





What time does your alarm go off on a school day?



What do you do in the morning before you go to school ?



A woman with long, straight blonde hair is shown in profile, facing right. She is wearing a brown long-sleeved top. Another person's hands are visible, using a black comb to brush her hair. The background is a plain, light-colored wall. The image is framed by a blue border with white circuit-like patterns on the left and right sides.

Brush your hair

A close-up photograph of a person's hands holding a smartphone. The person is wearing a dark-colored top. The phone is held in the left hand, and the right hand is positioned as if about to interact with the screen. A bright yellow rectangular banner is superimposed over the center of the image, containing the text 'Check your messages' in a bold, dark blue font. The background is softly blurred, showing what appears to be a desk with a laptop keyboard. The entire image is framed by a blue border with white circuit-like patterns on the left and right sides.

Check your messages

A family of four is shown in a bright, sunlit room, engaged in cleaning. A man in a striped shirt is vacuuming the floor. A young girl in a blue shirt is smiling and holding a vacuum hose. A boy in a red shirt is lifting a large, light-colored rug. In the foreground, a white coffee table holds various items like papers, a red pen, and a game controller. A yellow robot figurine sits on the windowsill. The room features a brick wall, a large potted plant, and a white TV stand. The text 'Tidy your room' is overlaid in a yellow box with blue lettering.

Tidy your room

A woman with long dark hair, wearing a blue sleeveless top and a blue and white patterned skirt, stands in a clothing store. She is looking towards a large digital display that shows her reflection in the outfit she is wearing. To her left is a smaller digital display on a stand. The background shows clothing racks and a bright store environment. The text "Get dressed" is overlaid in a yellow box with blue text.

Get dressed

A photograph of two children, a boy and a girl, sitting at a dining table in a kitchen. They are smiling and looking towards the camera. The table is set with breakfast items including a bottle of orange juice, a cup of coffee, a bowl of cereal, and a plate of bread. A yellow rectangular box with the text "have breakfast" is overlaid on the center of the image. The background shows a window with a view of a building.

have breakfast

A young girl with long brown hair, wearing a grey long-sleeved shirt, is standing at a desk and packing a pink school bag. She is holding a book and placing it into the bag. On the desk in front of her are a pink lunchbox, a stack of papers, and a brown cardboard box. The background shows a window with white curtains and a grey wall. The entire image is framed by a blue border with white circuit-like patterns.


prepare your school bag



Leave the house



Wake up



Put on your shoes

A close-up photograph of a person's mouth with their lips slightly parted, showing their teeth. A white toothbrush with blue accents is positioned near the lower teeth. A yellow rectangular box is overlaid on the center of the image, containing the text "Clean your teeth" in a bold, dark blue font. The background is a solid teal color with white circuit-like patterns on the left and right sides.

Clean your teeth

1 Match the photos to the phrases in the box.



brush your hair

check your messages

clean your teeth

get dressed

have breakfast

leave the house

prepare your school bag

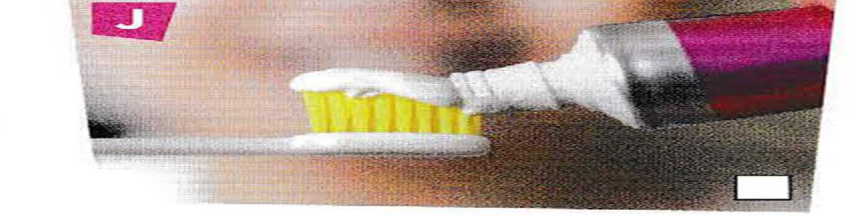
put on your shoes

tidy your room

wake up



Listen and check. Then repeat.





16

2

Listen to Maddie talking about her morning routine.
Number the photos in the order that you hear them.





3

Can you remember Maddie's routine? Complete the sentences with the times in the box. You don't need to use all the times.

