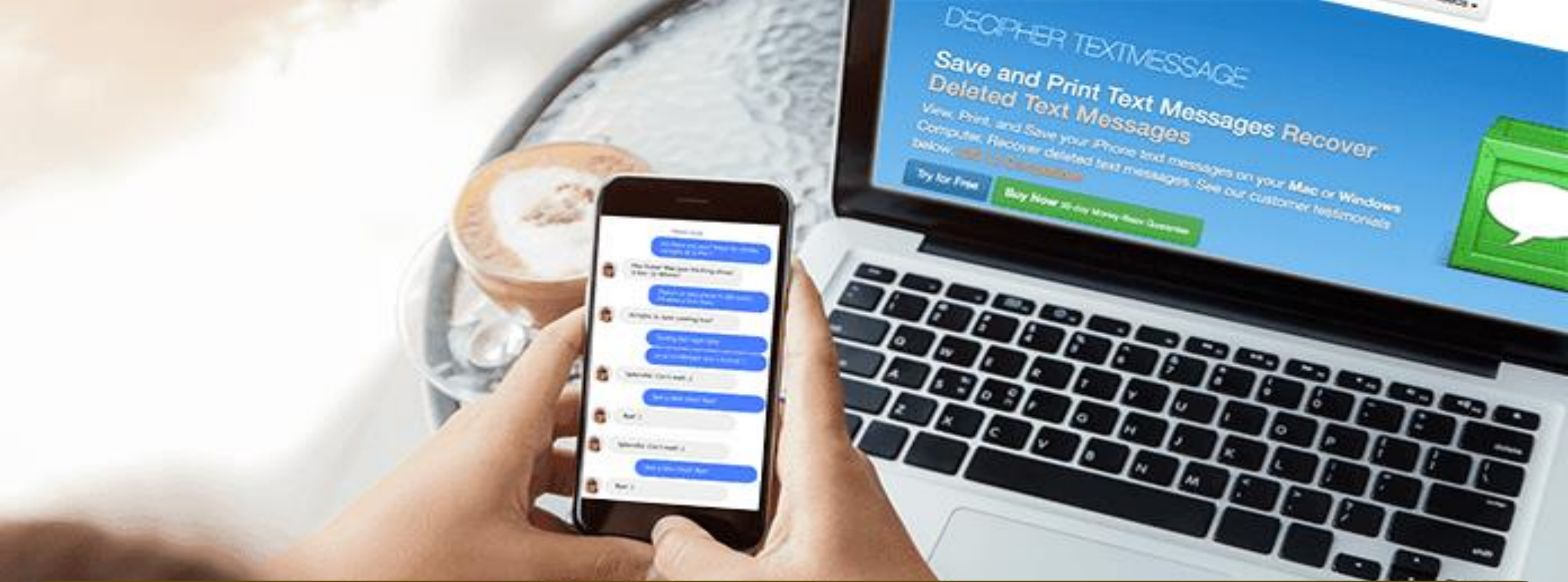








check your messages



tidy your room

A young boy with short brown hair is looking down, focused on buttoning his blue and white plaid shirt. He is standing in a brightly lit room with a blurred background that includes a yellow object on the left and a white shelf on the right. A large yellow rounded rectangle is overlaid at the bottom of the image, containing the text "get dressed" in blue.

get dressed



have breakfast



Prepare your school bag



leave the house

Wake up





brush your hair



Put on your shoes



clean your teeth



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



Listen again and check.

Present Simple vs Present Continuous





I always

wake up

late.



He
never

has a
shower

in the
morning.



She
sometimes

has

toast and
butter.



We usually

wear

uniform.



We

are Shopping

now.



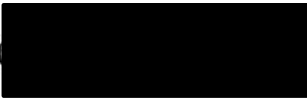
they

are leaving

**At the
moment.**

What's the difference?

Present Simple

- 1) I read books 
- 2) You like bananas.
- 3) She likes  pizza.
- He goes  to a fitness centre on Sundays.

Present Continuous

- 1) I  a book 
- 2) You  TV at 
- 3) He/she/it  homework 

Structure – Present Simple

- The most important thing to remember about this tense is ...

