

The time and time expressions

I get up	at 7:00	in the morning	on weekdays.
I go to bed	around ten	in the evening	on weeknights
I leave work	(very/pretty)early	in the afternoon	on weekends
I get home	(very/pretty)late	at night	on Fridays
I stay home	until midnight	on Saturdays	
I wake up	before/after noon	on Sundays	

Is it A.M. or P.M.?

 It's seven (o'clock) in the morning. It's 7:00 A.M.	 It's twelve (o'clock). It's 12:00 P.M. It's noon.	 It's four (o'clock) in the afternoon. It's 4:00 P.M.
 It's seven (o'clock) in the evening. It's 7:00 P.M.	 It's ten (o'clock) at night. It's 10:00 P.M.	 It's twelve (o'clock) at night It's 12:00 A.M. It's midnight.

Daily schedules

A) Listen and practice

Daniel: How do you spend your day, Helen?
 Helen: Well, on weekdays I get up around ten.
 Then I read the paper for an hour and have lunch at about noon.
 Daniel: Really? What time do you go to work?
 Helen: I start work at three.
 Daniel: And when do you get home at night?
 Helen: I get home pretty late, around midnight.
 Daniel: So what do you do, exactly?
 Helen: I'm a TV announcer. Don't you recognize me? I do the weather report on KNTV!
 Daniel: Gee, I'm sorry. I don't watch TV.



B) Listen to Daniel describe how he spends his day. Answer the questions.

1. What time does he get up? _____
2. What time does he start work? _____
3. What time does he study until? _____
4. What does he do? _____