

Grammar Lesson

Lesson 16: I do yoga once a week
レッスン 16: 一週間に一回ヨガをします

Target: Talking about your life using adverbs of definite frequency
 目的: 日常の習慣を、回数を使って表現しましょう!

Reading
単語

New vocabulary introduced in the reading

• central	中央の	• aerobics	エアロビクス
• health	健康	• there	そこ、あそこ
• fitness	フィットネス	• because of	~だから、~なので
• by	~の近くを通して	• a wave	波
• too	すぎる	• a field	フィールド
• for + (time)	~間	• afterwards	後で
• nervous	緊張する	• a tournament	大会
• a black belt	黒帯	• unhealthy	不健康
• attend...	出席する	• enough	十分な

1

Read the passage and circle the new words as you find them

Hi, I'm Sarah. I'm a university student. I study medicine at Central University. Health and fitness are very important to me, so I do a lot of exercise. I also enjoy practicing martial arts, and playing sports.

I do exercise every day. I always do 20 push ups, and 20 sit ups. I also go running three times a week. On Mondays, I go running in the park. On Wednesdays, I go running by the river, and on Saturdays, I go running in the street near my house. I usually run for 30 minutes, but sometimes I run for 1 hour. I like running in the morning, or late at night. I really don't like running during the day because it's too hot.

I do yoga twice a month. I always go to the same class with my teacher, Mr. Jones. He teaches yoga every day, but I go every other week. Mr. Jones also teaches aikido. I practice aikido 4 times a month. I really like aikido. At the moment I'm a littler nervous because my blackbelt test is next week. I also attend a weekly aerobics class at my local gym. It's difficult, but it's a lot of fun.

I like different sports in different seasons. In summer, I go swimming 4 or 5 times a week. I usually go swimming at my local pool, but sometimes I go swimming at the beach. Swimming at the beach is difficult because of the waves.

In Autumn and Spring, I play soccer twice a week. I usually play soccer with my friends in the park, but sometimes we play on the indoor soccer field. We always go to a restaurant afterwards. It is great fun. Once or twice a month we have a big tournament.

In winter, I often go skiing. I go skiing 5 or 6 times a year. I usually go skiing at Mt. Hutt. It is very beautiful there, but sometimes it is crowded. Sometimes I go skiing at Mt. Cook. Mr. Hutt and Mt. Cook are both great places to go skiing.

My friend Rob is very unhealthy. He rarely does exercise. He goes hiking once or twice a year. Usually he just stays at home and plays video games. Once every other week, he goes jogging, but I think it isn't enough.

2

Answer the questions below

- How many times a week does she go running
- How often does she do yoga?
- Does she practice aikido 5 times a month?
- How often does she go swimming?
- In autumn and spring, does she play soccer twice a week?
- How often does she go skiing?
- How often does Rob go jogging?
- 頻度の副詞はいくつありましたか?

DEAN MORGAN