

FOCUS ON SPEAKING – DAILY ROUTINE (LEVEL 1 TASK)

Military vocabulary /expressions

- **To fall in (line) (for the hoisting of the flag)** – formar delante de la bandera: *We always fall in (line) at 8 o'clock.*
- **Reveille – toque de diana:** *Reveille was at 6,30 am*
- **Morning / afternoon / evening roll call** – pasar lista: *The squadron turned out for roll call.*
- **Report to the captain or other superior – dar novedades:** *You need to report to barracks by three o'clock on Friday.*
- **Be on duty** – estar de servicio: *I'm on duty this whole weekend so I won't be able to go home.*
- **Be granted to sleep off barracks:** tener permiso para dormir fuera del cuartel: *I can go home every day to my family as I am granted to sleep off barracks*
- **Be on detention** – estar arrestado: *I forgot to close my room window and for that I was on detention*
- **Lights out** – apagado de luces: *I was reading until lights out*
- **To drill** – entrenamiento: *We were exhausted because we had been drilling all afternoon*
- **To be on leave** – estar de permiso: *When my son was born, I was on paternity leave for four months.*
- **Meshall** – comedor: *We always have breakfast together at the meshall.*

Other words / expressions to talk about your daily routine

WHAT'S A TYPICAL DAY IN YOUR LIFE LIKE?

1) Match the expressions on the left with their definitions on the right

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|-------------------------------|---|
| a. To work out | 1. To stay in bed longer than usual |
| b. Can't do without something | 2. Be interested in something |
| c. Stick to something | 3. To successfully manage a situation |
| d. To squeeze in some time | 4. To exercise |
| e. To calm down | 5. To avoid |
| f. To lie down | 6. To postpone |
| g. To scroll down | 7. To finally do something |
| h. Stay away from | 8. To be unable to live without |
| i. Go for | 9. To check your social networks |
| j. Put things off | 10. To keep doing something you resolve to do |
| k. Get around to + verb (ing) | 11. To rest on the sofa or bed |
| l. Get through | 12. To make time for |
| m. Sleep in | 13. To prefer |
| n. Be into something. | 14. To relax |

2. Complete the sentences with the expressions a-n from the previous exercise. Sometimes you will have to change the verb form of the verbs.

- a. Make sure you drink plenty of water if you are _____
- b. In the afternoons, I _____ drinking a hot beverage
- c. If you have new Year's resolutions, it's advisable you _____ them for at least one year.
- d. Since my days are so hectic, I always need to _____ at least 30 minutes of exercise. This typically _____ me _____.
- e. After having lunch, I usually need to _____ a bit. Otherwise, I'm not very productive for the rest of the day.
- f. My favorite time of the day is when I'm on the couch at night, with the TV on and _____ social media on my phone
- g. Typically, I tend to _____ checking my phone late at night because it makes me nervous.
- h. In the afternoons, I like to watch some documentaries but at night, I _____ something lighter, like a sitcom
- i. If you continue _____ you will never ever _____ accomplishing anything in life.
- j. There's nothing better to _____ the day, as it's something I can't do on weekdays.
- k. On weekends, I usually _____, as it's something I can't do on weekdays.
- l. Hey Martha, shall we go for a movie at the cinema tonight? – Sorry, I _____ action movies. Maybe when something different is on.