6.00 6.30 6.45 6.50 7.00 7.10
7.15 7.30 7.40 8.00 8.10


- 1 My alarm goes off at
- 2 I get up at
- 3 I clean my teeth at
- 4 I get dressed at
- 5 I prepare my school bag at
- 6 I put my shoes on and leave home at

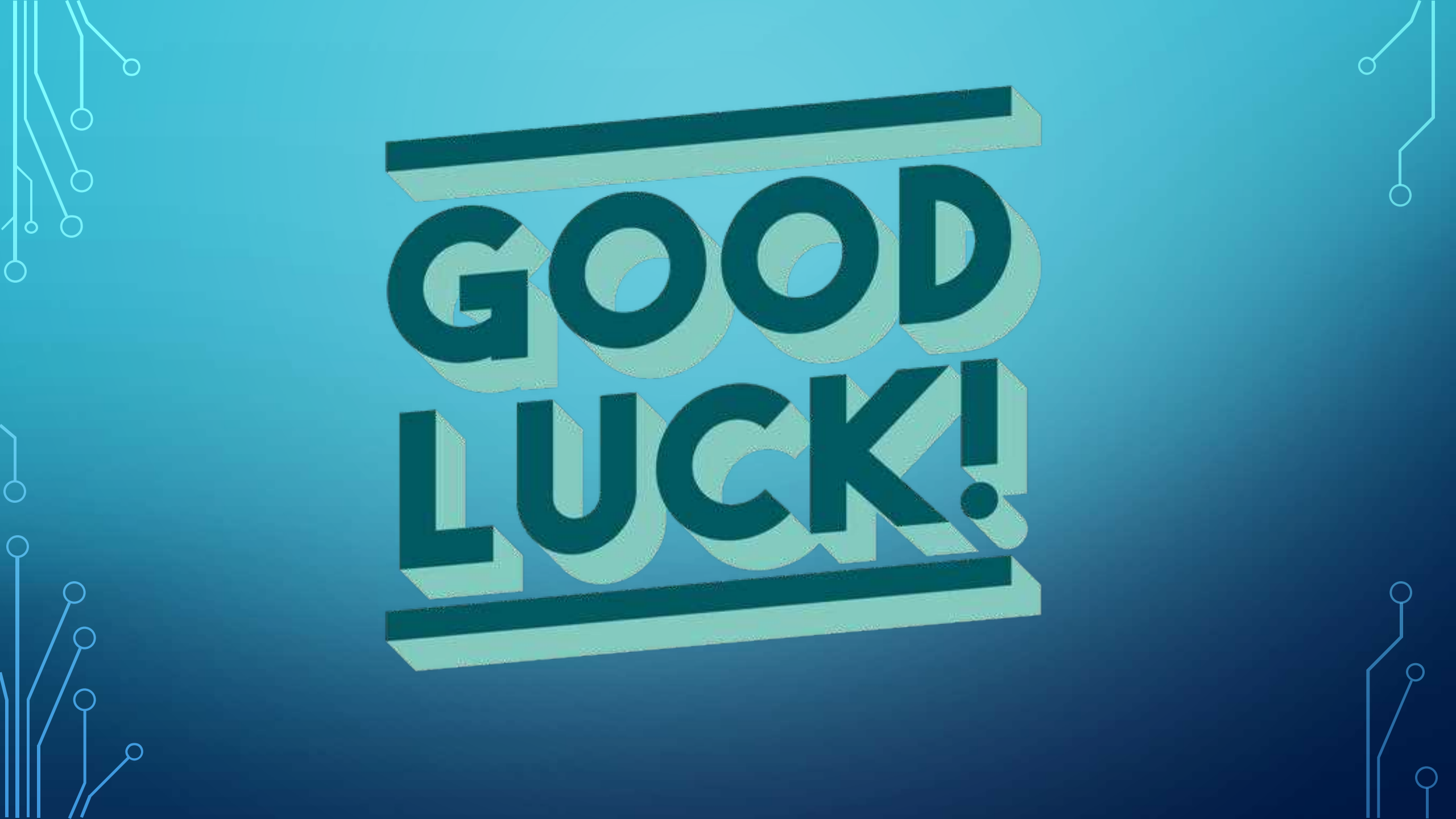


4 In pairs or small groups, talk about your morning routine.

I wake up at seven o'clock.

