

# 4

**Vocabulary:** Daily routines, Days of the week, Telling the time, Free-time activities, Sports  
**Grammar:** present simple, adverbs of frequency, *love/like/hate* + *-ing*, prepositions of time

**Everyday English:** Making arrangements  
**Writing:** A blog entry about your typical Sunday

## Busy days

### Vocabulary

#### Daily routines

1 Look at the pictures.

Listen and learn.

**In the morning**  
 12:00 midnight-12:00 noon

1 wake up early  
 2 have a shower

3 get dressed  
 4 have breakfast  
 5 catch the bus to college

**At midday**  
 12:00 noon

6 have a break for lunch

**In the afternoon**  
 12:00 noon-6:00 pm

7 finish college  
 8 go jogging

**In the evening**  
 6:00 pm-12:00 midnight

9 do homework  
 10 work part-time

11 go back home  
 12 chat with friends online

13 have dinner  
 14 go to bed

### Reading

2 a) Does Valeria go to work every morning?

Listen and read to find out.



1 Valeria López is 17 and she's a college student. She also works **part-time** at an animal shelter. "I really like my job because I love working with animals. My job is tiring, though, as I often work long hours. There's a lot to do in the shelter," she says.

2 Valeria wakes up at 6:30. She has a shower, gets dressed and then has breakfast. Around 7:15 am, Valeria catches the bus to college. Her lessons start at 7:45 am. She always has a **break** for lunch at noon. Valeria works at the shelter every Monday, Wednesday and Friday. From 5:00 pm to 9:00 pm, she shows visitors around the shelter and helps **care for** the animals that

live there. She gets back home, has dinner and listens to music or Skypes her friends before she goes to bed at around 11:00. "I've got a busy routine but it's OK," Valeria says. "I am a hard-working person."

3 So, what does Valeria do in her free time? She likes going for long walks in the countryside with her dog, Max. She also loves playing basketball with her friends when she isn't at the shelter.

4 "I feel very **satisfied** with my life at the moment," says Valeria. "I love working at the shelter and I enjoy my free time. Who can ask for more?"



**Check these words**

animal shelter, tiring, catch the bus, break, care for, walk, countryside, satisfied

b) **THINK**  Think of a title for the text.

**Study Skills**

**Matching headings to paragraphs**

Read the headings and underline the key words. Then, read the text and try to find words that mean the same as the underlined words in the headings. This will help you do the task.

**3 a) Read the text again and match the headings (A-E) to the paragraphs (1-4). One heading is extra.**

- A Happy with Life
- B My Daily Routine
- C A Normal College Day
- D A Working Student
- E Fun Time







**b) Decide if the sentences are T (True) or F (False). Then, explain the words in bold.**

- 1 Valeria gets up early. ....
- 2 She walks to college. ....
- 3 She goes to the shelter every day. ....
- 4 She has got a dog. ....


**Speaking**

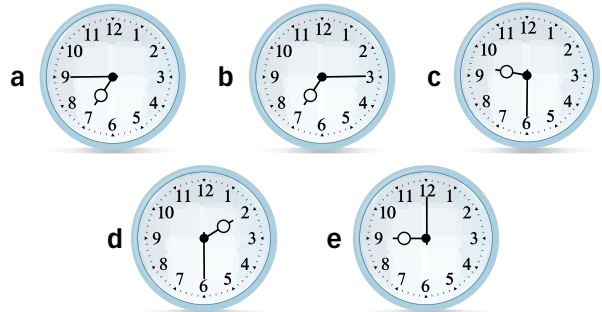
**Telling the time**

We tell the **time** in **two** different ways

	six o'clock <b>OR</b> six		half past six <b>OR</b> six thirty
	(a) quarter to six <b>OR</b> five forty-five		(a) quarter past six <b>OR</b> six fifteen
	twenty to six <b>OR</b> five forty		twenty past six <b>OR</b> six twenty


**Note:** am: before midday  
pm: after midday

**4**  Look at the clock faces. Ask and answer questions, as in the example. Tell the time in both ways.




A: What time is it?      A: What's the time?  
B: It's (a) quarter to seven.      B: It's six forty-five.

