

Unit 2 How often do you exercise?

Language goal: Talk about how often you do the things.

Section A Period Two (2a-2d)



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Review



Talk about your mother.



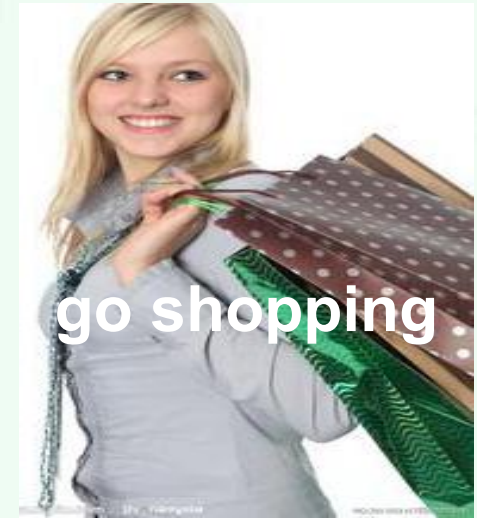
do housework

always



exercise

usually



go shopping

often



watch TV

sometimes



read

hardly ever



use the Internet

never



Review

Make sentences with these words:

On weekends

• always(100%) My mother **always** does housework.

频 usually She **usually** exercises .

度 Often She **often** goes shopping.

副 Sometimes She **sometimes** watches TV.

词 hardly ever She **hardly ever** does some reading.

• never(0%) She **never** uses the Internet.



Rong Zuer is a singing star. She sings very well. She is very popular. She is always busy on weekdays. But what does she do on weekends?



She loves singing, so she always practices singing songs. And she usually goes shopping when she has time because she likes fashionable things. She often does sports because she thinks it's good for her health. She doesn't mind watching TV, so she sometimes watches TV when she is tired, it is kind of relaxing. She hardly ever goes to the movies. And she can't stand doing housework, so she never does housework at home.



Learning:

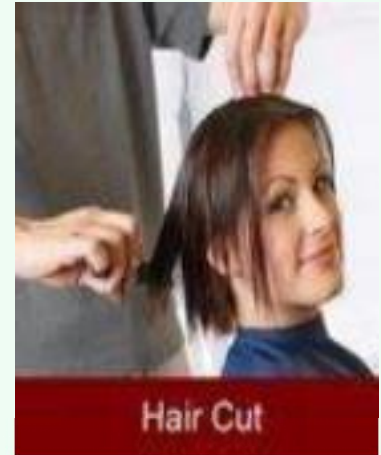
How often do you ~~wash your hands~~ wash your hands?



every day



twice a day



once a month



three times a week



twice a week



once a week

How often do you have ~~English~~ class?
We have ~~English~~ class ~~four times a week~~ ~~twice a week~~.

Monday	Tuesday	Wednesday	Thursday	Friday
English	Math	English	Chinese	English
Math	English		English	Math
Chinese		Chinese	Art	
	Chinese			
P.E				P.E





how often表示“多长时间一次，是否经常”的意义。通常用来对sometimes, usually, never, seldom, often, always, every day, 等表示频度的副词或词组提问。如：He writes to his mother once a month.

→ How often does he write to his mother?

表频率的副词

always
usually
often
Sometimes
hardly
never

every day
once a week,
twice a month,
three times a month,
three or four times a month
one to three times a week



***Read the passage about Jack ,
then answer the questions.***



Jack

1. How often does Jack play soccer?
2. How often does he use the Internet?
3. How often does he watch TV?
4. How often does he go to the movies?
5. How often does he go shopping?

Jack loves soccer, so he plays soccer **every day**. He likes using the Internet, so he uses the Internet **three times a week**. And he watches TV **twice a week**. He goes to the movies **twice a month**. He goes shopping **once a month**. What about **you**?



Oral practice

How often do you do these activities?

Make conversations with your partner.