I get dressed and then I have breakfast.

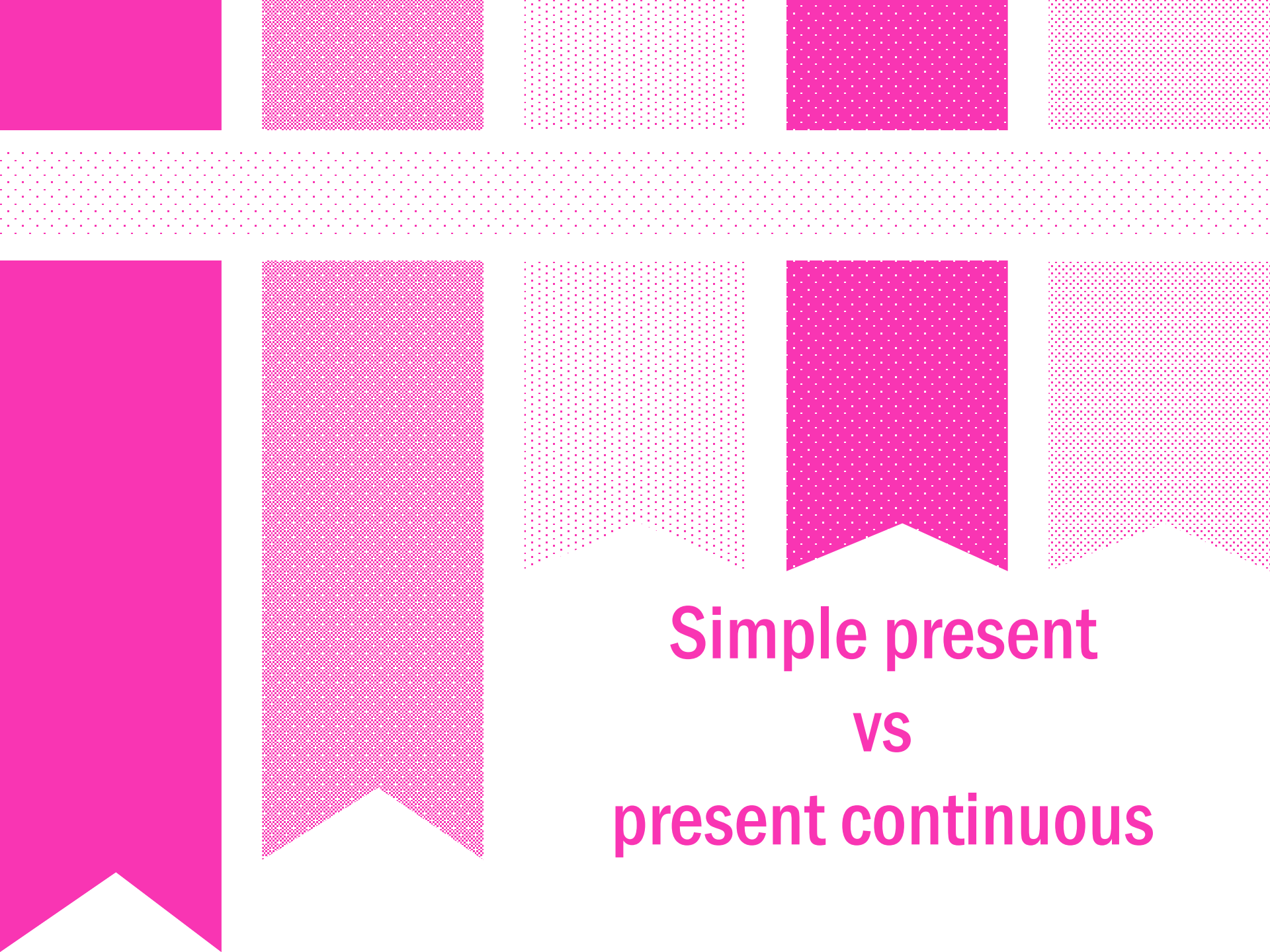


The image features the text "GOOD LUCK!" in a bold, 3D, blocky font. The letters are a dark teal color with a lighter teal shadow on the right side, giving them a three-dimensional appearance. The text is centered on a blue gradient background that transitions from a lighter blue at the top to a darker blue at the bottom. In the corners, there are white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