**Days of the week**

**5**  Listen and learn. Which days are weekdays?



**Listening**

**6**  Listen to Tony's weekday daily routine and make notes under these headings: *In the morning* – *At noon* – *In the afternoon* – *In the evening*. Present his routine to the class.

**7** What is your daily routine like? Tell the class. Use the headings in Ex. 6 to help you.

**Writing (an email)**

**8** You and your family now live in a new country. Write an email to your English-speaking friend about your typical weekday. Write what you do in the morning, afternoon and evening (50-80 words).

INBOX

Hi ...!

Hope you're well. Life here is great. In the morning, I wake up at ... . In the afternoon, I ... . In the evenings, I ... .

What do you usually do every day?

Write back,

...

## Grammar in Use



**Mary:** Hi Kim, do you know where Lucy is? I need to give her a book.  
**Kim:** I'm not sure. She usually eats in the cafeteria at noon. She likes spending her break there.  
**Mary:** Well, I don't think she's there. It's never open after 2:30. What time does she leave college?  
**Kim:** On Thursdays, she has football practice with the college team, so she always leaves quite early, at four o'clock. Why don't you drop it off at her flat on your way home?  
**Mary:** Does she live near here?  
**Kim:** Yes, she does. She lives at number 14, Elm Park.  
**Mary:** OK. Thanks Kim.

### 1 Study the theory. Find examples in the dialogue.

#### Present Simple

##### Affirmative

I/You work.	He/She/It works.	We/You/They work.
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##### Use:

We use the present simple for:

- **permanent states.** *He lives in Madrid.*
- **repeated actions.** *I go to the gym every afternoon.*
- **daily routines.** *I brush my teeth in the morning.*

##### Form:

- Most verbs take an **-s** in the affirmative third person singular. *I work – he works*
- Verbs ending in **-ss, -sh, -ch, -x, -o** take **-es**. *you finish – she finishes*
- Verbs ending in **consonant + -y** drop the **-y** and take **-ies**. *we study – he studies* BUT: *I play – she plays*

### 2 Fill in the third-person singular.

- |                     |                      |
|---------------------|----------------------|
| 1 I go – he .....   | 4 I wash – he .....  |
| 2 I work – he ..... | 5 I fly – he .....   |
| 3 I love – he ..... | 6 I enjoy – he ..... |

### 3 Put the verbs in brackets into the present simple.

- Mary *leaves* (**leave**) the house at 8 o'clock in the morning.
- She ..... (**catch**) the bus to college with her friends Mia and Darren.
- Mary's mother ..... (**work**) in a hospital; she's a nurse.
- Mary ..... (**finish**) her lessons at 3:30.
- Mary's dad ..... (**go**) home at 4:00 pm every day.
- Mary ..... (**tidy**) her bedroom in the afternoon.
- After she has dinner with her parents, Mary ..... (**watch**) TV.
- Mary ..... (**have**) a busy daily routine but her weekends are great.
- Every Saturday, Mary ..... (**meet**) her friends at the mall.
- She ..... (**like**) going to the cinema on Saturday evenings.



### 4 Study the table. Find examples in the dialogue. How do we form the present simple negative?

#### Present Simple

Negative	
Long form	Short form
I/You <b>do not</b> work. He/She/It <b>does not</b> work. We/You/They <b>do not</b> work.	I/You <b>don't</b> work. He/She/It <b>doesn't</b> work. We/You/They <b>don't</b> work.
Interrogative	Short answers
<b>Do</b> I/you work? <b>Does</b> he/she/it work? <b>Do</b> we/you/they work?	<b>Yes, I/you do.</b> <b>No, I/you don't.</b> <b>Yes, he/she/it does.</b> <b>No, he/she/it doesn't.</b> <b>Yes, we/you/they do.</b> <b>No, we/you/they don't.</b>

### 5 Fill in *do, does, don't or doesn't*.

- "*Do* you play football?" "Yes, I *do*."
- "..... your friend live in that house?"  
"Yes, he ....."
- "..... Vicky like basketball?"  
"No, she ....."
- "..... you like rock music?" "Yes, I ....."
- "What time ..... Karen start work?"  
"Sorry, I ..... know."
- "..... you eat lunch at work?" "No, I ....."
- "..... they walk to school?" "No, they ....."

