

17 I can describe my routine

A Weekdays (Monday to Friday)

What do you do on weekdays?



I usually get up at 7.00.



I have a shower.



I get dressed.



I have breakfast.



I usually leave home at 8.00.



I get to work at 8.30.



I finish work at 5.00.



I have dinner at 8.15.



I go to bed at 11.30.



I sleep seven hours a night.

spotlight usually and normally

I usually/normally go to work by bus means that I go to work by bus most days.

1 Match the verbs in column 1 with words in columns 2 and 3. Write the sentences.

	1	2	3	
▶	I get up ✓	work	before breakfast	I get up at 7.30 a.m.
1	I get	at ✓	at 11 o'clock	
2	I have	seven hours	7.30 a.m. ✓	
3	I leave	dressed	at 6 p.m.	
4	I finish	home	with my family	
5	I have	dinner	a night	
6	I go	breakfast	at 8.00 a.m.	
7	I sleep	to bed	at 8.30 a.m.	

2 Complete the questions with the correct verb. (You will write your answers in Exercise 3.)

- ▶ What time do you usually get up in the morning?
- 1 Do you _____ dressed before or after breakfast?
- 2 Do you _____ a shower in the morning?
- 3 What time do you _____ home in the morning?
- 4 What time do you _____ to school/university/work?
- 5 Who do you _____ dinner with?
- 6 What time do you normally _____ to bed?

ABOUT YOU

I get up at 7.30.

3 ABOUT YOU Write your answers to Exercise 2, or ask another student.

4 Test yourself. Look at the pictures and cover the sentences. Say the phrases.

B Weekends (Saturday and Sunday)

What do you do at the weekend?

During the week I usually stay in after school. I often study in the evenings, watch TV, listen to music, or just talk to my family. Once or twice a week, my boyfriend comes round and we have dinner together or go and see a film. At the weekend, I go out a lot more. On Saturday morning I usually go shopping with a friend, or I go to the gym, and sometimes I study in the afternoon. I go out with my boyfriend in the evening. On Sundays, I get up late. We often go for a walk, and in the summer we play tennis.

Glossary

at the weekend on Saturday and Sunday

during the week from Monday to Friday

stay in stay at home

once a week one time in every week

twice a week two times in every week

come round come to my home

go out leave home to go to a bar, cinema, restaurant, etc.

go shopping go to the shops to buy clothes, CDs, etc.

(When you do the shopping you buy food.)

go to the gym



late after the usual time off early

go for a walk have a short walk to enjoy yourself

play tennis



5 Find nine more phrases. You can go up ↑, down ↓, or across →.

the	shopping	go	for	a
do	week	or	once	walk
during	the	twice	a	week
stay	tennis	go	shopping	at
in	play	go	gym	the
come	round	to	the	weekend

6 Complete the sentences.

► I go to a restaurant once or twice a week.

1 Do you want to _____ shopping?

2 Come _____ to my flat after work.

3 I can't _____ tennis this weekend.

4 Do you want to go _____ on Saturday?

5 _____ the week I usually stay _____.

6 I'm really tired today because I went to bed _____ last night.

7 What are you doing _____ the weekend?

8 I go to the _____ twice a week because I like to exercise.

9 I often _____ the shopping very _____, at 8.00 in the morning.

10 We often go and _____ a film on Sunday.