do homework
everyday

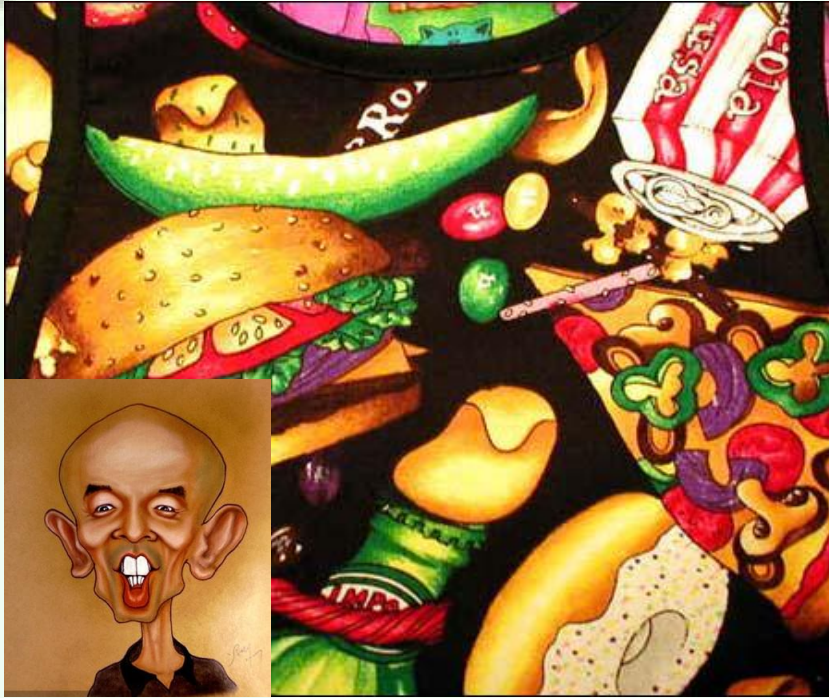


exercise

three times a week

A: How often do you exercise?

B: Three times a week.
B: Everyday.



**eat junk food
once a month**



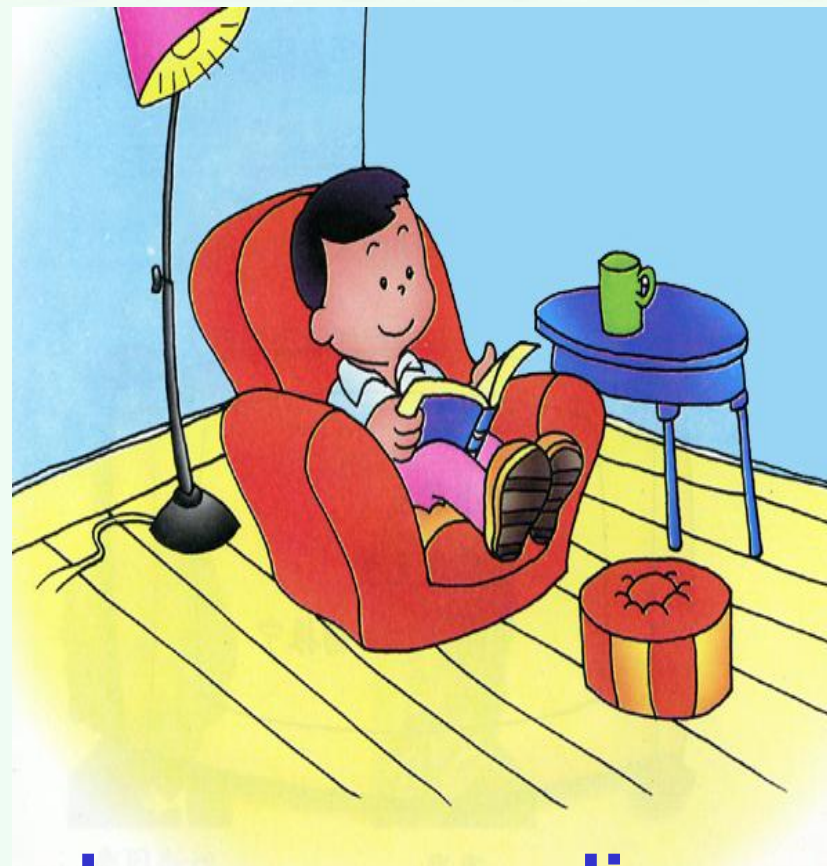
**use the Internet
once a week**

A: How often do you use the Internet?

B: Once a month.



go to the movies
twice a week



do some reading
every night

A: How often do you go to the movies?

B: I go to the movies twice a week.

Read aloud

I do some reading *every day*.

I use the Internet *once a week*.

I watch TV *twice a week*.

I do some washing *three times a week*.

I go to the movies *once a month*.

I go shopping *twice a month*.



Pairwork: A: How often does he /she ...?
B:...



Uncle Wang



Mrs Lin



Jack

once a week

twice a week

three times a week



Li lei



Mr White



Liu Mei

Once or twice a week

four times a week

every day



2a Listen. Cheng is talking about how often he does different activities. Number the activities you hear. 



