

Daily routine

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17 I can describe my routine

A Weekdays (Monday to Friday)

What do you do on weekdays?



I usually get up at 7.00.



I have a shower.



I get dressed.



I have breakfast.



I usually leave home at 8.00.



I get to work at 8.30.



I finish work at 5.00.



I have dinner at 8.15.



I go to bed at 11.30.



I sleep seven hours a night.

spotlight usually and normally

I usually/normally go to work by bus means that I go to work by bus most days.

1 Match the verbs in column 1 with words in columns 2 and 3. Write the sentences.

	1	2	3	
▶	I get up ✓	work	before breakfast	I get up at 7.30 a.m.
1	I get	at ✓	at 11 o'clock	
2	I have	seven hours	7.30 a.m. ✓	
3	I leave	dressed	at 6 p.m.	
4	I finish	home	with my family	
5	I have	dinner	a night	
6	I go	breakfast	at 8.00 a.m	
7	I sleep	to bed	at 8.30 a.m.	

2 Complete the questions with the correct verb. (You will write your answers in Exercise 3.)

- ▶ What time do you usually get up in the morning?
- 1 Do you _____ dressed before or after breakfast?
- 2 Do you _____ a shower in the morning?
- 3 What time do you _____ home in the morning?
- 4 What time do you _____ to school/university/work?
- 5 Who do you _____ dinner with?
- 6 What time do you normally _____ to bed?

ABOUT YOU

I get up at 7.30.

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3 ABOUT YOU Write your answers to Exercise 2, or ask another student.

4 Test yourself. Look at the pictures and cover the sentences. Say the phrases.

B Weekends (Saturday and Sunday) 🎧

What do you do **at the weekend**?

During the week I usually **stay in** after school. I often study in the evenings, watch TV, listen to music, or just talk to my family. **Once** or **twice** a week, my boyfriend **comes round** and we have dinner together or **go and see a film**. At the weekend, I **go out** a lot more. On Saturday morning I usually **go shopping** with a friend, or I **go to the gym**, and sometimes I study in the afternoon. I go out with my boyfriend in the evening. On Sundays, I get up **late**. We often **go for a walk**, and in the summer we **play tennis**.

Glossary

at the weekend on Saturday and Sunday

during the week from Monday to Friday

stay in stay at home

once a week one time in every week

twice a week two times in every week

come round come to my home

go out leave home to go to a bar, cinema, restaurant, etc.

go shopping go to the shops to buy clothes, CDs, etc.

(When you **do the shopping** you buy food.)

go to the gym



late after the usual time **or** **early**

go for a walk have a short walk to enjoy yourself

play tennis



5 Find nine more phrases. You can go up ↑, down ↓, or across →.

the	shopping	go	for	a
do	week	or	once	walk
during	→ the	twice	a	week
stay	tennis	go	shopping	at
in	play	go	gym	the
come	round	to	the	weekend

6 Complete the sentences.

- ▶ I go to a restaurant *once* _____ or twice a week.
- Do you want to _____ shopping?
 - Come _____ to my flat after work.
 - I can't _____ tennis this weekend.
 - Do you want to go _____ on Saturday?
 - _____ the week I usually stay _____.
 - I'm really tired today because I went to bed _____ last night.
 - What are you doing _____ the weekend?
 - I go to the _____ twice a week because I like to exercise.
 - I often _____ the shopping very _____, at 8.00 in the morning.
 - We often go and _____ a film on Sunday.