

7 MY DAY

VOCABULARY AND LISTENING

Daily activities

- 1 Look at the pictures. Complete the phrases with the words from the box.

catch dinner face get go to
have school shower up



- 1 get up
2 have a shower
3 wash your face
4 get dressed
5 walk to school
6 catch the bus to school
7 have lunch
8 eat dinner
9 go to bed

- 2 Which sentence is right (✓)?

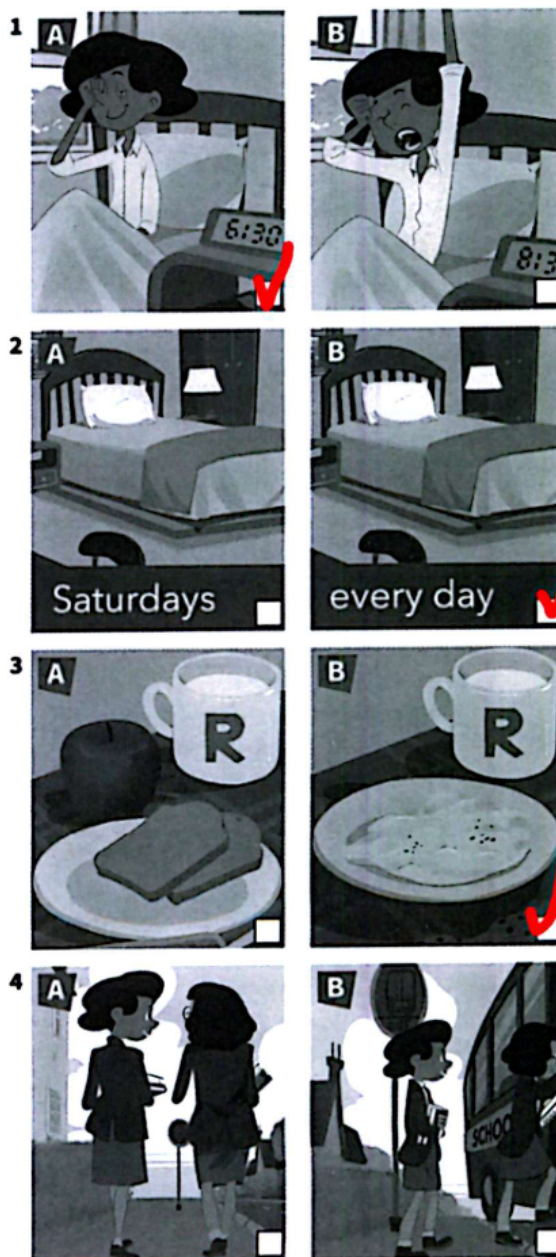
- 1 A I clean my teeth and I get up. ☒
B I get up and I clean my teeth. ☒
2 A I leave the house and I wash my face. ☒
B I wash my face and leave the house. ☒
3 A I have breakfast and catch the bus to school. ☒
B I catch the bus to school and have lunch. ☒
4 A I walk to school and I leave the house. ☒
B I leave the house and I walk to school. ☒
5 A I get dressed and I catch the bus to school. ☒
B I catch the bus to school and I get dressed. ☒

- 3 Listen to the conversation between Connor and Abbie. Where is Rosa from? Argentina

- 4 Listen again. Write Yes or No.

- 0 Rosa is 11 years old. Yes
1 Abbie gets up at six thirty. No
2 Connor cleans his room on Saturdays. Yes
3 Abbie likes eggs. Yes
4 Abbie walks to school. Yes
5 Connor catches the bus to school. Yes

- 5 Listen again. Choose the right pictures for Rosa.



1 Complete the text with the verbs in the box.

catches	cleans	gets dressed
gets up	goes	has
		leaves

Holly ¹ goes to school in Birmingham.
 She ² gets up at 7.20 and she
³ has breakfast with her mum and
 dad. Then she ⁴ cleans her teeth and
⁵ gets dressed. She ⁶ leaves the house
 at 8.20 and she ⁷ catches the bus to school.
 Holly likes school!