- 6 a) Study the theory. Find examples in the dialogue on p. 32.

### Adverbs of frequency

never 0%	sometimes 50%	usually 90%
rarely 5%	often 70%	always 100%

Adverbs of frequency usually come:

- before the main verb. *I usually get up early in the morning.*
- after the verb **to be**. *I am never late for work.*
- after auxiliary verbs. *I don't often have lunch at noon.*

- b) Which of the following do you *never/rarely/sometimes/often/usually/always* do on Sundays?

- have football practice
- go jogging
- meet friends
- go to the cinema
- play basketball
- eat out
- watch TV
- cook dinner
- chat with friends online

*I never have football practice on Sundays.*

- 7 **SPEAKING** Ask and answer questions, as in the example. Then, write a short paragraph about your partner.

#### How often do you ...

go swimming?  
go to the theatre?  
cook?  
go for long walks?  
go out with your family?  
play computer games?  
watch TV?  
meet your friends?

- never, often, etc.
- every day/month/evening, etc.
- every two/three days/Sunday, etc.
- once/twice/three times a week/month, etc.

A: *How often do you go swimming?*

B: *Twice a week.*

*Tony goes swimming twice a week and ...*

- 8 a) Study the theory. Find an example in the dialogue on p. 32.

### love/like/hate + -ing

We use the **-ing** form after the verbs:

**love** (✓✓)    **like** (✓)    **don't like** (x)    **hate** (xx)

*I love playing football and I like listening to music.*

*I don't like watching TV, though.*

OR

*I love playing football and I like listening to music, but*

*I don't like watching TV.*

- b) Complete the sentences. Use: *like* (✓), *love* (✓✓), *don't like* (x), *hate* (xx) and the verbs: *listen, go, watch, wake up, play*.

- 1 I *love playing* (✓✓) basketball with my brother.
- 2 My mum ..... (✓) to pop music.
- 3 My dad ..... (xx) to the cinema.
- 4 My sister Anna ..... (x) early.
- 5 My granddad ..... (✓✓) TV in the afternoon.

- c) **SPEAKING** What do you like/love/don't like/hate doing? Tell your partner.

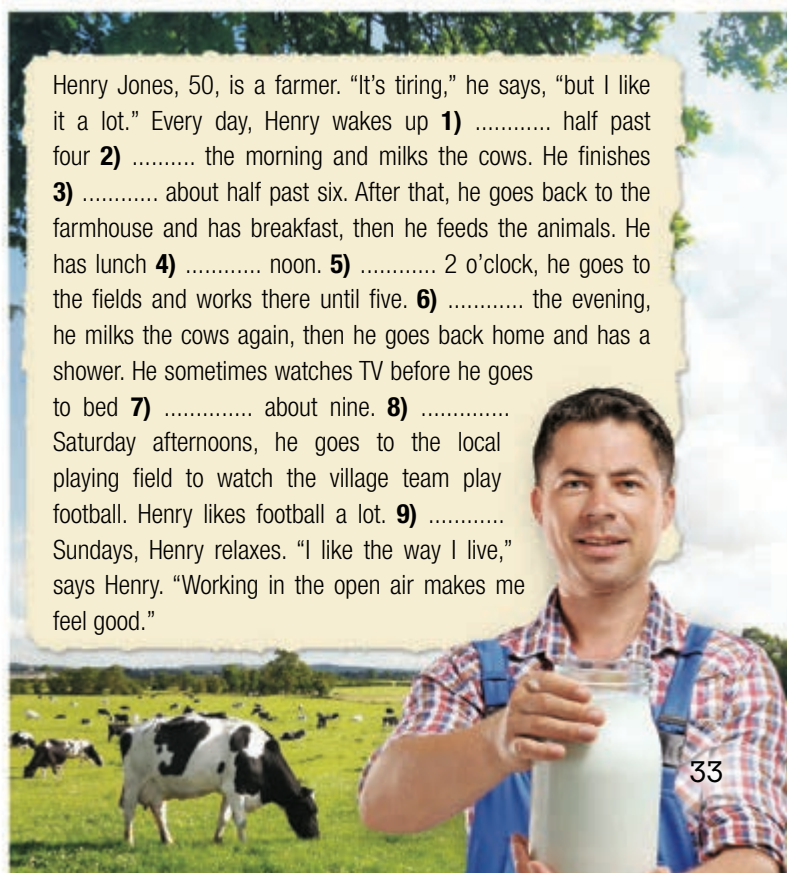
- 9 Study the theory. Find examples in the dialogue on p. 32.

