



**1. What's the best time for the children to watch TV? Read and choose. Write the letters in the blanks, then draw lines.**

**A**

**10.30 Battle of the Best**

The Street Dance Competition is in New York, USA. Dancers from many countries are there. They all want to win. Who is your favourite dancer?

**B**

**12.00 World Athletics Championship**

There are lots of competitions at this time: you can watch the semi-finals of the running races, or the finals of the long jump and high jump.

**C**

**13.00 Russian Adventure**

Mr and Mrs Quick wanted to have a summer holiday in Australia. But they got on the wrong plane and arrived in Russia in winter!

**D**

**15.30 Helpful Tips**

In this programme, you can learn how to catch a baseball better. You will practise catching balls from far away. These skills can help your team win games.

I love laughing.   C  



Watch TV at midday.

I love sports with a ball. \_\_\_\_\_



Watch TV at half past three.

I love dancing. \_\_\_\_\_



Watch TV at one o'clock.

I love jumping. \_\_\_\_\_



Watch TV at half past ten.

## 2. Complete the paragraph by choose and write the correct words.

### My Daily Routine

Some of my friends think I have a boring daily routine, (1)\_\_\_\_\_ I like it. I usually get up at about 6:00 or 6:30 (2)\_\_\_\_\_ the morning after my alarm clock (3)\_\_\_\_\_ me up.

First, I brush my teeth, shave, and wash my face. Then, I get dressed and go downstairs to have breakfast with my family. I always have coffee, cereal, and (4)\_\_\_\_\_ piece of fruit. I live with (5)\_\_\_\_\_ wife, Renata. I take a bus to work because I (6)\_\_\_\_\_ like driving, and I always arrive at my office before 8:00. I'm never late for work.

Five o'clock (7)\_\_\_\_\_ my favourite time of the day because I finish work, go home, and see my wife and children again. I have two boys, Thomas, who is six years old, and Patrick, who is eight. We (8)\_\_\_\_\_ dinner together in our dining room at around 6:00, and after that I hang out with my wife and kids (9)\_\_\_\_\_ home.

We like to watch travel shows on TV together. In addition, two (10)\_\_\_\_\_ three times a week, I exercise in the evening so I can stay strong and healthy. I think this is very important! (11)\_\_\_\_\_, at about 9:30, I go to bed, read for a while, and then fall asleep.

Sure, some people think my daily routine is a little boring, but on weekends and holidays, I (12)\_\_\_\_\_ to fly airplanes for fun! It's my favourite hobby.

1	so	but	and	because
2	in	at	to	on
3	is waking	waking	wake	wakes
4	A	an	the	some
5	my	mine	me	

6	not	doesn't	don't	isn't
7	does	have	are	is
8	have	having	had	has
9	at	in	by	on
10	and	or	so	but
11	However	Finally	Because	First
12	learn to	Learning	learn	learnt

### 3. Write about your daily routine (about 100 words).

Include:

- What time you usually wake up and what you do first
- What you eat for breakfast and when you go to school
- What you do at school and your favourite subject
- Any after-school activities or hobbies
- What you do in the evening and before bed
- Your favourite part of the day and why



