

3 A day in the life

1 Read and number the sentences.

Hello. My name is Alisha. I wake up early at seven o'clock. Then I get up and I have a shower. After that I get dressed and go downstairs to have my breakfast. I love breakfast! After breakfast I go to school. My school starts at nine o'clock. I have lunch at school with my friends. School finishes at three o'clock and I go home. I have my dinner, then I do some homework and watch TV before bed. I go to bed at nine o'clock.

- a I have a shower.
- b I get up.
- c I go to bed.
- d I have dinner.
- e I have lunch.
- f I wake up.
- g I have breakfast.
- h I go to school.
- i I get dressed.

2 Look and read and write.



Example: The door in the big room is open.

Complete the sentences.

- 1 The man with the beard is getting _____.
- 2 The _____ with curly hair is getting up.

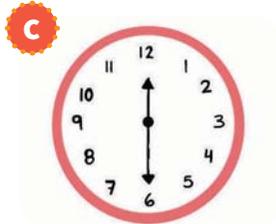
Answer the questions.

- 3 What is the man with the moustache doing? _____
- 4 What is the time on the clock? _____

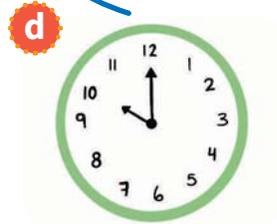
Now write two sentences about the picture.

- 5 _____
- 6 _____

1 Look and match.



- Ten o'clock
- Eleven o'clock
- Seven o'clock
- Six o'clock
- Three o'clock
- One o'clock



2 Write 'before' or 'after'.

- 1 I take off my clothes before I have a shower.
- 2 I wash my hands _____ I have lunch.
- 3 I take off my shirt _____ I take off my jacket.
- 4 I put on my socks _____ I put on my shoes.
- 5 I go to bed _____ I have dinner.
- 6 I get dressed _____ I go to school.

Now write two more sentences.

- 7 _____
- 8 _____

3 Talk to your friend. Is your routine the same or different?

Do you get dressed after breakfast?

Yes, I do.

Different! I get dressed before breakfast.

Do you have a shower before bedtime?

No, I don't.

Same!

1 Find and write the words.

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

M o n d a y

T _____

W _____

T _____

F _____

S _____

S _____

2 Look, read and write.



Monday

- 1 Peter always plays basketball after school on Mondays.
- 2 On Tuesdays Jim and Sally play badminton after school.
- 3 Jack and Mary do their homework after school on Wednesdays.
- 4 Daisy has a swimming lesson on Thursdays. She never watches TV.
- 5 Clare and Fred watch TV with their mum on Friday evenings.
- 6 Paul goes to the shops with his dad on Saturday mornings.
- 7 Vicky plays football on Sundays. She sometimes scores a goal.

1 Use the words to make three sentences.

BINGO!

Clare		wakes up	in the kitchen.
Vicky		has dinner	at seven o'clock.
Paul	sometimes	watches TV	after dinner.
Jack	always	goes to bed	in the evening.
Sally	never	has a shower	in the morning.
Daisy		gets dressed	before breakfast.

Now play bingo.

Clare	never	has a shower	in the kitchen.

2 Write sentences about you.

I wake up at _____ o'clock every day.

3 Tell your partner.

I wake up at six o'clock every day.

Lock's sounds and spelling



1 Say and write.

wakes up gets up
catches puts on
brushes washes
dances eats
watches

-s
wakes up

-es
catches

2 Read and match.

plays ~~gets up~~ catches the bus dances starts school
washes her hands wakes up brushes his hair puts on clothes

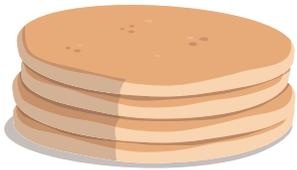


gets up

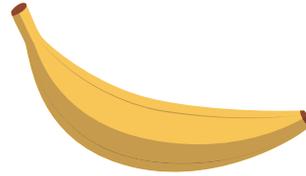


Movers Listening

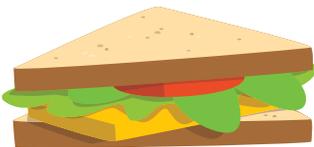
1   What food does Lily have in these places?
Listen and write a letter in each box. There is one example.



pancakes H



banana



sandwich



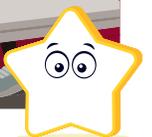
ice cream



sweets



cake



What do astronauts do in space?

Practise

1 Look and complete the times.

1	3.00	2	9.30	3	4.00	4	6.30	5	10.00	6	8.30
											
_____		_____	_____	_____		_____		_____		_____	
o'clock		half		four				o'clock		half	
		nine				six					

2 Reread the blog on Pupil's Book page 35.
Which activity does Sally do?



put on pyjamas



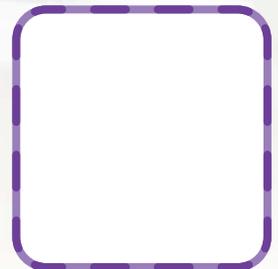
go to sleep



wash



brush teeth



Plan

3 Tick (✓) the activities that you do in the evening.
Add one of your own.

Write

4 Write a blog post about your evening routine.

Edit

5 Did you ...

- include your evening activities?
- include times?

Writing tip

To begin your blog, write the date:
24 June.
Put your activities in order.

Do you remember?

1 Read and complete the story.

On Mondays Paul wakes up at  (1) eight o'clock. He gets up and always has a  (2) _____. Then he gets dressed and goes to the  (3) _____ for breakfast. After breakfast he puts on his  (4) _____ and he goes to the bus stop to catch a  (5) _____. He never walks to  (6) _____. At  (7) _____ Paul comes home and does his homework before dinner. After dinner he sometimes plays on his  (8) _____. He goes to  (9) _____ at  (10) _____.

2 Write the answers.



- 1 What does the reporter say about detectives' routine?

- 2 What time do Lock and Key usually get up?

- 3 Why aren't Lock and Key at the detective agency?

- 4 What adjectives are used to describe Lock and Key?

- 5 Do you think these are the correct words to describe them?

- 6 Does the reporter think that Lock and Key work a lot? Why (not)?
