

Alice's day

▶ **Video** Watch the vlog. What time does Alice:

- 1 get up? _____
- 2 start school? _____
- 3 finish school? _____
- 4 have dinner? _____

▶ **Video** Watch the vlog again. How does Alice spend her time? Look at the bubble chart and match each bubble A–C with the correct activity.

doing homework	hanging out with friends
helping at home	playing video games



Think about your own daily routine and compare it to Alice's. What are the main differences and similarities?
Like Alice, I ... Unlike Alice, I ...

I	spend a lot of time ... spend quite a lot of time ... don't spend much time ... don't spend any time ...	helping at home / doing homework / hanging out with friends
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Look at the list of activities A–I. Think about how much time you spend doing each one. Write a number 0–3 for each activity.

0 = no time 1 = not much time 2 = quite a lot of time
3 = a lot of time

- A ____ playing sports
- B ____ listening to music
- C ____ using social media
- D ____ watching TV shows and films
- E ____ reading books
- F ____ playing an instrument
- G ____ playing board games
- H ____ doing arts and crafts
- I ____ shopping

☆☆☆ Complete the phrases with *do*, *go* or *play*.

- 1 go hiking
- 2 ____ chess
- 3 ____ karate
- 4 ____ hockey
- 5 ____ bowling
- 6 ____ fitness training

☆☆☆ Label the pictures with the words below. There are four words you do not need to use.

athletics climbing fitness training gymnastics
handball hiking hockey judo karate surfing



1 judo

2 _____



3 _____

4 _____

☆☆☆ Complete the sentences with free-time activities and *do*, *go* or *play*.

- 1 My brother and I go hiking in the countryside.
- 2 Every summer, we _____ in the sea.
- 3 I _____ every week. I'm a black belt!
- 4 My friend and I _____ online.
- 5 Every weekend, I _____. There's an indoor wall in the sports centre.
- 6 My friends and I have fun when we _____ in our town. We can buy burgers and eat while we play.



5 _____

6 _____

☆☆☆ Complete the words in the dialogue.

Mae Hi Joe, I'm on my way to the gym.

Joe Really? Me too!

Mae Yes, I do ¹fitness training every Monday. What do you do?

Joe I do ²g _____. I'm on the school team. I love outdoor sports too, like ³c _____ and ⁴h _____.

Mae Amazing! I like ⁵s _____, but I'm not into ball games like ⁶h _____ or tennis.