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4 Listen and tick.

1
a ☐  b ☐  c ☐ 

2
a ☐  b ☐  c ☐ 

3
a ☐  b ☐  c ☐ 

4
a ☐  b ☐  c ☐ 

5 Read and complete.

like do TV play usually

Hi. My name is Nam. Every morning, I get up early. I (1) _____ morning exercise, have breakfast and then go to school. After school, I (2) _____ do homework with my classmates. Then I often go to the sports centre and (3) _____ football. In the evening, I sometimes watch (4) _____. I (5) _____ watching films after dinner.

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4 Listen and number.


a ☐


b ☐



c ☐


d ☐

5 Write about your daily routines.

1. What do you do in the morning? _____
2. What do you do in the afternoon? _____
3. Do you go to bed early in the evening? _____
4. How often do you watch TV? _____

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2 Listen and circle *a* or *b*. Then say the sentences aloud.

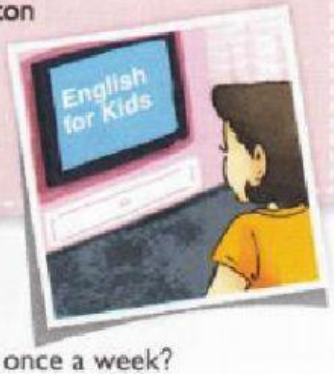
1. I _____ go to bed early.
   a. always b. sometimes
2. He _____ plays football after school.
   a. sometimes b. often
3. She _____ goes shopping on Sundays.
   a. usually b. always
4. We _____ go camping at the weekend.
   a. often b. sometimes

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4 Read and answer.

Hoa's Day

In the morning, Hoa gets up early. She usually goes jogging. After breakfast, she rides her bicycle to school. After school, she usually does her homework. Then she often plays badminton and sometimes cooks dinner. In the evening, she sometimes watches TV. She watches *English for Kids* once a week. She usually goes to bed early. She goes shopping twice a week.



1. What does Hoa do in the morning?
2. What does she do after school?
3. What TV programme does she watch once a week?
4. How often does she go shopping?

5 Write about your day.

My name is _____.
In the morning, I always _____.
In the afternoon, I usually _____.
In the evening, I _____.
I _____ a week.

LIVEWORKSHEETS