

Exercise 5: Read the text about professional swimmer Michael Daley's day. Then complete the next exercise.

I usually get up at around 6:00 a.m. Before I became a professional swimmer, I got up late most days, but I don't ever stay in bed now, even on Sundays! I always go to the gym in the mornings. I spend about 30 minutes on the running machine, and then another 30 minutes doing other exercises. It is very important for me to stay fit and healthy. I only spend two hours at the gym when I have a big swimming competition. I get home from the gym at about 8:00 a.m., have a shower and get dressed. I always have a big breakfast of cereal with banana, toast, eggs, coffee and orange juice. Breakfast is the most important meal of the day for me because I do a lot of swimming every day. After breakfast, I go for a long walk in the park near my house. The exercise helps me to relax and feel prepared for the rest of the day.

Then it's time for me to start work. From 10:00 a.m. until 1:00 p.m. I normally go to the swimming pool and train for two hours with my personal trainer. I swim about five kilometres, and practise diving. After my training, I usually have a meeting with my trainer to talk about how well I'm doing and what I still need to work on. I sometimes have lunch at the pool café with my trainer, but if I have a television interview, I'll walk over to the TV studio. All my friends think that it's exciting to be on television, but it takes a long time to film, so it can be a bit boring. It's not difficult to do TV interviews, but it takes a long time to get ready. At home, it takes me about 20 minutes to have a shower, get dressed and do my hair, or maybe half an hour if I'm going somewhere special, but at the TV studio it takes an hour! If I have a big competition coming up, then I do more training in the afternoon, or have more meetings with my trainer.

In the evenings, I usually relax at home with my wife, Emma. I quite enjoy cooking, so we often eat at home together. Emma hated my cooking at first, but now she thinks it's OK. Her father is a chef at a top restaurant, so she loves good food. We sometimes go to a restaurant for dinner. We both love Korean food, and there's a great place near my house. I never eat fast food like burgers and kebabs, or my trainer will get angry with me. Then Emma and I usually watch a film on television. We both love comedy films, and Emma also likes romantic films, but I'm not a big fan – I prefer action films. I usually go to bed at 10.00 p.m. because I need to be back in the gym by 7.00 a.m. the next day!

Choose the correct answers. Read the text on again to help you.

PRE IELTS

1. When does Michael get up late now?
☐ Most days. ☐ On Sundays. ☐ Never.
2. Michael usually exercise at the gym for
☐ 30 minutes ☐ 1 hour. ☐ 2 hours.
3. After breakfast, Michael
☐ gets prepared for the day. ☐ goes for a walk. ☐ relaxes in his house.
4. Michael says that TV interviews are sometimes.
☐ exciting. ☐ boring. ☐ difficult.
5. When Michael gets ready at the TV studio, it takes him.
☐ 20 minutes. ☐ 30 minutes. ☐ 1 hour.
6. What does Michael's wife, Emma, think about his cooking now?
☐ She loves it. ☐ She hates it ☐ She doesn't mind it.
7. Michael often eats
☐ dinner at home. ☐ dinner in a restaurant. ☐ burger and kebabs.
8. Both Michael and Emma like watching
☐ comedy films. ☐ romantic films. ☐ action films.

Exercise 6: Complete the sentences. Write the verbs in brackets in the correct form of the present simple tense. The first question has been done for you.

1. I usually _____ (get up) at around 6:00 a.m.
2. I always _____ (drink) orange juice for breakfast.
3. Breakfast _____ (be) the most important meal of the day for me.
4. My sister's school is far away, so she _____ (take) a bus.
5. I usually _____ (wear) jeans and a tee-shirt.
6. I never _____ (eat) fast food like burgers and kebabs.
7. We both love tennis and Jane also _____ (like) football.
8. We sometimes _____ (go) to a restaurant for dinner.

Exercise 7: Complete the sentences with the words in the box.

always	never	often	sometimes	usually
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1. I walk to school with my friends most days.
I _____ walk to school with my friends.

UNIT 1 – STUDENT **12**

2. I have a cup of coffee every day at 11:00 a.m.
I _____ have a cup of coffee at 11:00 a.m.
3. Some weekends, I go to a museum or art gallery.
I _____ go to a museum or art gallery at the weekend.
4. I don't watch TV at all.
I _____ watch TV.
5. I go to the gym a lot.
I _____ go to the gym.

D. Listening & Speaking

Exercise 1: Match the activities with the pictures. Use the phrases in the box.

drive to work	go to the gym	have dinner	play chess	read in bed
		use a computer		



1. _____



2. _____



3. _____



1. _____



2. _____



3. _____

Exercise 2: Listen to five people talking about doing activities. Complete the sentences with the words in the box.

always	never	often	sometimes	usually
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🎧 (Track 1.1): She _____ uses computers.

🎧 (Track 1.2): I _____ play chess.

🎧 (Track 1.3): I _____ go to the gym.

🎧 (Track 1.4): She _____ drives to work.

🎧 (Track 1.5): He _____ reads in bed.

Exercise 3: Listen to five people talking about things they do every day. Complete the sentences with the verbs in the box.

drives	makes	moves	play	reads
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🎧 (Track 1.6): Every morning he _____ his children to school.

🎧 (Track 1.7): When she's at the office, she _____ her emails immediately.

🎧 (Track 1.8): Everyday she _____ computers from the storeroom to the shop.

🎧 (Track 1.9): Most evenings, she _____ dinner.

🎧 (Track 1.10): Every lunchtime, they _____ basketball.

Exercise 4: Listen to Sanjay talking to a friend, Tom, about his flatmates' daily routines. Match each person to the activity.

🎧 (Track 1.11)

1. Marc	●		●	gets up early.
2. Blas	●		●	teaches French classes in the morning.
3. Luke	●		●	cooks every evening.
4. John	●		●	works part time in the evenings.
5. Sam	●		●	studies in the afternoon.

Exercise 5: Listen to Mary talking about what her family does every day. Choose the correct answers.

🔊 (Track 1.12)

1. Mary gets up at

- ☐ 7 o'clock. ☐ 7:15. ☐ 7:30.

2. Julia is usually late for college because she always

- ☐ does the washing up after breakfast. ☐ gets up late. ☐ watches TV after breakfast.

3. Mary's office is

- ☐ at home. ☐ in a bank ☐ in the city center.

4. On his way home from work, Mary's husband, Jack, often

- ☐ Goes shopping. ☐ goes to the gym. ☐ plays chess.

5. Jack goes to watch Simon play

- ☐ Basketball. ☐ Football. ☐ Tennis.

6. Before going to bed Julia usually

- ☐ Takes out the bins. ☐ Uses her computer. ☐ Watches TV.