

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 <u>get up</u> 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?
- Do you _____ dressed before or after breakfast?
 - Do you _____ a shower in the morning?
 - What time do you _____ home in the morning?
 - What time do you _____ to school/university/work?
 - Who do you _____ dinner with?
 - What time do you normally _____ to bed?

ABOUT YOU

I get up at 7.30.

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.

1 Do you want to _____ shopping?

2 Come _____ to my flat after work.

3 I can't _____ tennis this weekend.

4 Do you want to go _____ on Saturday?

5 _____ the week I usually stay _____.

6 I'm really tired today because I went to bed _____ last night.

7 What are you doing _____ the weekend?

8 I go to the _____ twice a week because I like to exercise.

9 I often _____ the shopping very _____, at 8.00 in the morning.

10 We often go and _____ a film on Sunday.

C Frequency words 🎧

100%

0%

always

often

sometimes

occasionally

hardly ever
OR **rarely**

never

These adverbs go before the main verb (e.g. *get up*), but after an auxiliary verb (e.g. *do, does, have, can or be*).

I **always** get up late on Sundays.

Do you **often** go out in the evening?

We **occasionally** go for a walk.

I'm **hardly ever** ill.

spotlight **every and all**

He goes out **every** day means 'he goes out on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday'.

Be careful!

He works **every** day means 'he works from Monday to Sunday'.

He works **all** day means 'he works from 9.00 a.m. to 6.00 p.m.'

7 Is the meaning of the sentences the same or different? Write S or D.

▶	I always go shopping on Saturdays.	I go shopping every Saturday.	S
1	I sometimes work at home.	I often work at home.	
2	She's hardly ever late for work.	She's rarely late for work.	
3	We often finish classes early.	We finish classes early every day.	
4	I never eat meat.	I occasionally eat meat.	
5	She always has a shower in the morning.	She has a shower every morning.	
6	In August we play tennis every day.	In August we play tennis all day.	

8 Write the sentences using a word from the box.

every day always often ✓ hardly ever all day occasionally never

- ▶ Hiro goes to restaurants two or three times a week. Hiro often goes to restaurants.
- Haruko always gets up early. _____
 - Hiro goes to the gym once a year. _____
 - Haruko stays in seven nights a week. _____
 - Hiro studies from 9.00 to 5.00. _____
 - Haruko doesn't have a shower in the morning. _____
 - Hiro goes to the cinema about six times a year. _____

9 ABOUT YOU True or false? If a sentence is false, change the word in bold to make it true.

- ▶ I **hardly ever** play tennis. False. I often play tennis.
- I **always** have a shower before breakfast. _____
 - I **often** go out on Friday evening. _____
 - I **never** listen to music in the evening. _____
 - I **rarely** study on Sunday. _____
 - I **sometimes** watch TV at the weekend. _____
 - I **never** work in the evening. _____
 - I **usually** go shopping on Monday. _____
 - I **occasionally** go to the gym after dinner. _____