2 Choose the correct word to complete the text.



Hi, I'm Pep and my dad is called Pablo. This is our morning routine. Dad ¹ get up / gets up at 6.15. He ² wash / washes his face and ³ get dressed / gets dressed. I ⁴ get up / gets up at 6.30. I ⁵ have / has breakfast with Dad at 7.00. After breakfast, Dad ⁶ clean / cleans his teeth. Then I ⁷ clean / cleans my teeth! I ⁸ leave / leaves the house at 8.30 and I ⁹ walk / walks to school. Dad ¹⁰ leave / leaves the house at 9.00. He ¹¹ catch / catches the bus to work. We ¹² like / likes our morning routine!

3 Complete the sentences with the correct form of the verbs in the box.

catch	get	have
leave	walk	wash

- I get up at 7.00.
- I wash my face and get dressed.
- I have breakfast with my mum and my brother at 7.30.
- My mum and my brother leave the house at 8.00.
- My brother walks to school with his friends.
- My friends and I catch the bus to school.

4 Some sentences have mistakes in them. Write right or wrong. Correct the wrong sentences.

- He get up at 6.00.
Wrong. He gets up at 6.00.
- She get up at 6.30.
wrong. she gets up at 6.30
- He has a shower at 7.00.
Right
- They have breakfast at 7.30.
Right
- He catch the bus to school.
wrong. He catches the bus to school.
- She walk to school.
wrong. She walks to school.
- They have lunch at 12.00.
Right
- They does their homework after dinner.
Wrong. They do their homework after dinner.
- He go to bed at 10.00.
Wrong. He goes to bed at 10.00



Telling the time (2)
1 Match the times to the clocks.

- 0 It's half past four.
- 1 It's six o'clock.
- 2 It's quarter past three.
- 3 It's quarter to nine.
- 4 It's half past seven.
- 5 It's eight o'clock.
- 6 It's five to two.
- 7 It's ten to ten.
- 8 It's quarter to six.

B
A
C
F
D
E
G
H
I


2 Look at the pictures. Make sentences.


- 1 My cat sleeps
- 2 I catch the bus
- 3 My little brother goes to bed
- 4 Juan plays tennis
- 5 We have breakfast
- 6 My mum goes to English lessons

at eight o'clock
at quarter to eight
at seven o'clock
at half past three
at ten to seven
at quarter to twelve

in the morning.
in the evening.
at night.
in the afternoon.
in the evening.
in the morning.

Student's own answer

3 Read the text. Who gets up first?

My family's day

Dad

Dad doesn't like the mornings. He says, 'Can't I stay in bed?' Dad works from home. He's tired in the mornings. He gets up at 7 am and has breakfast with us. In the evening, Dad makes dinner. I help him! We eat dinner at 6 pm. Dad works in the evening and goes to bed at 10 pm.

Mum

Mum gets up at half past five every morning! After that, she has a shower and gets dressed. She makes breakfast at 7 am. Mum leaves the house at 7.30 walks to school. Mum's a teacher, but she doesn't work at our school. In the evening, she reads books.

Hannah

Hannah is my sister. She's 13. She gets up at 6.30 in the morning and has a shower. Hannah catches the bus to school at 7.30. In the evening, she helps mum clean the kitchen and she talks to her friends on the internet.

Me

I'm Oscar. I'm 11. I get up fifteen minutes before breakfast. I leave the house at 7.45 in the morning. Hannah and I don't go to the same school. She catches the bus, but I walk. I like my walk to school. In the evening, I help Dad make dinner and I play board games.


