A Weekdays (Monday to Friday)

What do you do on weekdays?

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.

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 ..... dressed before or after breakfast? — .....

2 Do you ..... a shower in the morning? — .....

3 What time do you ..... home in the morning? — .....

4 What time do you ..... to school/university/work? — .....

5 Who do you ..... dinner with? — .....

6 What time do you normally ..... to bed? — .....

LIVEWORKSHEETS

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 OPP **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 ..... shopping?
2 Come ..... to my flat after work.
3 I can't ..... tennis this weekend.
4 Do you want to go ..... on Saturday?
5 ..... the week I usually stay ..... .
6 I'm really tired today because I went to bed ..... last night.
7 What are you doing ..... the weekend?
8 I go to the ..... twice a week because I like to exercise.
9 I often ..... the shopping very ..... , at 8.00 in the morning.
10 We often go and ..... a film on Sunday.

LIVEWORKSHEETS

C Frequency words

100% — 0%

always	often	sometimes	occasionally	hardly ever OR rarely	never

These adverbs go before the main verb (e.g. *get up*), but after an auxiliary verb (e.g. *do, does, have, can* or *be*).
I **always** get up late on Sundays.
Do you **often** go out in the evening?
We **occasionally** go for a walk.
I'm **hardly ever** ill.

spotlight *every* and *all*

He goes out ***every*** *day* means 'he goes out on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday'.
Be careful!
He works ***every*** *day* means 'he works from Monday to Sunday'.
He works ***all*** *day* means 'he works from 9.00 a.m. to 6.00 p.m.'

7 **Is the meaning of the sentences the same or different? Write *S* or *D*.**

▶	I always go shopping on Saturdays.	I go shopping every Saturday.	S
1	I sometimes work at home.	I often work at home.	
2	She's hardly ever late for work.	She's rarely late for work.	
3	We often finish classes early.	We finish classes early every day.	
4	I never eat meat.	I occasionally eat meat.	
5	She always has a shower in the morning.	She has a shower every morning.	
6	In August we play tennis every day.	In August we play tennis all day.	

8 **Write the sentences using a word from the box.**

every day always often ✓ hardly ever all day occasionally never

▶ Hiro goes to restaurants two or three times a week. Hiro often goes to restaurants.
1 Haruko always gets up early. _____
2 Hiro goes to the gym once a year. _____
3 Haruko stays in seven nights a week. _____
4 Hiro studies from 9.00 to 5.00. _____
5 Haruko doesn't have a shower in the morning. _____
6 Hiro goes to the cinema about six times a year. _____

9 ABOUT YOU **True or false? If a sentence is false, change the word in bold to make it true.**

▶ I **hardly ever** play tennis. False. I often play tennis.
1 I **always** have a shower before breakfast. _____
2 I **often** go out on Friday evening. _____
3 I **never** listen to music in the evening. _____
4 I **rarely** study on Sunday. _____
5 I **sometimes** watch TV at the weekend. _____
6 I **never** work in the evening. _____
7 I **usually** go shopping on Monday. _____
8 I **occasionally** go to the gym after dinner. _____

LIVEWORKSHEETS