How Often Do You Exercise?

Video: Adverbs of Frequency (1:30)
https://www.youtube.com/watch?v=QkjfQuOkMSc\&utm

Learning Objectives: Students will identify common adverbs of frequency in a conversation about exercise and use them to describe their own sports and exercise habits.

Target Language: *always, usually, often, sometimes, rarely, occasionally, never*

Before Viewing: Let's Talk About Sports (5 minutes)
To activate background knowledge and introduce key vocabulary, ask students to discuss these questions with a partner:

- What sports do you play or watch?
- Do you exercise every day?



Write the seven target adverbs on the board in order from *always* to *never*. Briefly illustrate their meanings with examples:

- I *always* walk to school.
- I *sometimes* play soccer.
- I *never* play basketball.

During Viewing: Listen and Notice (10 minutes)
First Viewing – Listen for the Main Idea

- Tell students they will watch a short video about exercise. Ask them to listen for words that tell how often people do something.
- Play the video once and ask students to tell the partner:
  - What are the people talking about?
  - What type of exercise do they like to do?

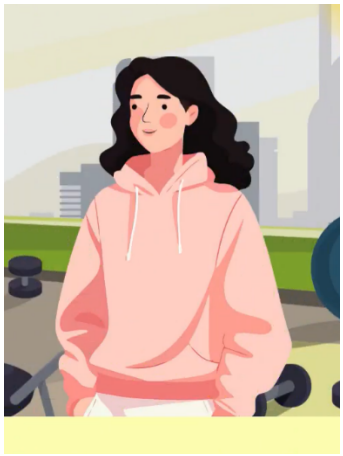
Second Viewing – Listen for Details

- Ask students to write the seven target adverbs on their paper.
- As they watch the video a second time, students should put a check mark next to each adverb they hear.
- Ask students to compare their answers with a partner.
- Replay short sections as needed to check answers.

Quick Language Check: Ask students to complete a sentence about themselves using one of the adverbs from their paper: "I _____ play sports on the weekend."

After Viewing: How often do you... (10 minutes)

- To help students use the target language in meaningful conversations, ask them to write two questions about sports or exercise using “How often do you...?” Examples:
    - How often do you go running?
    - How often do you watch sports?
- Ask students to stand up and ask their questions to two or three different classmates. Encourage them to answer in complete sentences using adverbs of frequency.
- When students finish, invite several to share one thing they learned about a classmate. For example, "Maria often plays volleyball after school."



Wrap-Up: Exit Ticket (5 minutes)

- Ask students to write two sentences using an adverb of frequency:
    - One thing they often or usually do.
    - One sport or exercise they never or sometimes do.
- Invite a few volunteers to share their sentences aloud with the group.

Teacher Tip: For students who need additional support, leave the sentence frames and frequency adverbs on the board throughout the lesson. More confident students can add details about when, where, or with whom they exercise.