

## 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 <u>get up</u> 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?
- Do you \_\_\_\_\_ dressed before or after breakfast?
  - Do you \_\_\_\_\_ a shower in the morning?
  - What time do you \_\_\_\_\_ home in the morning?
  - What time do you \_\_\_\_\_ to school/university/work?
  - Who do you \_\_\_\_\_ dinner with?
  - What time do you normally \_\_\_\_\_ to bed?

**ABOUT YOU**

I get up at 7.30.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 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 **or** **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.

## C Frequency words 🎧

100%

0%

**always**

**often**

**sometimes**

**occasionally**

**hardly ever**  
OR **rarely**

**never**

These adverbs go before the main verb (e.g. *get up*), but after an auxiliary verb (e.g. *do, does, have, can or be*).

I **always** get up late on Sundays.  
Do you **often** go out in the evening?  
We **occasionally** go for a walk.  
I'm **hardly ever** ill.

### spotlight **every and all**

He goes out **every** day means 'he goes out on Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday'.

Be careful!

He works **every** day means 'he works from Monday to Sunday'.

He works **all** day means 'he works from 9.00 a.m. to 6.00 p.m.'

### 7 Is the meaning of the sentences the same or different? Write S or D.

▶	I always go shopping on Saturdays.	I go shopping every Saturday.	S
1	I sometimes work at home.	I often work at home.	
2	She's hardly ever late for work.	She's rarely late for work.	
3	We often finish classes early.	We finish classes early every day.	
4	I never eat meat.	I occasionally eat meat.	
5	She always has a shower in the morning.	She has a shower every morning.	
6	In August we play tennis every day.	In August we play tennis all day.	

### 8 Write the sentences using a word from the box.

every day   always   often ✓   hardly ever   all day   occasionally   never

- ▶ Hiro goes to restaurants two or three times a week. Hiro often goes to restaurants.
- Haruko always gets up early. \_\_\_\_\_
  - Hiro goes to the gym once a year. \_\_\_\_\_
  - Haruko stays in seven nights a week. \_\_\_\_\_
  - Hiro studies from 9.00 to 5.00. \_\_\_\_\_
  - Haruko doesn't have a shower in the morning. \_\_\_\_\_
  - Hiro goes to the cinema about six times a year. \_\_\_\_\_

### 9 ABOUT YOU True or false? If a sentence is false, change the word in bold to make it true.

- ▶ I **hardly ever** play tennis. False. I often play tennis.
- I **always** have a shower before breakfast. \_\_\_\_\_
  - I **often** go out on Friday evening. \_\_\_\_\_
  - I **never** listen to music in the evening. \_\_\_\_\_
  - I **rarely** study on Sunday. \_\_\_\_\_
  - I **sometimes** watch TV at the weekend. \_\_\_\_\_
  - I **never** work in the evening. \_\_\_\_\_
  - I **usually** go shopping on Monday. \_\_\_\_\_
  - I **occasionally** go to the gym after dinner. \_\_\_\_\_