7. Sınıf İngilizce Sports Çalışma Kâğıdı – How Often?

WORKSHEET

2026-2027 · Ünite 2: Sports · Alt tema: How Often?

Name: _____ Class: _____ Date: _____

A Frequency words

Match the expressions with their Turkish meanings. *(İfadeleri Türkçe anlamlarıyla eşleştirin.)*

1. once a week	a) asla, hiç
2. twice a month	b) haftada bir
3. three times a day	c) genellikle
4. every weekend	d) günde üç kez
5. usually	e) ayda iki kez
6. never	f) her hafta sonu

B Talking about frequency

Complete the sentences with the words in the box. *(Cümleleri kutudaki kelimelerle tamamlayın. Kutuda fazladan kelime var.)*

How often • once • twice • always • never • times • sometimes • What time

1. _____ do you go swimming? — Twice a week.
2. I go to judo class only on Mondays. I go there _____ a week.
3. Deniz trains on Tuesdays and Thursdays. She trains _____ a week.
4. Our coach is _____ on time. He is never late.
5. Kaan doesn’t like cold water, so he _____ swims in the sea.
6. My brother goes jogging three _____ a week.

C Sports habits survey

Read the survey and answer the questions. *(Anket tablosunu ve notları okuyun, soruları cevaplayın.)*

SPORTS HABITS SURVEY – CLASS 7-B

Name	Sport	How often?	Where?
Zehra	badminton	twice a week	the school gym (indoor)
Onur	cycling	every weekend	the park by the river (outdoor)
İpek	taekwondo	three times a week	the sports centre (indoor)
Barış	basketball	once a week	the court in his street (outdoor)

Notes: Zehra wants to join the school badminton team next year, so she never misses a training session. Onur sometimes goes cycling with his father on Sunday mornings. İpek usually trains after school because she has a tournament in Trabzon in May. Barış says he is often too tired for sports, but he never misses Saturday basketball with his neighbours.

1. How often does Zehra play badminton?

.....

2. Who does an indoor sport at the sports centre?

.....

3. Where does Barış play basketball?

.....

4. Why does İpek usually train after school?

.....

5. Who sometimes goes cycling with his father?

.....

D Grammar check

Choose the correct option. *(Doğru seçeneği işaretleyin.)*

1. Choose the correct sentence.

a) Always I train on Saturdays.
b) I train always on Saturdays.
c) I always train on Saturdays.
d) I train on always Saturdays.

2. Eren is ____ late for practice, so the coach is often angry with him.

a) never
b) often
c) once
d) twice

3. How often ____ your sister go skating?

a) do b) is c) are d) does

4. They ____ go on a diet. They love eating desserts!

a) never b) always c) usually d) often

5. How often do you play table tennis? — ____

a) At the sports hall. b) Three times a month. c) With my cousin. d) Yes, I do.

E Make sentences

Put the words in the correct order. *(Kelimeleri doğru sıraya koyarak cümle kurun.)*

1. *often / go / jogging? / do / you / How*

.....

2. *training. / is / She / always / after / tired*

.....

3. *twice / We / a / week. / volleyball / play*

.....

F My sports week

Write your answers. *(Cevaplarınızı yazın. Örnek cevaplar cevap anahtarındadır.)*

1. Write about your weekly sports routine. Use at least three frequency words (always, usually, once a week…). (4–5 sentences)

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