**GOOD
LUCK!**



Hello



Simple present
VS
present continuous

Watch a video and answer to the questions.



E-LEARNING ENGLISH
ONLINE CLASSES & SELF-STUDY

Present Simple Story



I eat breakfast **everyday**.

I cook food **every night**.

She **plays** video games **every week**.

They **play** football **every monday**.



How to Use Present Simple

The Present Simple is used to talk about habits, facts, and things that happen regularly. It helps talk about things that are always true or will always be true. It is also used to talk about things that happen in the present, such as our daily routines.

It's also often used to talk about future plans and arrangements.

Examples

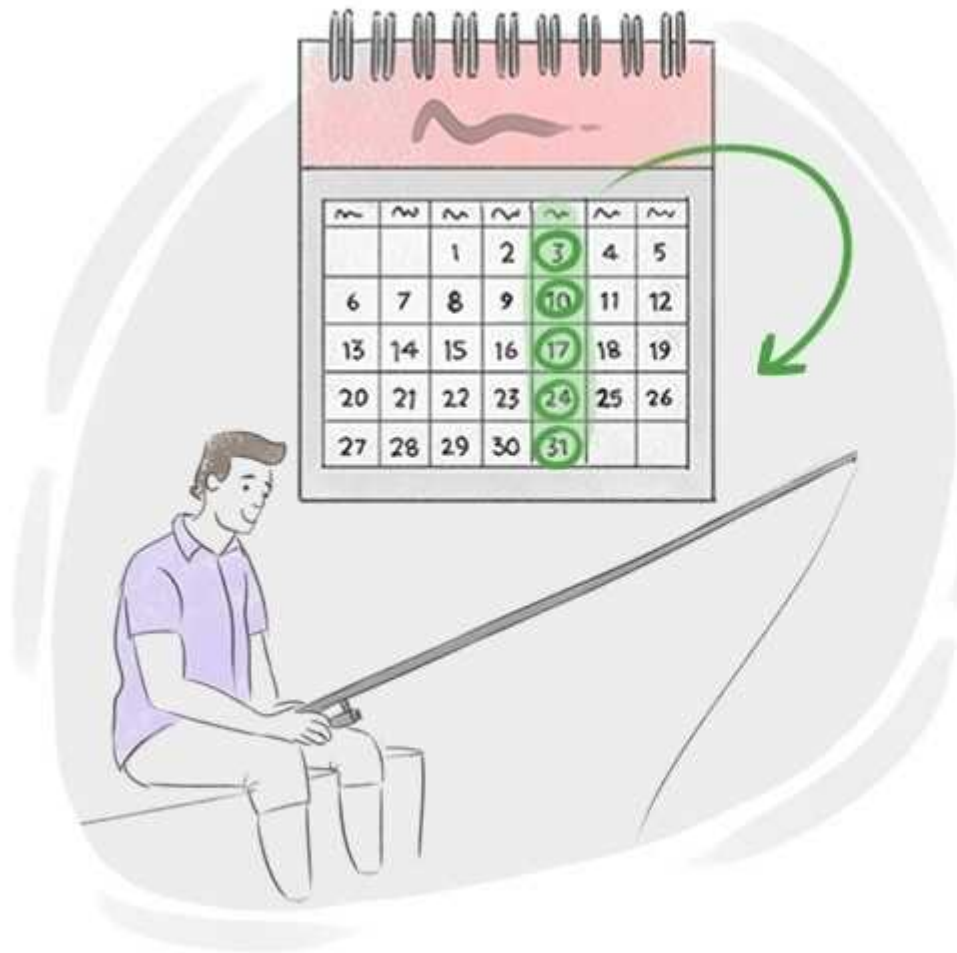
- I work in an office. **routine**
- He lives in London. **Present/ habit**
- She drives to work every day. **Habit/ daily routine**
- We have dinner at 7 pm. **Habit/ daily routine**
- They watch TV every night. **Habit/ daily routine**

