

DAILY ROUTINES



1. Read about Helen's day and complete the text with words from the box

get-up go go go have have plays
play talk watch



This is Helen. She's a snowboarder in her national team. This is her training routine when there's a competition.

I'm Helen and this is my typical day. I ¹ *get up* at nine o'clock and I ² breakfast with my team in the hotel and we ³ TV. After breakfast we ⁴ *go* to snowboard practice. My best friend ⁵ ice hockey, so she goes to ice hockey practice. After lunch I ⁶ to my friend's hotel room and we ⁷ computer games. I ⁸ dinner with my team and then I ⁹ to my family on the phone. I ¹⁰ to bed early – every day is a busy day!

2. Read about Mark's daily routine and complete it.

do finish get go go have
have have play start watch



I have a busy day on Mondays. I ¹ *get* up at *seven o'clock*.

I ² breakfast and then

I ³ to school with Anna, Will and Megan. We

⁴ school at half past eight and we ⁵ lunch at twelve o'clock.

We ⁶ school at half past three. After school, I usually ⁷ sports

with my friends. Then I ⁸ my homework. I ⁹ dinner at half

past seven and then I ¹⁰ TV. I usually ¹¹ to bed at ten o'clock.

