

- Complete the 15 sentences with the words on the left.



- A** afternoon *n.*
 alarm clock *n.*
- B** breakfast *n.*
 brush my teeth *v.*
- D** dinner *n.*
 do exercise *v.*
 do homework *v.*
 do housework *v.*
- G** get dressed *v.*
 get up *v.*
 go to bed *v.*
- L** lunch *n.*
- R** relax *v.*
- T** take a bus *v.*
 take a shower *v.*

1. My alarm clock always wakes me up at six o'clock every morning.
2. I wake up at six, but I _____ at six-thirty.
3. Then, I go to the bathroom to get washed and _____. Healthy teeth are important!
4. After that, I _____. I like to wear a tie.
5. Then, I usually have a big _____. I like to have some coffee, toast, and fruit.
6. I always _____ to my office.
7. At noon, I have _____ with my co-workers. We eat at a restaurant near our company.
8. In the _____ I take a bus to go back home. I get back home at about five o'clock.
9. After I get home, I often _____. I like to go jogging. Sometimes I do sit-ups.
10. After that, I _____ so that I can feel clean and fresh.
11. Then, I often help my wife _____. For example, I sweep the floor and throw away the garbage.
12. I like to help my kids _____ their _____. Sometimes my son needs help with his math.
13. I have _____ with my family in the dining room.
14. In the evening, we _____ and watch TV.
15. I _____ between ten and ten-thirty.

- Read and choose the correct option.

Hello, my name is Sandra and I live in Santiago. I am a Maths teacher and I am going to talk about my routine in this pandemic.

I **Usually** get up at 8 o'clock . After getting a shower and having breakfast, I turn my computer on and start my virtual lessons. **Sometimes** I use the software called "meet" to make videocalls. Other teachers prefer to use "Zoom" I have lessons with each grade only once a week because of the lousy internet connection.



My students **often** have problems with their internet, so the students that **always** attend my lessons are few. **Generally**, I send them the learning material via whatsapp. They **frequently** ask me to explain them the exercises through that social media. It is a little difficult to do so because we are not seeing each other's faces.

In spite of all the difficulties, I **never** give up on my wish to do my best to help my students.

1. Sandra prefers to use meet to make videocalls.

TRUE

FALSE

2. Students have a very good internet connection

TRUE

FALSE

3. She usually gets up at 8 o'clock.

TRUE

FALSE

4. Sandra thinks that teaching through remote lessons is difficult.

TRUE

FALSE

5. Sandra uses Facebook to send the learning material.

TRUE

FALSE

- **Read and choose the correct option.**

- 1 I play rugby five times a week. I play it.
A often **B never** **C sometimes**
- 2 We are good at gymnastics. We practise.
A always **B sometimes** **C never**
- 3 Alberto goes cycling. He goes once or twice a month.
A often **B never** **C sometimes**
- 4 My parents go out! They are always at home.
A often **B never** **C usually**
- 5 I go snowboarding at the weekend but not often.
A always **B sometimes** **C never**
- 6 We play tennis. We play on Sundays but not every weekend.
A never **B always** **C often**

- **Read and put the words in the correct order.**

1. always/her bike/at the weekends/She/rides

2. plays/never/tennis/He

3. watch/They/TV/at night/often

4. in the afternoon/She/reads/usually
