

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. <i>have breakfast, have lunch, have dinner</i>
usually	most often SYN <i>normally</i>

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.

- 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.



TEST YOURSELF

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	go to the shops to buy clothes, books, etc.
ALSO do the shopping	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