4 Read the text again. Answer the questions.

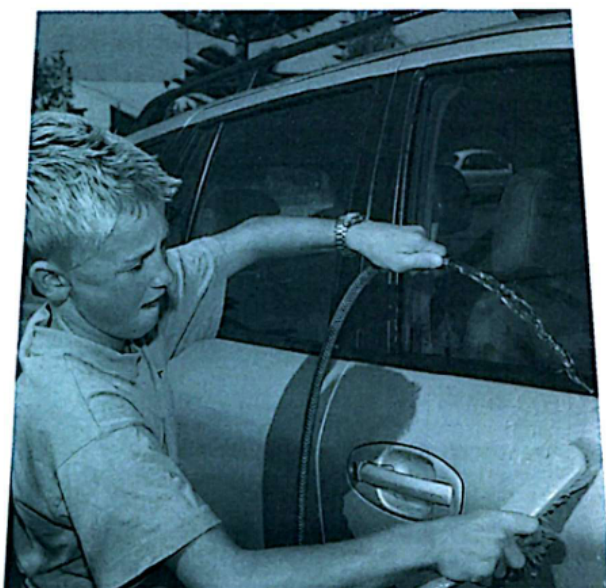
- 0 Who makes dinner for the family?
Oscar's dad
- 1 What does Oscar's dad do at 10 pm?
He goes to bed at 10 Pm.
- 2 Who gets up at 5.30?
Oscar's mum
- 3 What does Oscar's mum do in the evening?
She reads book in the evening.
- 4 What time does Hannah get up?
She gets up at 6.30.
- 5 What does Hannah do at 7.30?
She catches the ball at 7.30.
- 6 What does Oscar do at 7.45?
He leaves the house at 7.45
- 7 What does Oscar do in the evening?

He helps his Dad make dinner and plays board games

GRAMMAR

Present simple

- Complete the sentences. Use *don't* or *doesn't*.
 - I have breakfast with my mum and my sister.
I don't have breakfast with my dad.
 - Amanda does her homework in the evening.
She doesn't do her homework in the morning.
 - My teacher works in a school.
My teacher doesn't work in a park.
 - I play football in the park with my friends.
I don't play football in my garden.
 - I clean my teeth in the morning and at night.
I don't clean my teeth in the afternoon.
 - My brother sleeps in his bed.
He doesn't sleep on the floor.
- Look at what Daniel does every week. Complete the sentences.



Daniel

Monday	clean my bedroom
Tuesday	make breakfast
Wednesday	make my bed
Thursday	walk to school
Friday	wash the car
Saturday	go to bed at 10.30 pm

- He doesn't clean his bedroom on Friday.
- He doesn't make his bed on Tuesday.
- He doesn't make breakfast on Wednesday.
- He doesn't catch the bus to school on Thursday.
- He doesn't wash the car on Monday.
- He doesn't go to bed at ten o'clock on Saturday.

WRITING

- Read about Akiki's day. Write *Yes* or *No*. Correct the wrong sentences.

AKIKI'S DAY

This is Akiki. He's 12 years old and he lives in Uganda in Africa with his sister and his parents. Their house has got two rooms. He gets up at 6 am and has breakfast at 6.30 am. At 7 am Akiki goes to school. He walks to school with his friend Kizza but some of their friends don't go to school. In the evening, Akiki does his homework and at night he is very tired.



- Akiki lives in a big house.
No. He lives in a small house.
- He lives with his family.
Yes
- Akiki gets up at six o'clock.
Yes
- He has breakfast at quarter past six.
No. He has breakfast at 6.30
- He goes to school at seven o'clock.
Yes
- Akiki catches the bus to school.
No. He walks to school
- Akiki does his homework in the morning.
No. He does his homework in the evening.

- Read about Caitlin's day, then write a description of her day. Use the text in Exercise 1 to help you.

Morning

- 7.00 get up
- 7.30 have breakfast
- 8.00-12.00 play the guitar with guitar teacher

Afternoon

- 12.00-1.00 have lunch
- 1.00-5.00 have music lessons
- 5.00-6.00 have dinner

Evening

- 6.00-7.00 do homework
- 7.00-9.00 talk with friends, read, watch TV
- 10.00 go to bed

Caitlin's day

Student's own answer