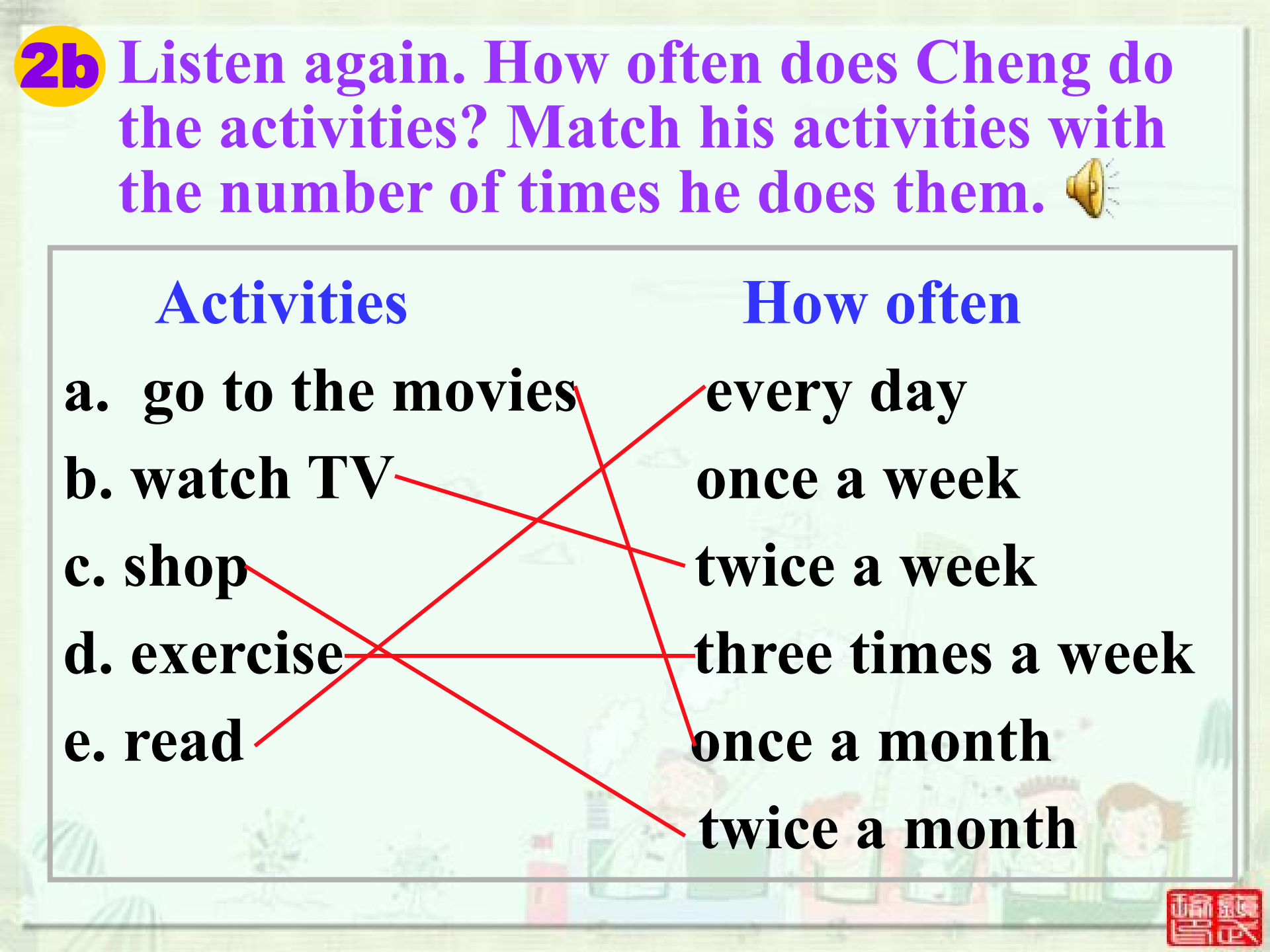
Activities

- a. 3 go to the movies
- b. 1 watch TV
- c. 5 shop
- d. 4 exercise
- e. 2 read

2b Listen again. How often does Cheng do the activities? Match his activities with the number of times he does them. 

Activities

How often

- | | |
|---------------------|--------------------|
| a. go to the movies | every day |
| b. watch TV | once a week |
| c. shop | twice a week |
| d. exercise | three times a week |
| e. read | once a month |
| | twice a month |
- 



Tapescript



Reporter: So, Cheng, how often do you watch TV?

Cheng : Hmm...about twice a week, I guess.

Reporter: Uh-huh...And how often do you read.