Don't forget -s

She
he
it

Simple Present: Simply add -s to he/she/it

Singular	I	buy	read	think	come	eat
	you	buy	read	think	come	eat
	he she it	buys	reads	thinks	comes	eats
Plural	you we they	buy	read	think	come	eat



Look at the man , what does he do every Friday?



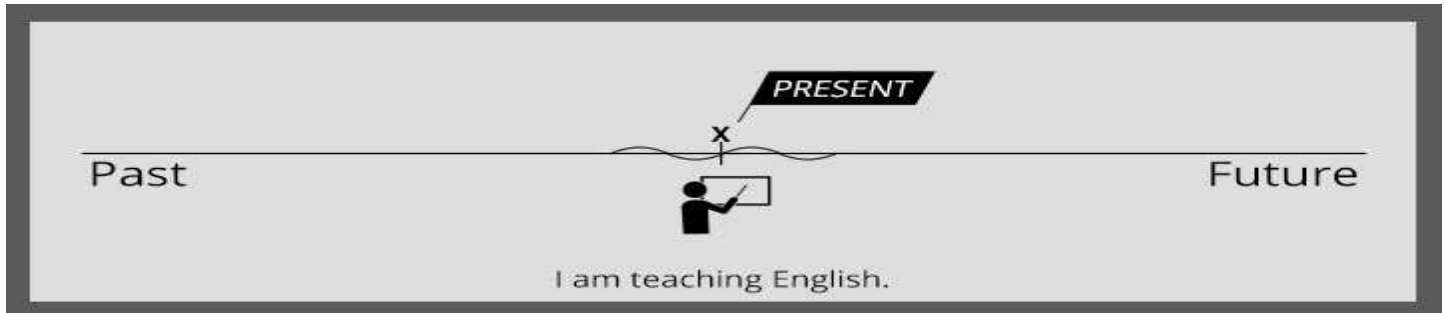
Simple Present Test

1. I _____ (study) English every day.
2. We _____ (teach) English.
3. He _____ (pay) me well.
4. Danielle _____ (fly) to Paris once a year.
5. She never _____ (do) her homework.
6. This girl always _____ (push) somebody.
7. They _____ (want) to do something special tonight.
8. David never _____ (mix) eggs and vinegar together.
9. The room _____ (to be) on fire.
10. I usually _____ (help) my mother cook.

Let's watch the video...



Present continuous



Affirmative	Negative
<i>I am wearing boots</i>	<i>I am not wearing jeans</i>
<i>He/she is wearing boots</i>	<i>He/she is not wearing jeans</i>
<i>We/you/they are wearing boots</i>	<i>We/you/they are not wearing jeans</i>
Questions	Short answers
<i>Am I wearing shoes?</i>	<i>Yes, I am / No, I am not</i>
<i>Is he/she wearing shoes?</i>	<i>Yes, he/she is / No, he/she isn't</i>
<i>Are we/you/they wearing shoes?</i>	<i>Yes, we/you/they are / No, we/you/they are not</i>



1. What is he doing now?



2. What are they doing now?



3. What is he doing now ?

What are they doing at the moment (now)?



Present tense in English

Simple Present Tense

used for general truths, habitual actions, and permanent situations.

