

My day

Hi! My name's Dan and I'm fourteen years old. I come from Liverpool in England. This is my typical day.

I'm a swimmer and I need to do a (1) **lot** of practice. Every morning I (2) up at 5.00 – yes, 5.00! I (3) have a big breakfast, but I drink a cup of tea. (4) my dad takes me to the swimming pool. I get there (5) 5.30 exactly. I train for two and a half hours. Then dad takes me home again. I have breakfast with the family at 8.30. (6) that, I go to school.

Lessons (7) at 4.30. I go swimming again for an hour and a half, from 4.45 to 6.15. Then I go home and have dinner. I (8) my homework in my room and then, at about 8.00, I watch TV. I go to bed at 9.00 p.m. (9) I'm tired.

