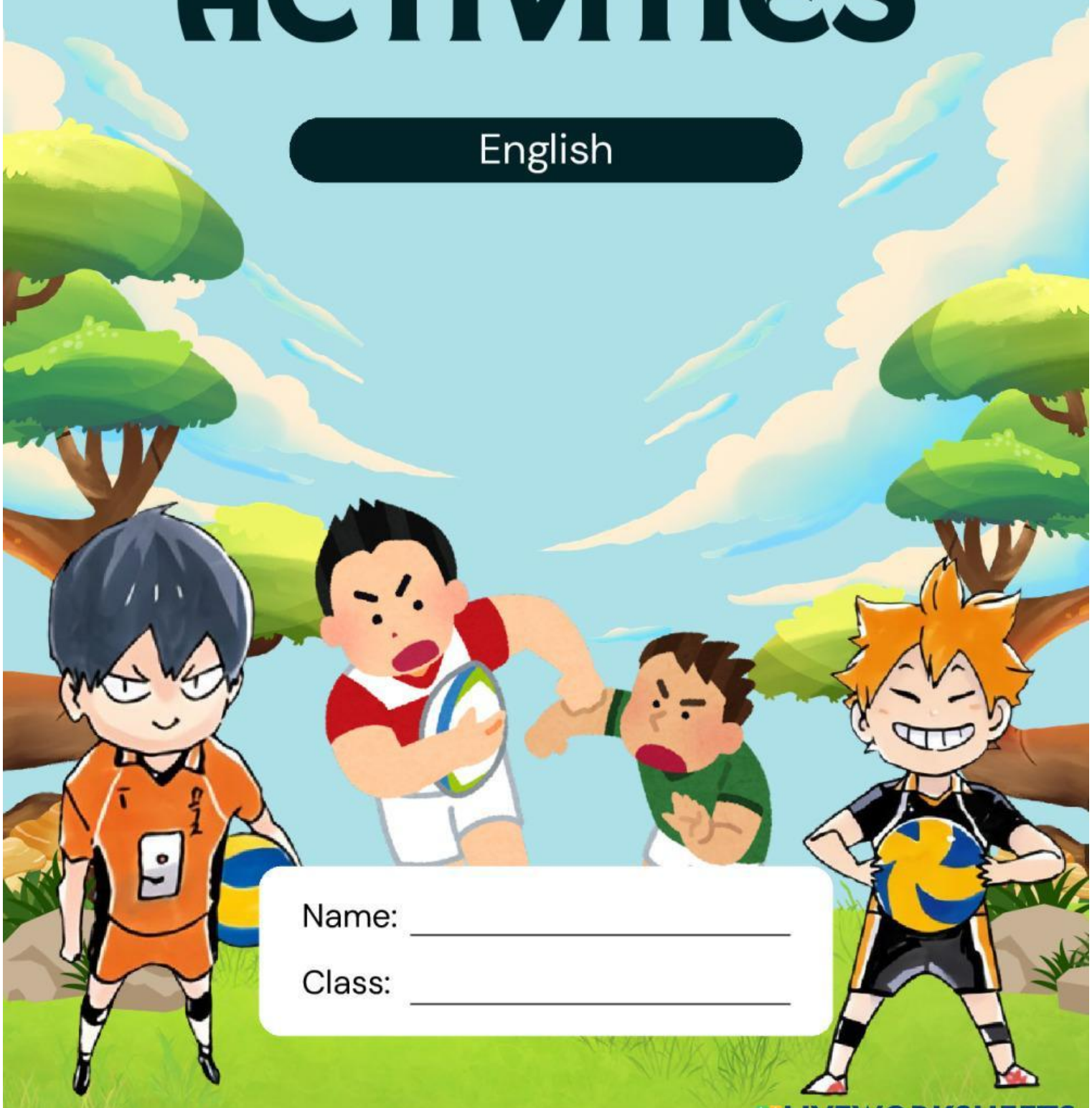
Worksheet

DAILY ACTIVITIES

English



Name: _____

Class: _____

LIVEWORKSHEETS

A. Multiple Choice

Choose the correct answer.

1. **What sport does Alex play?**
   A. Football
   B. Basketball
   C. Voleyball
   D. Badminton
2. **What time does Alex usually wake up?**
   A. 4 a.m.
   B. 5 a.m.
   C. 5 p.m.
   D. 4 p.m.
3. **What does Alex do before practicing?**
   A. He does his homework.
   B. He has dinner.
   C. He warms up and stretches.
   D. He goes to school.
4. **How long does Alex usually practice?**
   A. One hour
   B. Two Hours
   C. Three Hours
   D. Four Hours
5. **What does Alex do in the evening?**
   A. He attends classes.
   B. He plays basketball at school.
   C. He prepares breakfast.
   D. He does his homework.

LIVEWORKSHEETS

B. Put Activities in Order

Write numbers 1–5 to show the order of Alex's activities.

___ He goes to basketball training.

___ He wakes up in the morning.

___ He does his homework.

___ He attends classes at school.

___ He has dinner with his family.



LIVEWORKSHEETS

Reading

Read Carefully!

Sarah's Daily Routine

Sarah is a grade-eleven student who enjoys swimming. She wakes up at half past four on training days. First, She prepares her swimming equipment and eats breakfast. She goes to school in the morning and attends her classes. After school, she goes to the swimming pool three times a week. Her coach guides her through warm-up exercises and swimming practice.

When she gets home, Sarah rests and eats dinner. She usually studies for one hour before going to bed at nine thirty. On days without training, she spends more time doing school assignments. She believes that a good routine helps her balance school, sports, and rest.

LIVEWORKSHEETS

A. True or False

Mark with a check ✅ whether the statement is true or false!

Sarah enjoys swimming.

TRUE

FALSE

She trains at the swimming pool every day.

TRUE

FALSE

Her coach guides her during practice.

TRUE

FALSE

Sarah usually goes to bed at 9:30 p.m.

TRUE

FALSE

She spends more time on school assignments on days without training.

TRUE

FALSE

LIVEWORKSHEETS

Complete the Sentences

Complete each sentence with the correct form of the verb in brackets.

I usually _____ at five in the morning. (**wake up**)

My teammate _____ basketball after school. (**practice**)

We _____ before every training session. (**warm up**)

My coach _____ us during practice. (**guide**)

She _____ her homework in the evening. (**do**)

LIVEWORKSHEETS