

Alice's day

▶ **Video** Watch the vlog. What time does Alice:

- 1 get up? _____
- 2 start school? _____
- 3 finish school? _____
- 4 have dinner? _____

▶ **Video** Watch the vlog again. How does Alice spend her time? Look at the bubble chart and match each bubble A-C with the correct activity.

doing homework helping at home	hanging out with friends playing video games
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Think about your own daily routine and compare it to Alice's. What are the main differences and similarities?
Like Alice, I ... Unlike Alice, I ...

I	spend a lot of time ... spend quite a lot of time ... don't spend much time ... don't spend any time ...	helping at home / doing homework / hanging out with friends
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Look at the list of activities A-I. Think about how much time you spend doing each one. Write a number 0-3 for each activity.

0 = no time 1 = not much time 2 = quite a lot of time
3 = a lot of time

A ____ playing sports
B ____ listening to music
C ____ using social media
D ____ watching TV shows and films
E ____ reading books
F ____ playing an instrument
G ____ playing board games
H ____ doing arts and crafts
I ____ shopping

★☆☆ Complete the phrases with *do*, *go* or *play*.

1 ____ go ____ hiking	4 ____ hockey
2 ____ chess	5 ____ bowling
3 ____ karate	6 ____ fitness training

★☆☆ Label the pictures with the words below. There are four words you do not need to use.

athletics climbing fitness training gymnastics
handball hiking hockey judo karate surfing



1 ____ judo



2 ____



3 ____



4 ____

★☆☆ Complete the sentences with free-time activities and *do*, *go* or *play*.

- 1 My brother and I go hiking ____ in the countryside.
- 2 Every summer, we ____ in the sea.
- 3 I ____ every week. I'm a black belt!
- 4 My friend and I ____ online.
- 5 Every weekend, I _____. There's an indoor wall in the sports centre.
- 6 My friends and I have fun when we ____ in our town. We can buy burgers and eat while we play.



5 ____



6 ____

★☆☆ Complete the words in the dialogue.

Mae Hi Joe, I'm on my way to the gym.

Joe Really? Me too!

Mae Yes, I do ¹f i t n e s s t r a i n i n g every Monday. What do you do?

Joe I do ²g _____. I'm on the school team. I love outdoor sports too, like ³c ____ and ⁴h _____.

Mae Amazing! I like ⁵s _____, but I'm not into ball games like ⁶h _____ or tennis.