

- Put the days in the correct order and choose which activities you want to do.
Write in your notebook.

Community Centre Healthy Week Programme

Tuesday How to eat healthily?	Wednesday Let's run together!	Friday Are you sleeping well?	Sunday Games day at the centre!	Thursday Cooking class!
		Saturday Taking care of ourselves	Motivation Monday	

I want to do 'Let's run together!' on Wednesday. I want to run fast!

- With the pictures with the daily routines, do in your notebook sentences about your routines.

							
drink water	brush teeth	do exercise	cook healthy food	comb your hair	spend time with your family	sleep well	

In the morning, he brushes his teeth.

In the afternoon, he spends time with his family.

Useful Expressions

In the morning
In the afternoon
In the evening
At night



Date:

Topic:

On a Normal Day, I ...



3 Read the next information

Hey! I'm Valerie Castagna and I'm a gymnastics champion. I want to do well in all my competitions, so my routine is very important.

I wake up at 5:30 and have breakfast: lots of fruit gives me the energy I need for exercise. Then, I brush my teeth, take a shower and get ready to go to my gym. I arrive at my gym, meet my friends and get ready to do my exercise. We work hard. I run a lot, phew, it's exhausting!

I have lunch at 12.30. I eat lots of vegetables, cereals and fish. In my lunch hour, I can take a break to get ready for the last exercises. First, I jump a lot using the trampolines, and then I do my jumps on the floor. I also get on the bars, so I need to be strong.

After that, I go home and have a big dinner with my parents; my parents' food is delicious! Finally, I read my favourite magazines, comb my hair and go to bed at nine to get ready for the next day.

I want to be the best for a long time, so I work hard!





Date:

Topic:

On a Normal Day, I ...



4 Put the activities in the correct order

Valerie Castagna	
<input type="checkbox"/>	She meets her friends.
<input type="checkbox"/>	She eats vegetables, cereals and fish.
<input type="checkbox"/>	She jumps on the floor.
<input type="checkbox"/>	She goes to the gym.
<input type="checkbox"/>	She goes home.
<input type="checkbox"/>	She combs her hair.
<input type="checkbox"/>	She jumps on trampolines.
<input type="checkbox"/>	She reads magazines.

5 Make a list of different activities your family does during the week. Write in your notebook.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SATURDAY	SUNDAY	NOTES: _____ _____ _____ _____		
swimming class				



On Saturdays, we usually go to a swimming class together. On Tuesdays, we sometimes ... On Wednesdays, we always ...



Date:

Topic:

On a Normal Day, I ...

**6 Read the routine of a Latin American swimming champion. Tick true or false**

I wake up at 4.30 every day. I arrive at the pool at 5 a.m. Then, I swim for two hours. After I finish, I go home. I have breakfast before I take a shower. I go to school at 7.45 and I finish at 2.45. After school, I go swimming again. I usually arrive home for dinner at 6.30. Sometimes I'm late because I swim more.

	True	False
1. He wakes up very early every day.	<input type="checkbox"/>	<input type="checkbox"/>
2. First, he takes a shower. Then, he has breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
3. He has breakfast at school.	<input type="checkbox"/>	<input type="checkbox"/>
4. He goes swimming before and after school.	<input type="checkbox"/>	<input type="checkbox"/>
5. He always has dinner at 6.30.	<input type="checkbox"/>	<input type="checkbox"/>