### Prepositions of time

- We use **at** in the expressions: *at the weekend, at noon, at midday, at midnight, at night*; with the time: *at six o'clock*
- We use **on** with days of the week: *on Monday*; in the expression: *on weekdays*; with parts of a particular day: *on Sunday morning(s)*; with dates: *on 2nd August*
- We use **in** with months & seasons: *in January, in summer*; in the expressions: *in the morning, in the afternoon, in the evening*

- 10 Fill in *at, in* or *on*. Compare Henry's routine to your teacher's.

Henry Jones, 50, is a farmer. "It's tiring," he says, "but I like it a lot." Every day, Henry wakes up **1)** ..... half past four **2)** ..... the morning and milks the cows. He finishes **3)** ..... about half past six. After that, he goes back to the farmhouse and has breakfast, then he feeds the animals. He has lunch **4)** ..... noon. **5)** ..... 2 o'clock, he goes to the fields and works there until five. **6)** ..... the evening, he milks the cows again, then he goes back home and has a shower. He sometimes watches TV before he goes to bed **7)** ..... about nine. **8)** ..... Saturday afternoons, he goes to the local playing field to watch the village team play football. Henry likes football a lot. **9)** ..... Sundays, Henry relaxes. "I like the way I live," says Henry. "Working in the open air makes me feel good."



# Skills in Action

## Vocabulary

### Free-time activities

1 a) Look at the pictures. Listen and learn.



listen to music



read a book



go dancing



go on a picnic



go to the mall



go to the cinema



visit museums



meet friends



watch a film



do yoga



play football



go to the library

b) What do you usually do in your free time? Ask and answer questions.

## Listening

2 Listen and decide which of the sentences are T (True) or F (False).

- 1 Ann loves listening to music. ....
- 2 Holly doesn't like reading. ....
- 3 Ann likes going to the mall. ....
- 4 Holly and Ann both like visiting museums. ....

## Everyday English

### Making arrangements

3 These phrases are from a dialogue between two friends. What is the dialogue about?

Listen and read to find out.

- Are you free this Saturday? • I think so. Why?
- Do you want to ...? • Sure. What time do you want to meet? • Can we meet at a different time? • No problem. Let's meet at ... • See you there.

**Harry:** Hey Tom, are you free this Saturday?

**Tom:** I think so. Why?

**Harry:** Do you want to go swimming with me?

**Tom:** Sure. What time do you want to meet?

**Harry:** Is half past two good for you?

**Tom:** Not really. My drama class doesn't finish until three o'clock. Can we meet at a different time?

**Harry:** No problem. Let's meet at the swimming pool at quarter to four, then. Don't be late.

**Tom:** OK, 3:45 sounds good to me. See you there.

4 Find phrases in the dialogue which mean:

- I'm afraid not. • Probably. • Meet you there.
- Make sure you're on time.

5 Arrange to meet your partner. Act out a dialogue similar to the one in Ex. 3. Use phrases from the language box. Use the following ideas.

