

- Complete the 15 sentences with the words on the left.



- A** afternoon *n.*  
 alarm clock *n.*
- B** breakfast *n.*  
 brush my teeth *v.*
- D** dinner *n.*  
 do exercise *v.*  
 do homework *v.*  
 do housework *v.*
- G** get dressed *v.*  
 get up *v.*  
 go to bed *v.*
- L** lunch *n.*
- R** relax *v.*
- T** take a bus *v.*  
 take a shower *v.*

1. My alarm clock always wakes me up at six o'clock every morning.
2. I wake up at six, but I \_\_\_\_\_ at six-thirty.
3. Then, I go to the bathroom to get washed and \_\_\_\_\_. Healthy teeth are important!
4. After that, I \_\_\_\_\_. I like to wear a tie.
5. Then, I usually have a big \_\_\_\_\_. I like to have some coffee, toast, and fruit.
6. I always \_\_\_\_\_ to my office.
7. At noon, I have \_\_\_\_\_ with my co-workers. We eat at a restaurant near our company.
8. In the \_\_\_\_\_ I take a bus to go back home. I get back home at about five o'clock.
9. After I get home, I often \_\_\_\_\_. I like to go jogging. Sometimes I do sit-ups.
10. After that, I \_\_\_\_\_ so that I can feel clean and fresh.
11. Then, I often help my wife \_\_\_\_\_. For example, I sweep the floor and throw away the garbage.
12. I like to help my kids \_\_\_\_\_ their \_\_\_\_\_. Sometimes my son needs help with his math.
13. I have \_\_\_\_\_ with my family in the dining room.
14. In the evening, we \_\_\_\_\_ and watch TV.
15. I \_\_\_\_\_ between ten and ten-thirty.

- Read and choose the correct option.

Hello, my name is Sandra and I live in Santiago. I am a Maths teacher and I am going to talk about my routine in this pandemic.

I **Usually** get up at 8 o'clock . After getting a shower and having breakfast, I turn my computer on and start my virtual lessons. **Sometimes** I use the software called "meet" to make videocalls. Other teachers prefer to use "Zoom" I have lessons with each grade only once a week because of the lousy internet connection.



My students **often** have problems with their internet, so the students that **always** attend my lessons are few. **Generally**, I send them the learning material via whatsapp. They **frequently** ask me to explain them the exercises through that social media. It is a little difficult to do so because we are not seeing each other's faces.

In spite of all the difficulties, I **never** give up on my wish to do my best to help my students.

1. Sandra prefers to use meet to make videocalls.

TRUE

FALSE

2. Students have a very good internet connection

TRUE

FALSE

3. She usually gets up at 8 o'clock.

TRUE

FALSE

4. Sandra thinks that teaching through remote lessons is difficult.

TRUE

FALSE

5. Sandra uses Facebook to send the learning material.

TRUE

FALSE

- **Read and choose the correct option.**

- 1 I play rugby five times a week. I ..... play it.  
**A** often    **B** never    **C** sometimes
- 2 We are good at gymnastics. We ..... practise.  
**A** always    **B** sometimes    **C** never
- 3 Alberto ..... goes cycling. He goes once or twice a month.  
**A** often    **B** never    **C** sometimes
- 4 My parents ..... go out! They are always at home.  
**A** often    **B** never    **C** usually
- 5 I ..... go snowboarding at the weekend but not often.  
**A** always    **B** sometimes    **C** never
- 6 We ..... play tennis. We play on Sundays but not every weekend.  
**A** never    **B** always    **C** often

- **Read and put the words in the correct order.**

1. always/her bike/at the weekends/She/rides

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2. plays/never/tennis/He

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3. watch/They/TV/at night/often

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4. in the afternoon/She/reads/usually

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