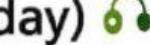
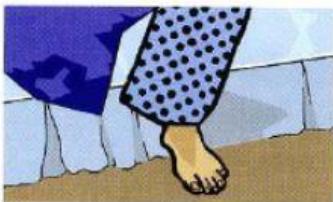


A Weekdays (Monday to Friday)



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.



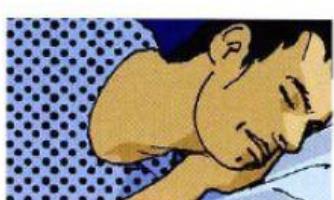
I **finish work** at 5.00.



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.)

ABOUT YOU

► What time do you usually get up in the morning?

I get up at 7.30.

1 Do you get dressed before or after breakfast?

I get dressed before breakfast.

2 Do you have a shower in the morning?

I have a shower in the morning.

3 What time do you leave home in the morning?

I leave home at 7.30 a.m.

4 What time do you go to school/university/work?

I go to school at 8.00 a.m.

5 Who do you have dinner with?

I have dinner with my family.

6 What time do you normally sleep to bed?

I sleep at 11 o'clock.

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 **opp 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 go shopping?
- 2 Come to my flat after work.
- 3 I can't play tennis this weekend.
- 4 Do you want to go to the gym on Saturday?
- 5 During the week I usually stay at home.
- 6 I'm really tired today because I went to bed late last night.
- 7 What are you doing at the weekend?
- 8 I go to the gym twice a week because I like to exercise.
- 9 I often go to the shop the shopping very early, at 8.00 in the morning.
- 10 We often go and see 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.

- 1 Haruko always gets up early.
- 2 Hiro goes to the gym once a year.
- 3 Haruko stays in seven nights a week.
- 4 Hiro studies from 9.00 to 5.00.
- 5 Haruko doesn't have a shower in the morning.
- 6 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.

- 1 I **always** have a shower before breakfast.
- 2 I **often** go out on Friday evening.
- 3 I **never** listen to music in the evening.
- 4 I **rarely** study on Sunday.
- 5 I **sometimes** watch TV at the weekend.
- 6 I **never** work in the evening.
- 7 I **usually** go shopping on Monday.
- 8 I **occasionally** go to the gym after dinner.