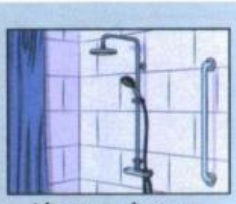
23 Routines

A Weekdays (Monday to Friday)

What's your **daily routine**?



I wake up at 7.00.
I get up immediately.



I have a shower.



I get dressed.



I have breakfast.



I usually leave home at 8.00.



I get to work/arrive at work at 8.30.



I finish work/ go home at 5.00.



I have dinner at 8.00.



I normally go to bed at about 11.30.



I sleep about seven hours a night.

GLOSSARY	
daily	happening every day
routine	your usual way of doing things
wake up	stop sleeping
immediately	now, without waiting
have + meal	e.g. ***have breakfast, have lunch, have dinner***
usually	most often SYN **normally**

1 **Is the meaning the same or different? Write *S* or *D*.**

▶ get dressed / get up D

1 I go home at 6.00. / I leave home at 6.00. .....
2 I have lunch at 1.00. / I eat lunch at 1.00. .....
3 He finishes work early. / He gets to work early. .....
4 I get up immediately. / I get up daily. .....
5 We usually leave / We normally leave at 7.00. .....
6 Do you wake up early? / Do you get up early? .....

2 **A word is missing in each line. What is it and where does it go? Write it after the sentence.**

▶ I normally / up at 6.30. wake
1 I usually get immediately. .....
2 I have a before breakfast. .....
3 I get after my shower. .....
4 I at work before 8.30. .....
5 I work and go home at 6.00. .....
6 I dinner with my family. .....
7 I go bed when I'm tired. .....
8 I usually six hours a night. .....
9 My daily is what I do every day. .....

3 **Complete the questions with the correct verb.**

ABOUT YOU

▶ What time do you usually wake up in the morning? I usually wake up early, at 6.00.
1 Do you ..... dressed before or after breakfast? .....
2 Do you ..... a shower in the morning? .....
3 Where do you usually ..... breakfast? .....
4 What time do you ..... home in the morning? .....
5 What time do you ..... school/university/work? .....
6 Who do you have ..... with in the evening? .....
7 What time do you normally ..... to bed? .....
8 How many hours a night do you ..... ? .....

4 ABOUT YOU **Write your answers to the questions in Exercise 3, or ask another student.**

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B Weekends (Saturdays and Sundays)

During the week I usually **stay in** after school and study, watch TV, or just talk to my family. **Once** or **twice** a week, my boyfriend **comes round** and we have dinner together or play video games. But **at the weekend**, I go out a lot more. On Saturday morning, I usually **go shopping** with a friend, and then my boyfriend and I go out in the evening. Sometimes we go to the cinema or a concert. On Sundays, I **always** get up **late**. We often **go for a walk**, and in the summer we **play tennis** or **go for a swim**.



GLOSSARY

during the week	from Monday to Friday
stay in	stay at home OPP **go out**
once a week	one time in every week
twice a week	two times in every week
come round	visit sb at their home
at the weekend	on Saturday and Sunday
go shopping ALSO **do the shopping**	go to the shops to buy clothes, books, etc. buy food
late *adv*	after the usual time **late** *adj* OPP **early**
go for a walk/swim	have a short walk/swim to enjoy yourself
play tennis	*(see picture)*

SPOTLIGHT adverbs of frequency

100% *always usually/normally often sometimes never* 0%

These adverbs go before the main verb, e.g. *get up*, but after **be**, modals, e.g. *can, will*, and auxiliaries, e.g *does, doesn't*.

- *I **always** get up early on Saturdays.*
- *Do you **often** go out in the evening?*
- *He can **sometimes** meet his friends on Fridays.*
- *I'm **never** late for school.*

5 **Write the words in the correct order.**

▶ twice / John / a / see / I / week I see John twice a week.
1 shopping / do / the / do / often / you _____?
2 school / never / late / is / he / for _____.
3 early / up / we / tennis / get / play / sometimes / and _____.
4 weekend / at / shopping / the / you / always / do / go _____?
5 the / goes / during / often / out / week / Martha _____.
6 week / or / sister / a / once / see / my / I / twice _____.

6 **Complete the phrases with one word.**

▶ go out = go to the cinema, a restaurant, etc.
1 not go out = _____ in
2 buy clothes, books, etc. = _____ shopping
3 have a game of tennis = _____ tennis
4 have a short walk = _____ for a walk
5 buy food = _____ the shopping
6 on Saturday and Sunday = _____ the weekend
7 from Monday to Friday = _____ the week
8 on Tuesdays only = _____ a week
9 on Mondays and Fridays only = _____ a week

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

▶ I **often** get to work or school late. F - I never get to school late.
1 I **always** play tennis in the summer. _____
2 In my family, I **never** do the shopping. _____
3 I **often** go for a long walk during the week. _____
4 I **sometimes** play video games at the weekend. _____
5 I **never** have dinner with my family. _____
6 **During the week**, I go out a lot in the evenings. _____
7 I like to get up **early** at the weekend. _____
8 I **often** go shopping with a friend. _____

TEST YOURSELF

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