

3

3.1

Vocabulary

Routines

1 ● Look at the pictures and complete the activities.



1 e x e r c i s e



2 r _____



3 g _____ u _____



4 w _____ u _____



5 g _____ h _____



6 g _____ t _____ d _____



7 h _____
b _____



8 h _____
a s _____



9 g _____ t _____ b _____



10 g _____ t _____
s _____



11 h _____
d _____

2 ●● Complete the sentences with verbs from Exercise 1.

- Every morning I *wake up* at 7.30.
- I stay in bed for five minutes and then I _____ at 7.35.
- I go to the bathroom and I _____ at 7.40.
- Then, I _____ in my favourite jeans and T-shirt and go downstairs.
- I _____ with my mum and dad at 8.00. Usually toast or an egg.
- I _____ by bus at 8.30. My lessons start at 9.00.
- Lessons finish at 4.00. I _____ by bus at 4.30.
- I sometimes _____ at the gym after school.
- I _____ at home before dinner. I read a book or watch TV.
- I _____ with my family at 8.30.
- By 9.30, I'm very tired and I _____.

3 ●● Choose the correct answer.

- I never go _____ late because I like to sleep for nine hours.
a home **b) to bed** c to school
- I have _____ every day in the morning at home. I usually eat an omelette.
a breakfast b lunch c a shower
- I _____ at 9 o'clock on Saturdays. Then I lie in bed and listen to music for an hour.
a get up b wake up c get dressed
- It's a good idea to _____ every day, so I run in the park after school.
a go home b get dressed c exercise

- 4 ●●● Look at the table. Complete the sentences with *always*, *usually*, *often*, *sometimes* or *never*.

	toast	fruit and yoghurt	cereal
Monday	X	X	✓
Tuesday	X	✓	✓
Wednesday	X	X	✓
Thursday	X	X	✓
Friday	X	X	X
Saturday	X	✓	X
Sunday	✓	✓	X

- I never have toast for breakfast on weekdays.
- I _____ have toast for breakfast at the weekend.
- I _____ have cereal for breakfast.
- I _____ have fruit and yoghurt for breakfast at the weekend.
- I _____ have cereal for breakfast from Monday to Friday.

- 5 ● **WORD FRIENDS** Match the sentence halves.

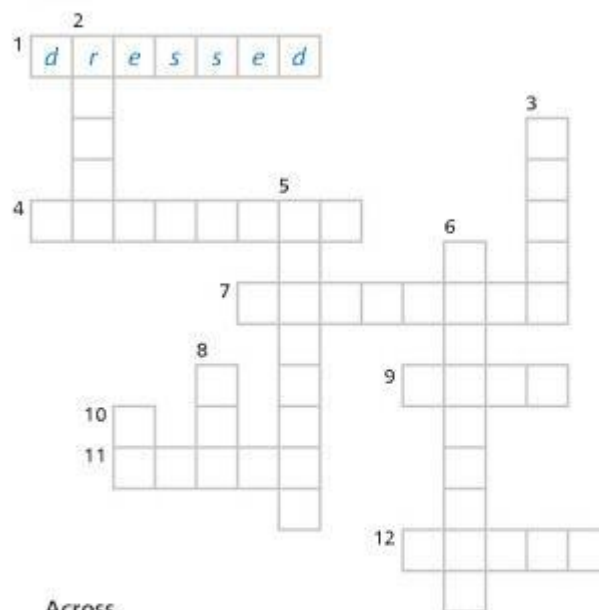
- d Let's go to
- ☐ When I go to school, I meet
- ☐ I check
- ☐ Lots of people go
- ☐ Teenagers love to message
- ☐ I always do

- my friend, Sue, at the bus stop.
- friends on social media.
- swimming to exercise.
- ~~the cinema today.~~
- my emails on my computer.
- the housework on Saturday.

- 6 ●●● Complete the sentences with expressions from Exercise 5.

- I like films. I often go to the cinema with my friends.
- My friends write a lot of emails. I _____ after every lesson.
- I go to school by bus. I often _____ at the bus stop so we can go together.
- I _____ at the pool on Fridays.
- After school, I sometimes _____ on my phone.

- 7 ●●● Complete the crossword.



Across

- I get _____ after I have a shower.
- You do _____ at the gym.
- Our teacher gives us a lot of _____.
- I often _____ my friends at the bus stop.
- Not sometimes but _____.
- Not always but _____.

Down

- It's important to _____ before you go to bed, e.g. read a book.
- I _____ my emails every hour.
- I usually go _____ for clothes with my friends.
- Not often but _____.
- I _____ up five minutes after I wake up.
- I often _____ swimming in the sea during summer.

- 8 ●●● Complete the text with one word in each gap.

I'm Jenny Middleton. I'm a teacher. I ¹ wake up at 7.30 and I ² _____ up five minutes later. I ³ _____ a shower and then I ⁴ _____ breakfast. I ⁵ _____ to school by car at 8.30. Lessons start at 9.15. I ⁶ _____ lunch at 12.30. I ⁷ _____ home at 4.30. I sometimes ⁸ _____ after school at the gym. I have dinner with my husband and children at 6.30. I sometimes ⁹ _____ my friends on social media after dinner and then I ¹⁰ _____ watch TV or read a book – I do that every day! I ¹¹ _____ my emails before bed. I ¹² _____ go to bed before 11.30 p.m. – I'm a night owl!