Date:
Topic:

On a Normal Day, I ...

1 **Put the days in the correct order and choose which activities you want to do. Write in your notebook.**



2 **With the pictures with the daily routines, do in your notebook sentences about your routines.**



In the morning, he brushes his teeth.

In the afternoon, he spends time with his family.

Useful Expressions

In the morning
In the afternoon
In the evening
At night

LIVEWORKSHEETS

Date:
Topic: On a Normal Day, I ...

3 Read the next information

Hey! I'm Valerie Castagna and I'm a gymnastics champion.I want to do well in all my competitions, so my routine is very important.

I wake up at 5:30 and have breakfast: lots of fruit gives me the energy I need for exercise. Then, I brush my teeth, take a shower and get ready to go to my gym. I arrive at my gym, meet my friends and get ready to do my exercise. We work hard. I run a lot, phew, it's exhausting!

I have lunch at 12.30. I eat lots of vegetables, cereals and fish. In my lunch hour, I can take a break to get ready for the last exercises. First, I jump a lot using the trampolines, and then I do my jumps on the floor. I also get on the bars, so I need to be strong.

After that, I go home and have a big dinner with my parents; my parents' food is delicious! Finally, I read my favourite magazines, comb my hair and go to bed at nine to get ready for the next day.

I want to be the best for a long time, so I work hard!



LIVEWORKSHEETS

Date:
Topic: On a Normal Day, I ...

4 Put the activities in the correct order

	Valerie Castagna
☐	She meets her friends.
☐	She eats vegetables, cereals and fish.
☐	She jumps on the floor.
☐	She goes to the gym.
☐	She goes home.
☐	She combs her hair.
☐	She jumps on trampolines.
☐	She reads magazines.

5 Make a list of different activities your family does during the week. Write in your notebook.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

SATURDAY	SUNDAY
swimming class	

NOTES:



On Saturdays, we usually go to a swimming class together. On Tuesdays, we sometimes ... On Wednesdays, we always ...

LIVEWORKSHEETS

Date:

Topic: On a Normal Day, I ...

6 Read the routine of a Latin American swimming champion. Tick true or false



I wake up at 4.30 every day. I arrive at the pool at 5 a.m. Then, I swim for two hours. After I finish, I go home. I have breakfast before I take a shower. I go to school at 7.45 and I finish at 2.45. After school, I go swimming again. I usually arrive home for dinner at 6.30. Sometimes I'm late because I swim more.

	True	False
1. He wakes up very early every day.	☐	☐
2. First, he takes a shower. Then, he has breakfast.	☐	☐
3. He has breakfast at school.	☐	☐
4. He goes swimming before and after school.	☐	☐
5. He always has dinner at 6.30.	☐	☐

LIVEWORKSHEETS