

UNIT – 3

Getting Exercise

Study 1: Used to

ความหมาย

used to + verb (base form) ใช้เพื่อพูดถึงนิสัยหรือเหตุการณ์ในอดีตที่เคยเกิดขึ้นเป็นประจำ แต่ปัจจุบันไม่ได้ทำแล้ว

โครงสร้าง

Subject + **used to** + base verb

ตัวอย่าง

I used to run every morning.

ฉันเคยวิ่งทุกเช้า (แต่ตอนนี้ไม่ได้ทำแล้ว)

คำศัพท์สำคัญ (Important Vocabulary)

Vocabulary	Meaning
exercise	การออกกำลังกาย
jog	วิ่งเหยาะ
gym	โรงยิม
fitness	สมรรถภาพร่างกาย
routine	กิจวัตร
healthy	สุขภาพดี
practice	ฝึกฝน
activity	กิจกรรม
training	การฝึก

Vocabulary Meaning

habit นิสัย

ตัวอย่างประโยค

1. I **used to jog** every morning.
 2. She **used to go to the gym** after work.
 3. They **used to play football** every weekend.
 4. We **used to exercise** together in the park.
 5. He **used to swim** every afternoon.
 6. My father **used to practice yoga**.
 7. I **used to ride a bicycle** to school.
 8. She **used to train** at the fitness center.
 9. They **used to walk** around the lake.
 10. We **used to do stretching exercises** before class.
 11. I **used to have a healthy routine**.
 12. He **used to enjoy outdoor activities**.
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Study 2: Statements with Verb + To Infinitive

ความหมาย

โครงสร้าง **Verb + to + infinitive** ใช้เมื่อ คำกริยาตัวแรกต้องตามด้วย **to + verb**

โครงสร้าง

Subject + Verb + **to + infinitive**

คำกริยาที่ใช้บ่อย

Verb Meaning

want ต้องการ

need จำเป็นต้อง

plan วางแผน

hope หวัง

decide ตัดสินใจ

learn เรียนรู้

try พยายาม

like ชอบ

love รัก

prefer ชอบมากกว่า

ตัวอย่างประโยค

1. I **want to exercise** every day.
2. She **plans to join** a fitness program.
3. They **decide to play** basketball after class.
4. We **hope to improve** our health.
5. He **tries to run** five kilometers every day.
6. I **like to go** to the gym.
7. She **learns to swim** at the sports center.
8. They **prefer to exercise** in the morning.
9. We **need to practice** regularly.
10. He **wants to build** strong muscles.
11. I **hope to stay** healthy.
12. She **plans to start** yoga training.

Study 3: Other Sentences with Verb + To Infinitive

นอกจากคำกริยาทั่วไปแล้ว ยังมีคำกริยาบางคำที่ใช้ร่วมกับ **to infinitive** เช่น

Verb	Meaning
agree	ตกลง
promise	สัญญา
refuse	ปฏิเสธ
manage	สามารถทำได้สำเร็จ
forget	ลืม
remember	จำได้
seem	ดูเหมือน
appear	ดูเหมือน

ตัวอย่างประโยค

1. He **agreed to join** the exercise program.
2. She **promised to practice** every day.
3. They **refused to stop** exercising.
4. I **forgot to bring** my sports shoes.
5. He **remembered to stretch** before running.
6. She **managed to finish** the training.
7. They **seem to enjoy** outdoor exercise.
8. He **appears to be** very healthy.
9. We **agreed to meet** at the gym.
10. I **remember to drink** water after exercise.
11. She **promised to improve** her fitness.
12. They **refused to skip** the training session.

3.2 Functions

Inviting (การเชิญชวน)

โครงสร้างการเชิญชวน

- **Would you like to + verb?**
- **Do you want to + verb?**
- **Let's + verb**
- **How about + verb-ing?**

คำศัพท์สำคัญ

Vocabulary Meaning

join	เข้าร่วม
exercise	ออกกำลังกาย
workout	การออกกำลังกาย
training	การฝึก
practice	ฝึก
sports	กีฬา
park	สวน
gym	ยิม
morning	ตอนเช้า
evening	ตอนเย็น

ตัวอย่างประโยค

1. Would you like to exercise with me?
2. Do you want to go jogging tomorrow?
3. Let's go to the gym together.
4. How about playing basketball?
5. Would you like to join our workout group?