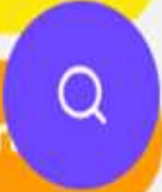
subject + verb

Present Continuous Tense

helps describe actions that are currently happening or in progress.

subject + auxiliary verb "be" + Present Participle

Pronoun	Statement	Negation	Question
I	I <u>am</u> working	I <u>am not</u> working	<u>Am</u> I working?
You	You <u>are</u> working	You <u>are not</u> working	<u>Are</u> you working?
He/She/It	He/She/It <u>is</u> working	He/She/It <u>is not</u> working	<u>Is</u> he/she/it working?
We	We <u>are</u> working	We <u>are not</u> working	<u>Are</u> we working?
They	They <u>are</u> working	They <u>are not</u> working	<u>Are</u> they working?



1 Look at the examples from the listening. Write *simple* or *continuous*.

Present

Today, I'm **talking** about my morning routine.

I'm **having** cereal with fruit today .

At the moment, I'm **wearing** my favourite T-shirt.

I'm **leaving** the house now .

I'm **not wearing** my uniform today .

Present

I never **have** a shower in the morning.

I always **check** my messages in the morning.

I sometimes **have** toast and butter.

I usually **wear** my uniform.

I **don't** usually **have** a shower in the morning.

2 Complete the rules with the underlined words.

We often use the **present simple** with words like
.....,, and

We often use the **present continuous** with words
like, and

3 Complete the sentences with the correct tense of the verbs in brackets.

- 0 I 'm shopping (shop) at the moment. I can't talk.
- 1 My mum always cooks (cook) nice food.
- 2 The teachers usually give (give) us a lot of homework on Monday.
- 3 I am staying (stay) at home today. I 'm not going (not go) to school.
- 4 It's five o'clock now and I am watching (watch) TV with my sister.
- 5 What time does your dad usually get up (get up) on a Sunday?
- 6 It's OK, Jack's not sleeping (not sleep) at the moment. You can go and talk to him.

4 Correct the mistakes in the sentences.

is getting



0 My cousin ~~gets~~ married today.

1 How are you? I write to you to give you **am writing** some news.

2 What do you do at the moment? **are you doing**

3 My brother and I are not going swimming every day.

don't go

4 My mum is only working in the mornings. **works**

5 We usually are eating a big breakfast on Sunday. **eat**

5 Make sentences with the present simple and present continuous. Use *usually* and *today* or *at the moment*.

0 walk to school / go by bus.

I usually walk to school, but today I'm going by bus.

1 have a sandwich for lunch / spaghetti

2 watch TV after school / do my homework

3 play football on Saturday / play tennis

4 get up at seven o'clock / eight o'clock

5 have a shower / have a bath

6 Put the words in order to make questions.

- 1** your / the / moment / friend / what / doing / is / at?
- 2** bed / do / go / you / what / usually / to / time?
- 3** school / do / get / home / how / from / you?
- 4** sitting / is / teacher / at / down / your / the / moment?
- 5** sun / today / shining / is / the?
- 6** day / do / every / get / at / same / up / the / time / you?



Now match the questions to the correct answer.

a No, it isn't.

b 10 pm.

c I walk.

d Yes, he is.

e She's sleeping.

f Yes, I do.

- 7** Work in pairs. Student A, mime an activity in the box. Student B, guess what it is.

catch a bus check your messages
do some homework go to sleep
paint a picture play football
prepare lunch put on your coat
take a photo



Are you putting on your sunglasses?

Are you taking a photo?

No

Student A, when Student B guesses the activity, give more information:

I go to a photography club every Friday.
It starts at 7 pm. I go there by bus.

Student B, ask more questions.



