

Starting Out

Episode 7 – A race

Task 1

Watch the video. Answer the questions with 'Sammy', 'Julia' or 'Julia and Sammy'.

1. Who likes jogging?

2. Who likes riding a bike?

3. Who goes to the gym?

4. Who runs marathons?

5. Who likes swimming?

6. Who is the best swimmer?

Task 2

Match the **adverbs** (in **bold** type) in the sentences with the percentages (%).

1. 100% _____
2. 90% _____
3. 75% _____
4. 50% _____
5. 20% _____
6. 0% _____

- A. I **always** go jogging in the morning.
- B. I **never** go jogging.
- C. I **occasionally** run marathons.
- D. I **often** go to the gym.

E. I **sometimes** do yoga.

F. I **usually** ride my bike.

Task 3

Complete the sentences with the correct words from the list.

a week **every** **morning**
mornings **twice** **year**

1. I come to the park **every** _____.
2. I do yoga _____ **day**.
3. I go jogging **most** _____.
4. I run a marathon **once a** _____.
5. I go swimming _____ **a day**.
6. I go to the gym **three or four times** _____.

Task 4

Can you remember the sentences from Task 2? Complete them with the correct words.

1. I _____ jogging in the morning. (100%)
2. I _____ to the gym. (90%)
3. I _____ my bike. (75%)
4. I _____ yoga. (50%)
5. I _____ marathons. (20%)
6. I _____ jogging. (0%)

Task 5

Can you remember the expressions from Task 3? Complete them with the correct words.

1. I come to the park e_____ m_____.
2. I do yoga e_____ d_____.
3. I go jogging m_____ m_____.
4. I run a marathon o_____ a y_____.
5. I go swimming t_____ a d_____.
6. I go to the gym th_____ o_____ f_____ t_____ a w_____.

Task 6

Put the words in order to make questions.

1. swimming / Do / ever / go / you / ?

2. do / go / How / jogging / often / you / ?

3. do / Do / ever / yoga / you / ?

4. Do / ever / marathons / run / you / ?

5. a / do / How / bike / often / ride / you / ?

6. gym / How / do / go / often / the / to / you / ?

Answers

5. twice a day
6. three or four times a week

Task 1

1. Sammy
2. Julia
3. Sammy
4. Sammy
5. Julia and Sammy
6. Julia

Task 6

1. Do you ever go swimming?
2. How often do you go jogging?
3. Do you ever do yoga?
4. Do you ever run marathons?
5. How often do you ride a bike?
6. How often do you go to the gym?

Task 2

1. always
2. often
3. usually
4. sometimes
5. occasionally
6. never

Task 3

1. morning
2. every
3. mornings
4. year
5. twice
6. a week

Task 4

1. always go
2. usually go
3. often ride
4. sometimes do
5. occasionally run
6. never go

Task 5

1. every morning
2. every day
3. most mornings
4. once a year