

The time and time expressions

I get up	at 7:00	in the morning	on weekdays.
I go to bed	around ten	in the evening	on weeknights
I leave work	(very/pretty)early	in the afternoon	on weekends
I get home	(very/pretty)late	at night	on Fridays
I stay home	until midnight	on Saturdays	
I wake up	before/after noon	on Sundays	

Is it A.M. or P.M.?



It's seven (o'clock)
in the morning.
It's 7:00 A.M.



It's twelve (o'clock).
It's 12:00 P.M.
It's **noon.**



It's four (o'clock)
in the afternoon.
It's 4:00 P.M.



It's seven (o'clock)
in the evening.
It's 7:00 P.M.



It's ten (o'clock) **at night.**
It's 10:00 P.M.



It's twelve (o'clock) **at night**
It's 12:00 A.M.
It's **midnight.**

Daily schedules

A) Listen and practice

Daniel: How do you spend your day, Helen?

Helen: Well, on weekdays I get up around ten.
Then I read the paper for an hour and
have lunch at about noon.

Daniel: Really? What time do you go to work?

Helen: I start work at three.

Daniel: And when do you get home at night?

Helen: I get home pretty late, around midnight.

Daniel: So what do you do, exactly?

Helen: I'm a TV announcer. Don't you recognize
me? I do the weather report on KNTV!

Daniel: Gee, I'm sorry. I don't watch TV.



B) Listen to Daniel describe how he spends his day. Answer the questions.

1. What time does he get up? _____
2. What time does he start work? _____
3. What time does he study until? _____
4. What does he do? _____