

17 I can describe my routine

A Weekdays (Monday to Friday)



I usually get up at 7.00.



I have a shower.



I get dressed.



I have breakfast.



I usually leave home at 8.00.



I get to work at 8.30.



I finish work at 5.00.



I have dinner at 8.15.



I go to bed at 11.30.



I sleep seven hours a night.

What do you do on weekdays?

spotlight usually and normally

I usually/normally go to work by bus means that I go to work by bus most days.

1 Match the verbs in column 1 with words in columns 2 and 3. Write the sentences.

	1	2	3	
►	I get up ✓	work	before breakfast	I get up at 7.30 a.m.
1	I get	at ✓	at 11 o'clock	
2	I have	seven hours	7.30 a.m. ✓	
3	I leave	dressed	at 6 p.m.	
4	I finish	home	with my family	
5	I have	dinner	a night	
6	I go	breakfast	at 8.00 a.m.	
7	I sleep	to bed	at 8.30 a.m.	

2 Complete the questions with the correct verb. (You will write your answers in Exercise 3.)

ABOUT YOU

► What time do you usually get up in the morning?

I get up at 7.30.

1 Do you get dressed before or after breakfast?

2 Do you have a shower in the morning?

3 What time do you leave home in the morning?

4 What time do you go to school/university/work?

5 Who do you have dinner with?

6 What time do you normally go to bed?

3 ABOUT YOU Write your answers to Exercise 2, or ask another student.

4 Test yourself. Look at the pictures and cover the sentences. Say the phrases.

B Weekends (Saturday and Sunday)

What do you do at the weekend?

During the week I usually stay in after school. I often study in the evenings, watch TV, listen to music, or just talk to my family. Once or twice a week, my boyfriend comes round and we have dinner together or go and see a film. At the weekend, I go out a lot more. On Saturday morning I usually go shopping with a friend, or I go to the gym, and sometimes I study in the afternoon. I go out with my boyfriend in the evening. On Sundays, I get up late. We often go for a walk, and in the summer we play tennis.

Glossary

at the weekend on Saturday and Sunday

during the week from Monday to Friday

stay in stay at home

once a week one time in every week

twice a week two times in every week

come round come to my home

go out leave home to go to a bar, cinema, restaurant, etc.

go shopping go to the shops to buy clothes, CDs, etc.

(When you do the shopping you buy food.)

go to the gym



late after the usual time or early

go for a walk have a short walk to enjoy yourself



play tennis

5 Find nine more phrases. You can go up ↑, down ↓, or across →.

the	shopping	go	for	a
do	week ↑	or	once	walk
during →	the ↑	twice	a	week
stay	tennis	go	shopping	at
in	play	go	gym	the
come	round	to	the	weekend

6 Complete the sentences.

► I go to a restaurant once or twice a week.

- 1 Do you want to go shopping?
- 2 Come to my flat after work.
- 3 I can't play tennis this weekend.
- 4 Do you want to go to the gym on Saturday?
- 5 During the week I usually stay at home.
- 6 I'm really tired today because I went to bed late last night.
- 7 What are you doing at the weekend?
- 8 I go to the gym twice a week because I like to exercise.
- 9 I often go for a walk in the morning.
- 10 We often go and see a film on Sunday.