

3

A day in the life



1 Listen and say the letter.

catch the bus do homework get dressed
get undressed get up go to bed have a shower
put on wake up take off wash

2 Read and complete.

- 1 Stella wakes up at seven o'clock every day.
- 2 Before breakfast she ...
- 3 Then she gets dressed and puts on her ... and leggings.
- 4 After school Stella does her ...
- 5 She washes her ... before dinner.
- 6 She ... and takes off her T-shirt and leggings.
- 7 Stella goes to bed ... nine o'clock.

3 Listen and do the actions.

LOOK

She wakes up at **seven o'clock**.

At **eight o'clock** she catches the bus.

1



Listen and match.

1 - b

a



b



c



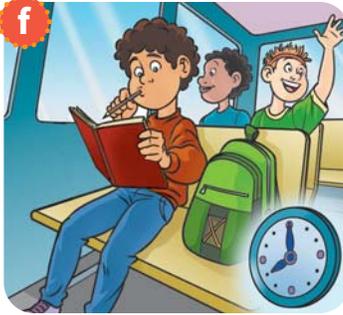
d



e



f



I wake up in the morning,
I get up for breakfast,
I have a shower and I get dressed ... **1**
Ooh yes, every day.

I catch the bus
to take me to school ...
I do my homework on the way ... **2**
Ooh yes, every day.

Lessons start and
I see my teacher ... **3**
Eleven o'clock and we're out to play ... **4**
Ooh yes, every day.

I wash my hands ... **5**
Before I have my dinner ...
I get undressed and I go to bed ... **6**
Ooh yes, ooh yes,
Ooh yes, every day, every day,
every day.

2



Listen and sing. Do karaoke.

3

Answer the questions.

- 1 What time does he get dressed?
- 2 What time does he do his homework?
- 3 What time does he start school?
- 4 What time does he go out to play?
- 5 What time does he go to bed?

He gets dressed at seven o'clock.

4

Ask and answer.

What do you do before breakfast?

I have a shower.

STUDY



What do you do

before
after

breakfast?
lunch?
dinner?
school?
bedtime?

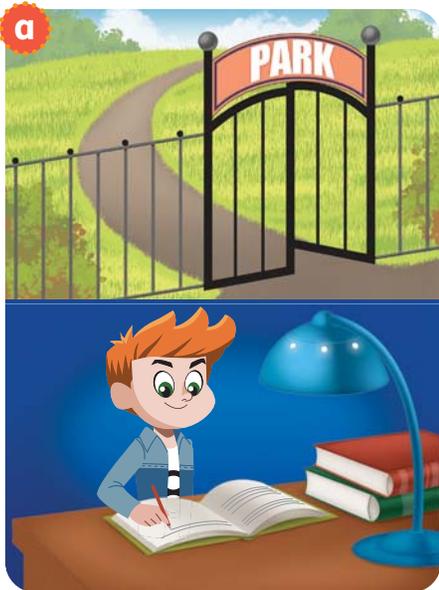
1 **31** Say the chant. Ask and answer.

What do you do on Mondays?

I go swimming.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday

2 **32** Listen and say the day.



3 **33** Listen again. Choose the right words.

- 1 Simon **always** / **never** plays in the park on Mondays.
- 2 Simon **always** / **sometimes** does his homework on Mondays.
- 3 Simon **sometimes** / **never** goes swimming on Wednesdays.
- 4 Simon **always** / **never** plays in the park on Sundays.

STUDY

- always ✓✓✓
- sometimes ✓
- never ✗



She **sometimes** plays football in the park.

He **always** wakes up at seven o'clock.

They **never** go to school on Sundays.

1 Simon never plays in the park on Mondays.

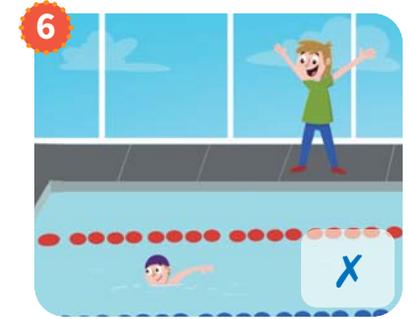
1 Look, read and complete.



