



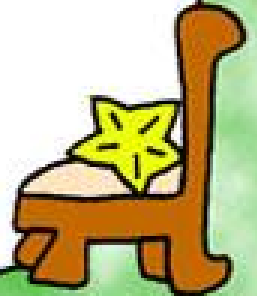
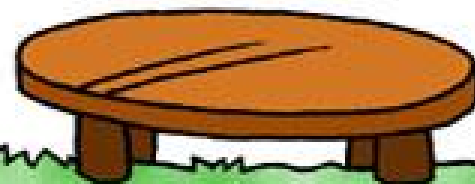
单位 辽宁省鞍山市华育外国语实验学校

内容 How often do you exercise?

教师 吴雨徽

时间 2015年11月16日

**Very**  
**Interesting;**  
**Very**  
**Important;**  
**And**  
**Nice!!!**



Welcome to  
*Vivian's* class





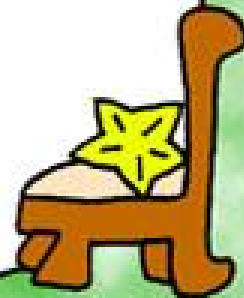
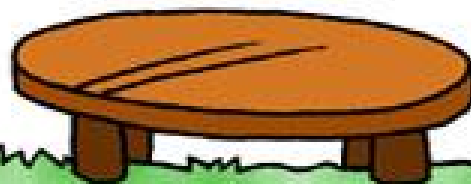
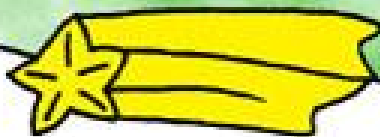
# *Enjoy A Song*

Sunday morning, up with the lark  
I think I'll take a walk in the park  
Hey Hey Hey, it's a beautiful day  
I've got someone waiting for me  
When I see her I know that she'll say  
Hey Hey Hey, it's a beautiful day

*Hi Hi Hi, beautiful Sunday  
This is My My My beautiful day  
When you Said Said Said  
Said that you loved me  
Oh My My My, it's a beautiful day.*



# Beautiful Like Sunday



# Which dates are Sundays?

weekends

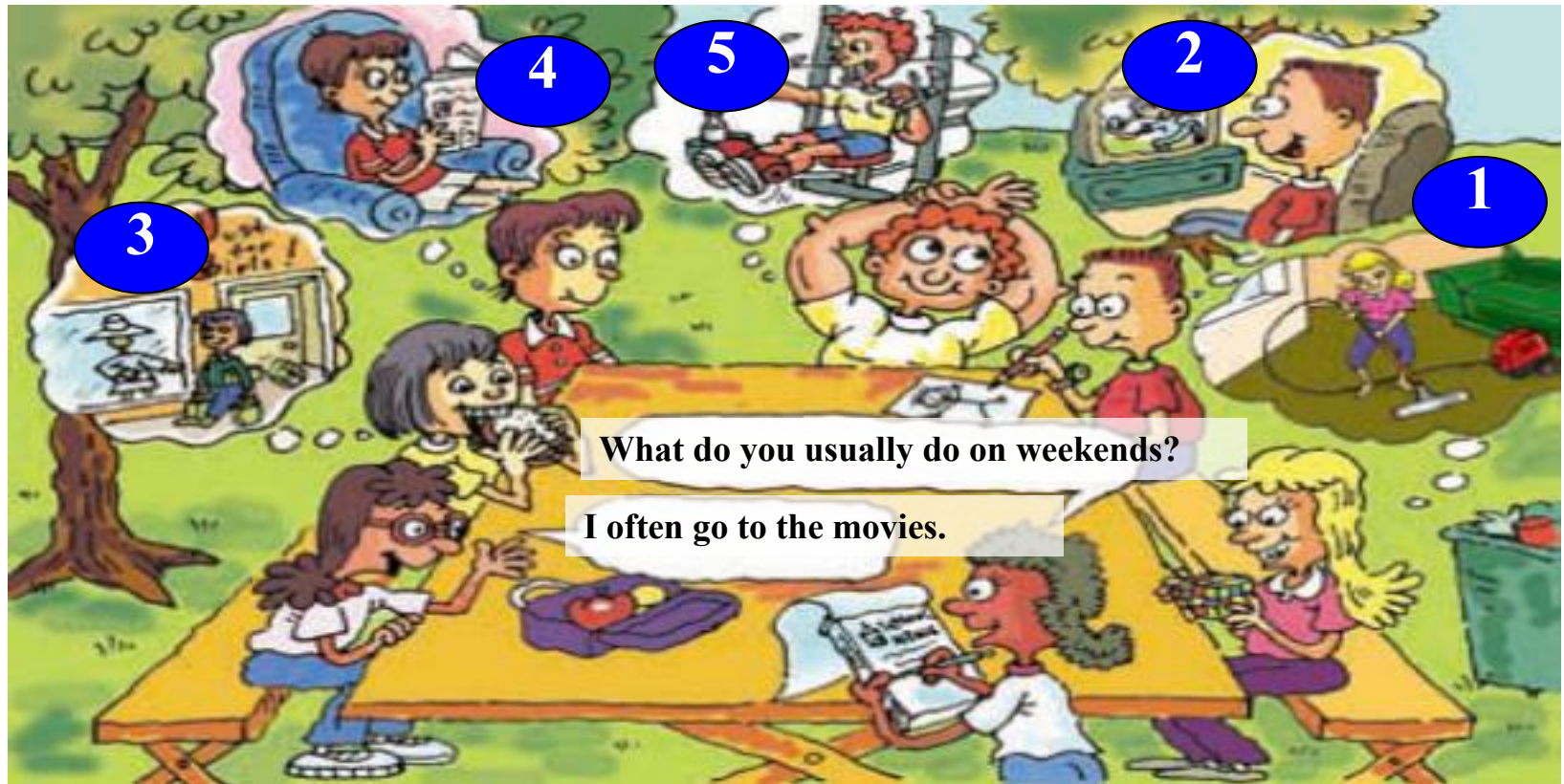
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日	一	二	三	四	五	六
				1 十三	2 十四	3 十五
4 十六	5 十七	6 十八	7 十九	8 二十	9 廿一	10 廿二
11 廿三	12 廿四	13 廿五	14 廿六	15 廿七	16 廿八	17 廿九
18 九月	19 初二	20 初三	21 初四	22 初五	23 初六	24 初七
25 初八	26 初九	27 初十	28 十一	29 十二	30 十三	31 十四