Good luck

UNIT 1 Sports and games

VOCABULARY

- 1 **1** volleyball **2** skating **3** badminton **4** hockey
5 snowboarding **6** cycling **7** gymnastics **8** baseball
9 table tennis **10** athletics **11** sailing **12** surfing

2

play	go	do
badminton	cycling	athletics
baseball	sailing	gymnastics
hockey	skating	
rugby	snowboarding	
table tennis	surfing	
volleyball		

- 3 **1** go **2** do **3** plays **4** play **5** go

GRAMMAR

- 1 **1** never **2** sometimes **3** often **4** usually
- 2 **1** My sister usually goes cycling with my dad.
2 I never play rugby with my friends. **3** Snowboarding is sometimes dangerous. **4** My friends often do gymnastics after school. **5** My grandparents always play table tennis on Sundays.
- 3 **1** Do you usually go cycling in the city? **2** Do your parents often play badminton? **3** How often do you go snowboarding? **4** Do your friends sometimes play rugby at school? **5** Do you always go sailing in the summer?
- 4 Students' own answers
- 5 **1** I **always go** swimming on a Sunday. **2** I **am often** tired in the evening. **3** People **sometimes go** cycling with their friends. **4** At the weekend, I **usually** do sports. **5** In the holidays, we **sometimes go** sailing.

VOCABULARY

1

a	b	e	s	g	b	h	k	b	d	i
f	o	o	t	b	a	l	l	n	p	i
e	a	c	i	d	t	r	u	g	b	y
i	r	a	c	k	e	t	m	y	a	g
g	d	a	k	f	b	e	g	s	l	c
m	r	h	p	r	t	n	h	d	l	i
h	o	c	k	e	y	n	a	o	c	e
c	b	s	u	r	f	i	n	g	n	f
i	d	k	e	f	a	s	u	n	f	b

- 2 **1** stick **2** ball **3** balls **4** bat **5** racket **6** board

READING

- 1 every week, on Saturday
- 2 **1** B **2** C **3** B **4** A
- 3 **1** 2 **2** 13 **3** a ball, a swimming pool **4** head, hands, feet

LISTENING

1 plays tennis, cycles, studies, reads, goes to the cinema

2 1 ✓ 2 ✗ 3 ✗ 4 ✓ 5 ✓ 6 ✗

3 1 play tennis 2 6.00 am 3 play tennis 4 do homework
5 play tennis



Barry: Hello and welcome to the Sports Day Podcast with me, Barry Stephenson. I've got a very special guest here today. Her name's Andrea Murray. She's Britain's number one teen tennis player. Hello, Andrea. Welcome to the show.

Andrea: Hi, Barry. It's good to be here. I always listen to your show.

Barry: That's great. So, Andrea, our listeners want to know about your family.

Andrea: Well, Barry, my family is sporty. My mother, Sandra, plays badminton and goes sailing. My father, Tony, plays rugby for a team in our town.

Barry: Do you have any brothers and sisters, Andrea?

Andrea: Yes, I do. I have a brother and a sister.

Barry: Do they do sports?

Andrea: Yes, they do. My brother, Dan, goes snowboarding and skating. And my sister, Amy, plays volleyball.

Barry: What a fit family! Can you tell us about a typical day for you?

Andrea: I'm often very busy and I never get up late. I always play tennis for two hours before school.

Barry: What time do you get up?

Andrea: I usually get up at five o'clock.

Barry: Five o'clock? That's early!

Andrea: Yes. I get up at five o'clock from Monday to Friday and I get up at six o'clock at the weekend.

Barry: Do you play tennis at the weekend?

Andrea: Yes, I do. On Saturdays, I usually cycle to the tennis courts after breakfast and then I play tennis all day. On Sundays, I do my homework in the morning and then I usually play tennis after lunch. Practice is very important.

Barry: Do you get very tired, Andrea?

Andrea: Yes, I'm usually tired, but I love playing tennis. I want to be the best tennis player in the world.

Barry: What do you do in your free time?

Andrea: Sleep! But I love reading and going to the cinema with my friends too.

Barry: Well, thanks for talking to us, Andrea. Good luck!

WRITING

1 all the questions

2 1 favorite - favourite 2 Does you - Do you 3 to - two
4 bal - ball 5 two - to 6 sometime - sometimes

7 I also in a team - I'm/I am also in a team

8 We playing - We play 9 becace - because 10 its - it's

3 Students' own answers

4 Students' own answers