6. Let's do some stretching exercises.
7. Do you want to ride a bicycle?
8. How about going for a walk?
9. Would you like to practice yoga?
10. Let's play football this weekend.
11. Do you want to run in the park?
12. How about joining the fitness class?

Talking about Likes / Dislikes

โครงสร้าง

Subject + **like / love / enjoy / dislike / hate** + **noun / verb-ing**

คำศัพท์สำคัญ

Vocabulary Meaning

like	ชอบ
love	รัก
enjoy	สนุกกับ
dislike	ไม่ชอบ
hate	เกลียด
prefer	ชอบมากกว่า
activity	กิจกรรม
exercise	ออกกำลังกาย

ตัวอย่างประโยค

1. I **like jogging** in the morning.
 2. She **loves swimming**.
 3. They **enjoy playing football**.
 4. He **likes going to the gym**.
 5. We **love outdoor activities**.
 6. I **prefer walking** to running.
 7. She **enjoys yoga practice**.
 8. They **like cycling** in the park.
 9. He **dislikes waking up early**.
 10. I **hate running in hot weather**.
 11. She **likes healthy activities**.
 12. We **enjoy exercise together**.
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แบบฝึกหัดเติมคำ

จงเติมคำให้ถูกต้อง

1. I _____ to jog every morning.
2. She used to _____ football after school.
3. They plan _____ join the gym.
4. We want _____ improve our health.
5. He agreed _____ exercise regularly.
6. I forgot _____ bring my sports shoes.
7. She promised _____ practice yoga.
8. Would you like _____ go jogging?
9. Let's _____ to the gym.
10. How about _____ basketball?
11. I like _____ swimming.
12. She enjoys _____ exercise every day.
13. They dislike _____ in hot weather.

14. He hates _____ early in the morning.
15. We used to _____ in the park.
16. She wants _____ start a fitness program.
17. They decided _____ exercise together.
18. I prefer _____ walking to running.
19. He seems _____ very healthy.
20. We hope _____ stay fit.

Conversation Exercise: Inviting Someone to Exercise

1. Useful Expressions (สำนวนที่ใช้บ่อย)

การเชิญชวน (Inviting)

- Would you like to exercise with me?
- Do you want to go jogging?
- Let's go to the gym.
- How about going for a walk?
- Would you like to join our fitness class?
- Do you want to play basketball?

การตอบรับ (Accepting)

- Yes, I'd love to.
- That sounds great.
- Sure, let's do it.
- Good idea.
- I'd be happy to join.

การปฏิเสธ (Declining)

- Sorry, I can't today.
- Maybe next time.
- I have other plans.

- I'm busy right now.
 - I don't feel well today.
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2. Example Conversations

Conversation 1

A: Would you like to go jogging with me tomorrow morning?

B: Yes, I'd love to. What time shall we meet?

A: Let's meet at the park at 6 a.m.

B: That sounds great.

Conversation 2

A: Do you want to join the fitness class this evening?

B: Sorry, I can't today. I have to finish my homework.

A: No problem. Maybe next time.

Conversation 3

A: How about playing badminton this weekend?

B: Good idea. I like playing badminton.

A: Great! Let's meet at the sports center.

Conversation 4

A: Let's go to the gym after class.

B: Sure, let's do it. I need more exercise.

Conversation 5

A: Would you like to ride a bicycle in the park?

B: That sounds great. I enjoy cycling.

3. Exercise 1: Complete the Conversation

จงเติมคำให้สมบูรณ์

1.

A: Would you like to _____ jogging with me?

B: Yes, I'd _____ to.

2.

A: _____ about playing football this afternoon?

B: That's a good idea.

3.

A: Do you _____ to join our fitness class?

B: Sorry, I can't today.

4.

A: Let's _____ to the gym.

B: Sure, let's do it.

5.

A: Would you like to _____ basketball this weekend?

B: Yes, that sounds great.