- this Monday / go to the cinema
- this Friday / visit the new modern art museum

Suggesting	Agreeing/Disagreeing
<ul style="list-style-type: none"> <li>• Are you free ...?</li> <li>• Do you want to ...?</li> <li>• How about + (-ing form) ...?</li> <li>• Let's + (inf. without to) ...</li> <li>• We can ...</li> </ul>	<ul style="list-style-type: none"> <li>• Sure.</li> <li>• Yes, why not?</li> <li>• I'd love to.</li> </ul> <hr/> <ul style="list-style-type: none"> <li>• Not really.</li> <li>• I'm afraid I can't.</li> <li>• I'm afraid not.</li> </ul>

## Pronunciation /s/ /z/ /vz/

6 Listen and tick (✓). Listen again and repeat.

	/s/	/z/	/vz/		/s/	/z/	/vz/
lives				writes			
walks				washes			
goes				watches			

## Reading & Writing

### Study Skills

#### Completing a text

Read the text quickly to understand what it is about. Read the text again and pay attention to the words before and after each gap. Think of what type of word is missing (noun, verb, preposition etc.). When you finish, read the text again and check if it makes sense.

- 7 a) Read the blog and complete the missing words. What type of word is each?



Christy's blog

## Dad Sunday

Everyone loves Sunday, but I have a special reason. You see, Sunday is my day **1)** ..... Dad! I always wake up very early **2)** ..... cycle over to his flat for breakfast. **3)** ..... the morning, we often go by bike to a farmer's market to get fresh food for lunch. Dad's **4)** ..... amazing cook! In the afternoon, **5)** ..... usually go to the city centre and visit a museum or **6)** ..... art gallery. In the evening, we sometimes go to the cinema or stay at home and relax. I love my Dad Sundays! How **7)** ..... you spend your Sundays?

- b)  Listen and check.



### Writing Tip

#### Opening/Closing remarks in blog entries

We can start/end a blog entry with one of the following techniques:

- Offer a general thought (*Sundays are great.*)
- Address the reader directly (*How do you feel about the weekend?*)
- Ask a rhetorical question (*I really enjoy Sundays, but who doesn't?*)

- 8 Read the *Writing Tip* box. What technique does Christy use to start/end her blog entry?

### Writing (a blog entry about your typical Sunday)

#### Study Skills

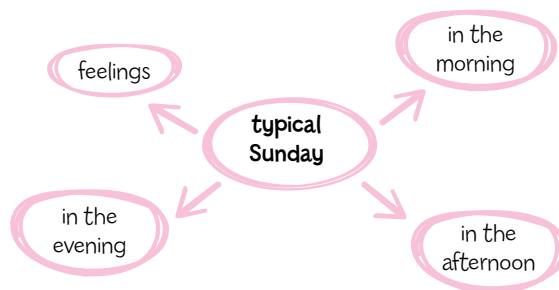
#### Brainstorming

Before you start writing, read the rubric, underline the key words, then brainstorm for words/ideas related to the topic. This will help you do the task.

- 9 Read the rubric. Look at the underlined key words and then brainstorm for words/ideas under the headings below.

Write a reply to Christy's blog in Ex. 7 (60–80 words). Write:

- what you usually do on a typical Sunday.
- who with.
- how you like it.



- 10 Use your notes in Ex. 9 to write your blog entry. Follow the plan.

#### Plan

#### Title

- introduce the topic
- what you usually do in the morning/afternoon/evening
- comments/feelings

Happiness



## Culture



# Hobbies & Sports

## Australia VS Canada

There are lots of exciting ways to enjoy your free time. In Australia and Canada sport is an important part of life.

People in **Australia** love swimming. They often take part in surfing and ocean swimming competitions like the Aussies — an annual sports competition. They also love team sports like Australian football, rugby and cricket.

People in **Canada** enjoy snowboarding, skiing, curling, rugby, cricket and baseball. Ice hockey is Canada's official winter sport and lacrosse is their official summer sport.

Playing sports and enjoying your free time are important all over the world. But these countries really are sports mad!



snowboarding 9

skiing 8

surfing 7

ice hockey 6

curling 5

lacrosse 3

cricket 2

baseball 1

rugby 4

**Check these words**  
take part, competition, annual, official

### Listening & Reading

- Look at the pictures. Listen and learn. Do you/your friends do any of these sports? Which sport is your favourite?
- Which of these sports are popular in: *Australia?* *Canada?*  
 Listen and read to find out.

