



POSTER 1:

DAILY ROUTINE



- 1 ● Look at the pictures and complete the activities.



1 exercise



2 r_____



3 g__ u__



4 w__ u__



5 g_ h__



6 g_t d_____d



7 h_____

b_____



8 h_____

a s_____



9 g_ t_ b__



10 g_ t_

s_____



11 h_____

d_____s__

- 2 ●● Complete the sentences with verbs from Exercise 1.

- Every morning I wake up at 7.30.
- I stay in bed for five minutes and then I _____ at 7.35.
- I go to the bathroom and I _____ at 7.40.
- Then, I _____ in my favourite jeans and T Shirt and go downstairs.
- I _____ with my mom and dad at 8.00. Usually toast or an egg.
- I _____ by bus at 8.30. My lessons start at 9.00.
- Lessons finish at 4.00. I _____ by bus at 4.30.
- I sometimes _____ at the gym after school.
- I _____ at home before dinner. I read a book or watch TV.
- I _____ with my family at 8.30.
- By 9.30, I'm very tired and I _____.

- 3 ●● Choose the correct answer.

- I never go ___ late because I like to sleep for nine hours.
a home b to bed c to school
- I have ___ every day in the morning at home. I usually eat an omelette.
a breakfast b lunch c a shower
- I ___ at 9 o'clock on Saturdays. Then I lie in bed and listen to music for an hour.
a get up b wake up c get dressed
- It's a good idea to ___ every day, so I run in the park after school.
a go home b get dressed c exercise





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4 WORD FRIENDS Match the sentence halves.

- | | |
|--|------------------------------------|
| 1 ☐ Let's go to | a my friend, Sue, at the bus stop. |
| 2 ☐ When I go to school, I meet | b friends on social media. |
| 3 ☐ I check | c swimming to exercise. |
| 4 ☐ Lots of people go | d shessiene eestay. |
| 5 ☐ Teenagers love to message | d the cinema today. |
| 6 ☐ Teenagers love to message | e my emails on my computer. |
| 6 ☐ I always do | f the housework on Saturday. |



5 Complete the sentences with expressions from Exercise 4.

- I _____ check my emails in the morning.
- She _____ messages her friends at school.
- They _____ go swimming on Saturdays.
- I _____ read a book before bed.
- We _____ listen to music when we're on a bus.