SWEET LIFE



# Make a list of the weekend activities.



1. help with **housework**
2. watch TV
3. go shopping / shop
4. read / do some reading
5. exercise

**Listen and fill in the activities.**  
**Pay attention to the red words.**

**Reporter:** What do you **usually** do on weekends?

**Girl 1:** I **sometimes** go shopping.

**Boy 1:** I **never** go shopping.  
I usually watch TV.

**Boy 2:** I **always** exercise.

**Girl 2:** I **often** help with housework.

**Reporter:** How about you ?

**Girl 3:** I **hardly ever** watch TV.  
I always read.

**Reporter:** Oh, why is that?

**Girl 3:** Oh, I don't know. I guess I just like books.





# What are these words? **Can you remember the red words?**

Adverbs of frequency 频率副词

**always**

**usually**

**often**

**sometimes**

**hardly ever**

**never**



**I like eating all food.**

**He eats food every day.**

Sun.	Mon	Tue.	Wed .	Thur.	Fri.	Sat.
2	3	4	5	6	7	8
eat	eat	eat	eat	eat	eat	eat

**He always eats food.**



**I like reading all books.**

**He reads books**  
**5 times a week.**  
(次数)

Sun.	Mon	Tue.	Wed.	Thur.	Fri.	Sat.
2	3	4	5	6	7	8
read		read		read	read	read

**He usually reads books.**





**I like cooking for my father.**

**He cooks for his father  
4 times a week.**

Sun.	Mon	Tue.	Wed.	Thur.	Fri.	Sat.
2	3	4	5	6	7	8
cook		cook		cook		cook

**He often cooks for his father.**



Fujiko-Pro

**I like playing volleyball  
on weekends.**

**He plays volleyball  
twice a week.**  
(两次)

Sun.	Mon	Tue.	Wed.	Thur.	Fri.	Sat.
2	3	4	5	6	7	8
play						play

**He sometimes plays volleyball.**



I want to catch Jerry.

He can catch Jerry *maybe*  
once a month.  
(一次)

Sun.	Mon	Tue.	Wed.	Thur.	Fri.	Sat.
2	3	4	5	6	7	8
				catch		

He **hardly ever** catches Jerry.





**I don't like telling lies.**

**He hates lies(谎言).**

Sun.	Mon	Tue.	Wed.	Thur.	Fri.	Sat.
2	3	4	5	6	7	8

**He never tells lies.**

Observe (观察) the sentences.

I *usually* get up at 6:30 every day.

He *always* exercises in the morning.

提示：频率副词在句中的位置实义动词前。

We are *never* late for school.

Lucy is *often* friendly with others.

提示：频率副词在句中的位置be动词之后。

**Listen and number the activities 1-5 in order.**

	<b>Activities</b>
<u>3</u>	<b>a. go to the movies</b>
<u>1</u>	<b>b. watch TV</b>
<u>5</u>	<b>c. shop</b>
<u>4</u>	<b>d. exercise</b>
<u>2</u>	<b>e. read</b>





**Match. Pay attention to the question!!!**

***How often do you ...?***

**多久一次**

**How often**



**Activities**

**a. go to the movies**

**b. watch TV**

**c. shop**

**d. exercise**

**e. read**

**every day**

**once a week**

**twice a week**

**three times a week**

**once a month**

**twice a month**

**Group work.** *How often do you ...?*

*How often does he/she ...?*

*Student 1: How often do you ...?*

*Student 2: ...*

*Student 3: How often does he/she ...?*

*Student 4: ...*

# Summary on *How often* questions.

## **How often** do you ...?

- always
- usually
- often
- sometimes
- hardly ever
- never
- every day / night
- **once** a week / month / year
- **twice** a week / month
- **three times** a week / month
- once or twice a week / month / year



# Survey: Who is the healthiest student?

Student Name:	
How often do you...?	Frequency Word
exercise	
eat vegetables	
go to bed before 9	
.....	

*Ask three friends the questions and fill in the chart.*

*Then find the healthiest student.*



Report like this:

*In my group,*

*Wang Fang exercises **twice a week**.*

*And she eats vegetables **every day**.*

*She **often** goes to bed before 9.*

*She.....*

*So I think Wang Fang is the healthiest student. I should learn from her.*

*Thank you!*



*Thanks for  
Listening!*

