？

--我大概每月去看一次电影

。

5.他多久看一次电视？

--他几乎从不看电视。

6.你去购物吗？

--不，我从不去购物。