### Speaking & Writing

- Compare and contrast the sports people play in these two countries.
- What sports are popular in your country? Collect information, then write a short text for the class English magazine.

## Vocabulary

### 1 Fill in: *get, have, wake, chat, catch* in the correct form.

- In the morning, Andrea ..... up at 7 o'clock.
- At half past seven, she ..... dressed.
- Then, she ..... a big breakfast.
- She always ..... the eight-o'clock bus.
- She ..... with her friend Angie online before dinner.

(5 x 2 = 10)

### 2 Write the time in two different ways.

- |   |  |   |                   |
|---|--|---|-------------------|
| 1 | <b>6:00</b> <i>It's six o'clock.</i><br><i>It's six.</i> | 4 | <b>9:15</b> ..... |
| 2 | <b>8:30</b> .....  | 5 | <b>2:40</b> ..... |
| 3 | <b>5:45</b> .....  | 6 | <b>4:25</b> ..... |

(5 x 2 = 10)

### 3 Fill in: *listen, read, go (x3), visit, watch, do, play, meet*.

- |                  |                      |
|------------------|----------------------|
| 1 ..... a book   | 6 ..... yoga         |
| 2 ..... a museum | 7 ..... snorkelling  |
| 3 ..... friends  | 8 ..... dancing      |
| 4 ..... football | 9 ..... to music     |
| 5 ..... a film   | 10 ..... on a picnic |

(10 x 2 = 20)

## Grammar

### 4 Put the verbs in the *present simple* and the adverbs of frequency in the correct place.

- Mandy ..... (**work/always**) from 9 to 5.
- Alan ..... (**be/usually**) on time for class.
- The children ..... (**play/often**) at the park.
- Mum ..... (**wash/sometimes**) the dishes.
- Mark ..... (**tidy/never**) his room on Sundays.

(5 x 2 = 10)

### 5 Fill in: *do, does, don't, doesn't*.

- "..... Mark like basketball?" "Yes, he ....." "
- "..... your parents work as vets?" "No, they ....." "
- "..... Mary live near college?" "No, she ....." "
- "..... you go home at 7 pm?" "Yes, I ....." "
- "..... the kids have dinner at 7:30?" "Yes, they ....." "

(5 x 2 = 10)

### 6 Fill in: *in, on, at*.

- I play volleyball ..... the weekend.
- My sister has a break for lunch ..... noon.
- ..... Fridays, I usually meet my friends.
- We like going swimming ..... the summer.
- Steve comes back ..... 7th March.

(5 x 2 = 10)

### 7 Complete the sentences. Use: *like (✓), love (✓✓), not like (x), hate (xx)* and the verbs: *go (x2), chat, clean, have* in the correct form.

- I ..... (✓✓) lunch in the cafeteria with my friends.
- My mum ..... (✓) to the library in her free time.
- Jenny ..... (xx) her room without any help.
- Kevin ..... (✓) with his friends online.
- My dad ..... (x) to the cinema.

(5 x 2 = 10)

## Everyday English

### 8 Match the exchanges.

- |  |                                 |
|--|---------------------------------|
| 1 <input type="checkbox"/> Are you free this Sunday?             | A Not really. Can we meet at 3? |
| 2 <input type="checkbox"/> Do you want to play football with me? | B Twice a week.                 |
| 3 <input type="checkbox"/> Is ten to two good for you?           | C I think so. Why?              |
| 4 <input type="checkbox"/> What's the time, please?              | D Sure.                         |
| 5 <input type="checkbox"/> How often do you swim?                | E It's half past one.           |

(5 x 4 = 20)

Total 100

## Competences

GOOD ✓

VERY GOOD ✓✓

EXCELLENT ✓✓✓

### Lexical Competence

- Talk about
- daily routines
  - free-time activities
  - days of the week
  - the time
  - sports

### Reading Competence

- identify the main idea of a paragraph (match headings to paragraphs)
- read for detail (T/F statements)

### Listening Competence

- listen for specific information (T/F statements)

### Speaking Competence

- make arrangements

### Writing Competence

- write an email about my daily routine
- write a blog entry about my typical Sunday