Cheng : Oh, I read every day at school!

Reporter: How often do you go to the movies?

Cheng : Uh ... let's see ... maybe once a month?

Reporter: How often do you exercise?

Cheng : Oh,I exercise about three times a week.

Reporter: How often do you shop?

Cheng : Shop? I shop about ... about twice a month.



2c Pairwork



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

A: How often do you watch TV?

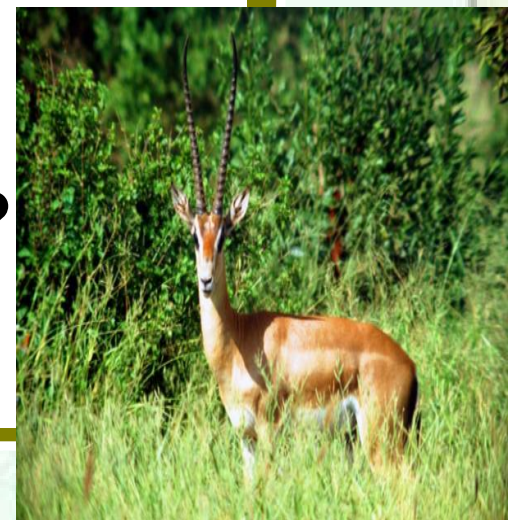
B: I watch TV every day.

A: What's your favorite program?

B: It's Animal World.

A: How often do you watch it?

B:(I watch it) Twice a week.



2c

Pairwork

Fill the chart and then make conversations.

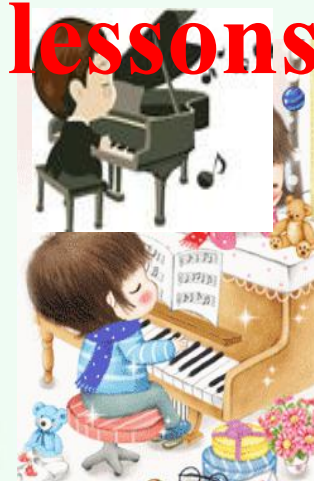
Activities	how often
watch TV	<i>Every day</i>
use the Internet	<i>Hardly ever</i>
read English books	<i>Twice a week</i>
go to the movies	<i>Once a month</i>
exercise	<i>Three times a week</i>

× × is a Middle School student. He reads English books twice a week. He goes to the movies once a month, and he exercise three times a week. But he hardly ever uses the Internet.





have piano lessons
have dance lessons



A: What does she usually do?

B: She usually has piano lessons.

A: How often does she have piano lessons?

B: She has piano lessons twice a week.



2d.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



Summary

课时重点回顾

Grammar Focus

- **What do you usually** do on weekends?
- I **usually** exercise.
- **What do they** do on weekends?
- They **often** help with housework.
- **What does she** do on weekends?
- She **sometimes** goes shopping.
- **How often do** you go to the movies?
- I go to the movies maybe **once a month**.
- **How often does** he watch TV?
- He **hardly ever** watches TV.
- Do you go shopping?
- No, I **never** go shopping

【妙辨异同】

how often, how long, how far 与 how soon

(1) how often 用于对动作发生的频率进行提问。

(2) how long 主要用于提问某延续性动作持续时间的长短,也可以用于提问某物的长度。如:

How long have you lived here? 你住在这里多久了?

How long is the stick? 这根棍子有多长?

(3) how far 用于提问距离。如:

How far is it from his house? 距离他家有多远?

(4) how soon 主要用于提问某个动作在多久将来将会发生,其答语通常是“in + 一段时间”。如:

—How soon will he be back? 他要多久才回来?

—In an hour. 一小时以后。

Today's Homework

根据汉语提示完成句子，每空词数不限

1. 你多长时间看望一次祖父母？

How often do you see your grandparents ?

2. 他的爷爷每天都做运动。

His grandpa exercises every day .

3. 我每周购物两次。

I shop twice a week .

4. 我喜欢读书，我每天都读英语。

I like reading . I read English every day.

5. 一周末你通常做什么？做运动。

What do you usually do on weekends ? Exercise .



同义句转换，每空限填一词

1. I see a film about twice a month.

I go to the movies about twice a month.

2. I like *Animal World* best.

My favorite program is *Animal World*.

3. He writes a letter to me every month.

He writes to me once a month.

4. He sometimes plays soccer with his classmates.

He plays soccer with his classmates at times.





Homework

**Interview a friend of yours
how often he / she does
something, and then make a
report.**

Thank you!

