

Listen to the interview with a swimmer and do the exercises to practise and improve your listening skills.

Preparation

Do this exercise before you listen. Write a number (1-5) to put these activities in the normal order in the day.

.....	Get dressed and have breakfast.
.....	Have classes and lunch.
.....	Have dinner and watch TV.
.....	Wake up and have a shower.
.....	Go to bed.

1. Check your understanding: true or false

Do this exercise while you listen. Circle *True* or *False* for these sentences.

1.	Dan gets up early.	<i>True</i>	<i>False</i>
2.	He has a small breakfast.	<i>True</i>	<i>False</i>
3.	He's a student.	<i>True</i>	<i>False</i>
4.	Dan has lunch at home.	<i>True</i>	<i>False</i>
5.	He goes swimming after classes.	<i>True</i>	<i>False</i>
6.	Dan watches TV and goes on the internet before bed.	<i>True</i>	<i>False</i>

2. Check your understanding: gap fill

Do this exercise while you listen. Fill the gaps with an activity from the box to complete Dan's diary.

get up!	go to university	meet friends	have lunch
have breakfast	have dinner	go swimming	

1. 5 a.m. _____
2. 6 a.m. _____
3. 8 a.m. _____
4. 11 a.m. _____
5. 2 p.m. _____
6. 5 p.m. _____
7. 7 p.m. _____

Discussion

What's your daily routine like?
What time do you get up?
What time do you start and finish school?
Do you do any activities after school? What do you do?
What time do you go to bed?