

Simone Biles' Routine

Simone Biles is a famous Olympic gymnast. She always wakes up at 6 AM and usually starts her day with a healthy breakfast. Simone often begins her training at 8 AM. Before training, she stretches and warms up. Simone practices her routines until noon, then she takes a short break. After lunch, she sometimes does strength training. Simone never skips her evening routine, which includes light stretching and relaxation exercises. She usually goes to bed at 10 PM to ensure she gets enough rest.

Comprehension Questions

1. What time does Simone always wake up?
 - o a) 7 AM
 - o b) 6 AM
 - o c) 8 AM
2. What does Simone usually do after waking up?
 - o a) Starts training
 - o b) Goes for a run
 - o c) Eats a healthy breakfast
3. When does Simone often begin her training?
 - o a) 8 AM
 - o b) 7 AM
 - o c) 9 AM
4. What does Simone do before training?
 - o a) Eats lunch
 - o b) Stretches and warms up
 - o c) Takes a break

5. What does Simone never skip in the evening?

- o a) Her strength training
- o b) Her evening routine
- o c) Her breakfast

Exercise 1: Frequency Adverbs

Fill in the blanks with the correct frequency adverb from the list: always, never, usually, sometimes, often.

1. Simone Biles _____ wakes up at 6 AM.
2. She _____ starts her day with a healthy breakfast.
3. Simone _____ begins her training at 8 AM.
4. She _____ does strength training in the afternoon.
5. Simone _____ skips her evening routine.

Exercise 2: Sequencing Events

Use the words "then," "after," "before," "until" to complete the sentences about Simone Biles' routine.

1. Simone stretches and warms up _____ her training.
2. She practices her routines _____ noon.
3. Simone takes a short break _____ practicing her routines.
4. _____ lunch, she sometimes does strength training.
5. Simone does light stretching _____ going to bed.