- I
- You
- We
- They

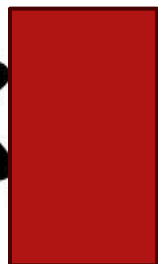
work

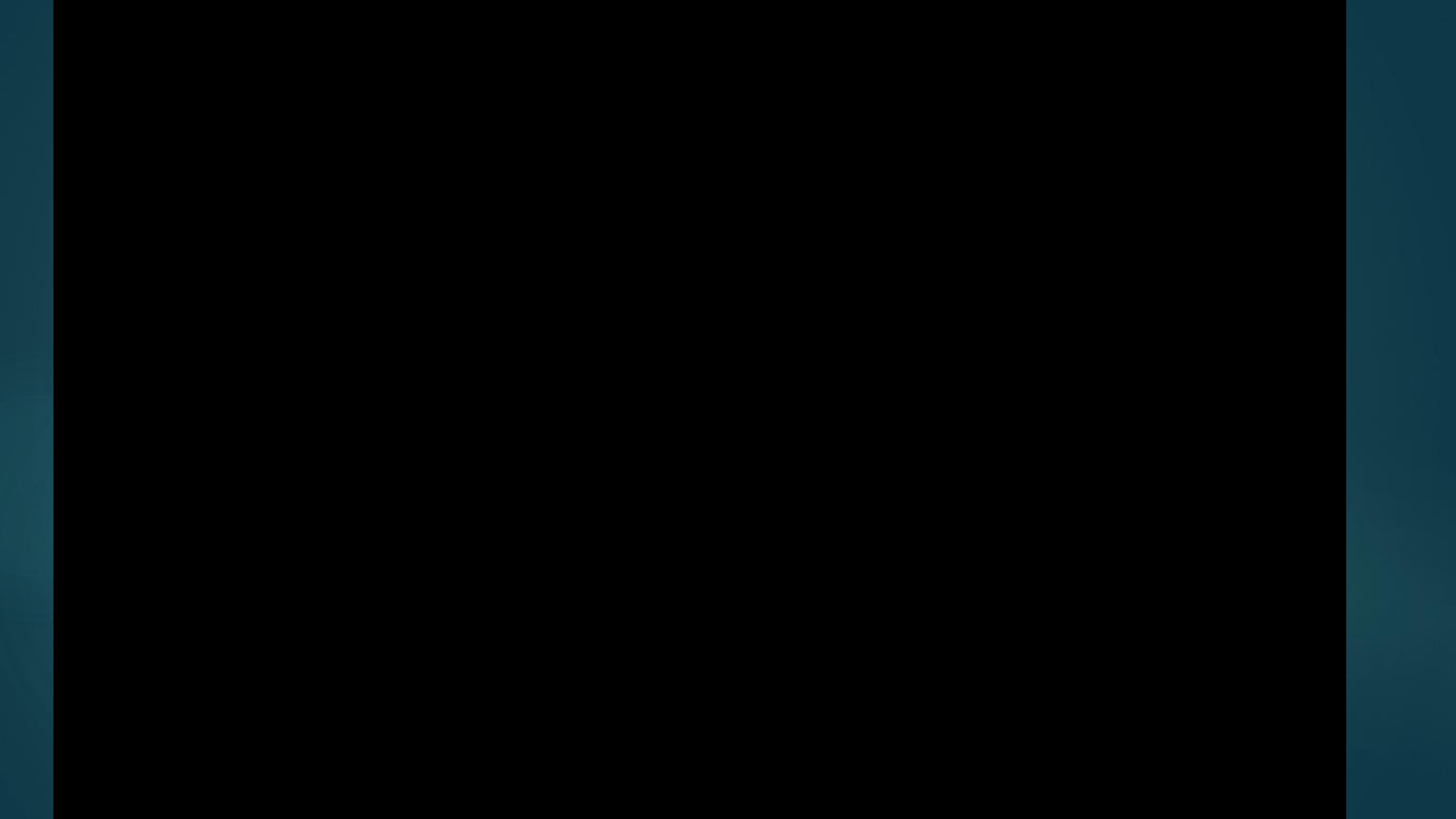


- But for 3rd person singular, we say ...

- He
- She
- It

works





GRAMMAR

Present continuous and present simple

- 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

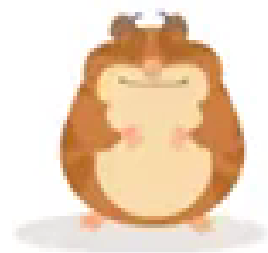
I never **have** a shower in the morning.

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.



PRESENT SIMPLE OR CONTINUOUS

Look at the clue (BLUE WORDS) and choose: TeacherSheila

1	I play / am playing tennis every weekend.
2	She plays / is playing the piano on Fridays.
3	My brother likes / is liking riding a bike.
4	Mary sings / is singing her favourite song now.
5	Mark sets / is setting the table every day.
6	I write / am writing a book in this moment.
7	Look! My grandfather sleeps / is sleeping !
8	David goes / is going to his village every summer.
9	You always buy / are buying a lot of food.
10	My friends sometimes go / are going to the park.
11	I often help / am helping my mum.
12	The dog never walks / is walking in my garden.
13	Listen! Paul sings / is singing!
14	Michael plays / is playing the guitar right now.
15	William usually goes / is going to school by bus.

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 _____ (cook) nice food.
- 2 The teachers usually _____ (give) us a lot of homework on Monday.
- 3 I _____ (stay) at home today. I _____ (not go) to school.
- 4 It's five o'clock now and I _____ (watch) TV with my sister.
- 5 What time _____ your dad usually _____ (get up) on a Sunday?
- 6 It's OK, Jack's _____ (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 some news.
- 2 What do you do at the moment?
- 3 My brother and I are not going swimming every day.
- 4 My mum is only working in the mornings.
- 5 We usually are eating a big breakfast on Sunday.

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?

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

2

THIS IS MY DAY

VOCABULARY

Daily routines

1 Complete the phrases with the verbs in the box.

brush	check	clean	get
have	leave	prepare	
put	tidy	wake	

- 0 clean your teeth
- 1 _____ your room
- 2 _____ the house
- 3 _____ up
- 4 _____ breakfast
- 5 _____ your messages
- 6 _____ dressed
- 7 _____ your school bag
- 8 _____ on your shoes
- 9 _____ your hair

3 Complete the text with the correct form of phrases in Exercise 1.

Hi, I'm Keisha and this is my morning routine. On school days, I usually ⁰ wake up at 7 o'clock. Before I get out of bed, I ¹ _____ on my phone. Then, I ² _____ in the kitchen with my parents. I usually have fruit, biscuits or bread, but I don't really like breakfast. I ³ _____ in my room. I usually wear jeans and a T-shirt. Then, I ⁴ _____ (I do this at least twice a day and after every meal!) and brush my hair. After, I ⁵ _____: I take my homework, books, lunch and my phone – that's very important! Then, I put on my shoes and ⁶ _____ at 8 o'clock. I always walk to school with my friend Lucas.



2 Match the phrases in Exercise 1 to the photos.



1 _____

2 _____

3 _____

4 _____



5 _____

6 _____

7 _____



8 _____

9 _____

10 _____