

- 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
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2. Students have a very good internet connection.

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

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

TRUE	FALSE
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5. Sandra uses Facebook to send the learning material.

TRUE	FALSE
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- **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

2. plays/never/tennis/He

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

4. in the afternoon/She/reads/usually
