



Worksheet: Listening and Speaking Practice

Topic : Daily Activities and Routines

Grade : 9 Junior High School



Part A. Listening Section

Activity 1: Listen and Complete



Task 1: Fill in the missing words.

No	Sentence	Missing Word
1	Sarah wakes up at _____.	
2	She goes to school by _____.	
3	Her classes start at _____.	
4	After school, she plays _____.	
5	She goes to bed at _____.	

Activity 2: True or False

Listen again and decide whether these statements are True (T) or False (F).

No	Statement	T / F
1	Sarah eats breakfast alone.	
2	She goes to school by car.	
3	She finishes school at 2 p.m.	

- 4 She watches TV before sleeping.
 - 5 She wakes up at 6:30.
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Part B. Speaking Section

Activity 3: Pair Work – Talk About Your Day

A	B
What time do you wake up?	I wake up at ...
How do you go to school?	I go to school by ...
What do you usually do after school?	I usually ...
What time do you go to bed?	I go to bed at ...

Example:

My friend's name is Dika. He wakes up at 6 a.m. and goes to school by motorcycle. After school, he helps his parents at home. He usually goes to bed at 9 p.m.

Activity 4: Mini Presentation

1. Greeting
2. Mention your name
3. Describe 3–4 main activities
4. Closing sentence

Example:

Hello everyone! My name is Nia. I usually wake up at 5 a.m. I go to school by bus and study until 2 p.m. In the afternoon, I help my mom and do my homework. That's all about my daily routine. Thank you!

**Reflection**

What new words did you learn today? Write 3 of them below.

New Word	Meaning (in Indonesian)
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1	
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2	
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3	
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Would you like me to make **another version** of this worksheet with a **different theme** (e.g. *"Holiday Experience," "Giving Directions," "At the Restaurant,"* or *"Future Plans"*)? I can design it in the same format.