James Flunk is a music teacher. At school he ¹ always plays the piano but he ²... plays the piano in his holidays.



James loves playing tennis, so he ³... plays on Wednesdays. He ⁴... plays football with his daughter Jane, too. She ⁵... scores a goal.



Every Saturday morning James takes his son for his swimming lesson, but James ⁶... goes swimming.



He sometimes takes his family to the mountains on Sundays. They ⁷... sing songs in the car.

2 Listen and say 'yes' or 'no'.

3 Look and make sentences. Use the words in the boxes.

I never ride my bike on Wednesdays.

always sometimes never

on Saturdays after school on Wednesdays in the morning



Lock's sounds and spelling



1 35 Watch the video. Watch again and practise.

2 Read. Find and point to the /iz/, /z/, and /s/ sounds. Say.



Owl dances at night and plays by the moon,
He catches his food and eats before noon.

3 Work in pairs. Point and say.

fly dance get up go to bed have a shower wake up
wash hands eat brush teeth and hair sing do homework

The bee flies to the flowers after breakfast.

before breakfast has a shower	after lunch ...	before bed ...
in the morning ...	at night ...	after breakfast ...
after dinner ...	before bed ...	before dinner ...

Show what you know

The bat ... and ... fruit at night.





Lock & Key!



1

Good morning. I'm Johnny Talkalot. On today's show we've got the detectives, Lock and Key, to tell us about their work. We all know detectives work a lot and get up before you and me.

2

Mr Key, this is Johnny Talkalot. It's nine o'clock! Where are you? You aren't in the detective agency.

Oh no, we never get up before ten o'clock.

3

Everybody knows detectives are very clever.

4

Yes, sometimes we follow people. We're very quiet so they never know we're behind them.

5

YEEOWW!
my nose!

6

So, girls and boys, what do you think? Do these detectives work a lot? Are they quiet? And are they very clever?

1 Ask and answer the questions in picture 6.

▶ What do astronauts do in space?

1  37 Listen and say. Who is Sally? Where does she live?



Everything floats in space – even our food!

2  37 Listen again and choose the true sentences.

- 1 There are other astronauts on the Space Station.
- 2 Sally works on the Space Station.
- 3 Sally wears a spacesuit.
- 4 A robot cleaner does the tidying up.
- 5 Sally watches films in her free time.

3 Think about the astronaut's day. How is your day similar or different? Think and say.

I have breakfast, too.

My food doesn't float.

DID YOU KNOW...?

There are no showers on the Space Station, but there are toilets!



4

Read Sally's blog. What is special about today?

www.myspaceblog.com

← → ↻

24 June

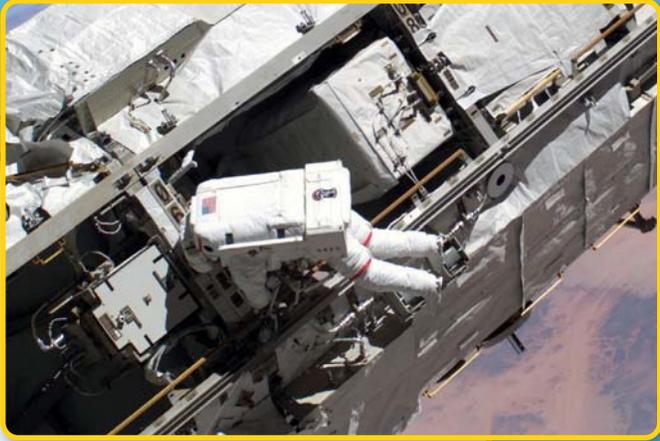
Today is my first spacewalk. I'm so excited!

I get up at six o'clock and I have a wash.

At half past six, I have breakfast. Eggs and bread! Yum!

Then, I put on my spacesuit. Another astronaut helps me and it takes a long time.

Now it's nine o'clock. The doors open and I go outside. Wow! I've got an amazing view of Earth!



5

Write the times in Activity 4.

Ready to write:

Go to Activity Book page 34.

Learning to write:

Times

six o'clock half past six seven o'clock

6

Prepare for an interview with an astronaut. What questions do you want to ask?

1 Do you sleep in a bed?

2

Project



Role-play an interview with an astronaut.