

**Month 1. Day 1.**

**Грамматика**

Present simple (регулярные действия/общие факты/расписание)

Наречия: always, usually, often, sometimes, never, every day/week

**Statement:**

I work in an innovative school.

She works in a design agency.

I workout every day.

**Denial:**

I don’t like unsweetened tea and coffee.

She doesn’t go workout every day.

They don’t like big companies.

**Questions:**

Do you work in a school?

Does she like coffee?

Do they live in the city?

**Слова**

Wake up – просыпать

Get up – вставать

Brush teeth – чистить зубы

Have breakfast – завтракать

Cook dinner – готовить ужин

**Text:**

My name is Anna. I am 25 years old. I live in a small town with my family. I have a brother and a sister. My brother is a student, and my sister works in a hospital.

I work in an office. I like my job because it is interesting. I start work at 9 o’clock and finish at 5 o’clock. Every day, I drink coffee in the morning and take a bus to work. I don’t drive a car.

In the evening, I usually watch TV or read a book. On weekends, I visit my friends or go to the cinema. I don’t like noisy places, so I never go to nightclubs.

**Translate:**

Меня зовут Анна. Мне 25 лет. Я живу на маленькой улице с моей семьей. У меня есть брат и сестра. Мой брат студент, а моя сестра работает в больнице.

Я работаю в офисе. Я люблю мою работу потому, что это интересно. Я начинаю работать в 9 часов и заканчиваю в 5 вечера. Каждый день, я пью кофе на завтрак и сажусь в автобус до работы. Я не вожу машину.

Вечером, я обычно смотрю телевизор или читаю книгу. На выходных, я посещаю моих друзей или иду в кино. Я не люблю шумные места, поэтому никогда не хожу в ночные клубы.

**My text:**

Меня зовут Дмитрий. Я программист, но сейчас работаю аналитиком данных. У меня есть девушка. Мы живём отдельно. Я живу в студии. У меня есть машина.

По выходным я часто езжу к родителям. У них есть дача. Летом я люблю отдыхать там, рыбачить и гулять на природе.

Я также люблю спорт и все мужские увлечения: машины, инструменты, технику. В свободное время я читаю, смотрю фильмы или занимаюсь хобби.

**Translate:**

My name is Dmitriy. I am a programmer, but now I work (ing) as a data analyst. I have a girlfriend. We live separately. I live in a studio apartment. I have a car.

On weekends I often drive to my parent house. They have country house. I like to relax (there), go fishing and walk (on) in nature.

I also like sports and all men’s hobbies: car, tools, (technic) technology. In free time I read, watch (cinema) movies or (do hobby) work on my hobbies.

**Слова:**

Fluently – свободно (говорить)

Noisy – шумные

Separately – отдельно (сёпетли)

Often – часто

**Месяц 1. День 2**

Задание 1.

1. Do you read books?
2. I don’t read books.
3. Does he drink coffee?
4. He doesn’t drink coffee.
5. Do they work in an office?
6. They don’t work in an office.

Задание 2. Аудирование (новые слова)

Половина двенадцатого это half-past eleven.

Earning – получение

Degree – стпень

that’s enough – достаточно

predatory - хищная

I wake up at eight o’clock in the morning. I do yoga first and then I take a quick shower. After I made breakfast. Usually I have an avocado toast and coffee with milk. At nine o’clock I take a bus to go to the center. I start working at half-past nine and finish working 2 p.m. For lunch I usually go to the cafeteria and order Spanish omelette and a salad. Sometimes I go to an Italian restaurant to eat some pizza.

At half-past three I take a bicycle to go the University. Right now I am earning a master’s degree in English studies. I have a classes from four and eight o’clock. In the evening after classes I go to gym or go out with my frands. Before going to bed I read a book or watch an episode of my favorite series.

**Задания на артикли:**

1. Вставь правильный артикль (a / an / the или пропусти):

I have a car and an apple.

The sun is bright today.

She drinks coffee every morning.

I saw the cat in the garden.

He wants an orange.

2. Выбери правильный вариант (like + to/ing):

I like swimming

She likes to read books.

They like playing football.

We like watching movies.

He likes to cook dinner.

3. Используй предлог to правильно:

I go to school every day.

Give this book my friend.

She goes to work by bus.

We send letters our parents.

They travel to Spain every summer.

Задание 3. Практика в ТГ.

**Месяц 1. День 3**

Грамматика:

📌 Базовое правило (для утвердительных предложений):

[Подлежащее] + [Сказуемое] + [Дополнение] + [Обстоятельство]

Слова:

commute | ездить на работу/учёбу | I commute to work by car.

schedule | расписание, график | I have a busy schedule today.

prepare | готовить(ся) | I prepare lunch at home.

tidy up | прибирать, наводить порядок | I tidy up my apartment in the morning.

take a nap | вздремнуть | I often take a nap after lunch.

stay up late | засиживаться допоздна | I sometimes stay up late on weekends.

get dressed | одеваться | I get dressed after taking a shower.

run errands | заниматься делами (походы в банк, магазин) | I run errands on Saturdays.

grab a bite | перекусить | I usually grab a bite before work.

wind down | расслабиться после дня | I watch a movie to wind down.

Месяц 1. День 4

1. Do you like coffee?
2. Does he work in a bank?
3. Do they often (to) travel?
4. Does she (tell by) speak English?
5. Do you play tennis on weekends?
6. Does your brother live in Moscow?
7. Why are do you always late?
8. How often does she go to the gym?
9. Where do your parents work?
10. Do you watch the news every day?

Месяц 1. День 5

Do you like fishing?

Привет! Меня зовут Дмитрий. Я программист, но сейчас работаю аналитиком данных. Я живу в студии и часто езжу на работу на машине. У меня есть девушка, но мы живём отдельно. Я люблю спорт, рыбалку и всё, что связано с машинами и инструментами.

Обычно я встаю в 7 утра. Я умываюсь, чищу зубы и готовлю завтрак — обычно кашу и кофе с молоком. Потом я еду на работу. Я работаю с 9 до 6. После работы я иду в спортзал или просто гуляю. Я тренируюсь три раза в неделю.

По выходным я часто езжу к родителям на дачу. У них там есть большой дом. Мне нравится отдыхать на природе. Я ловлю рыбу на реке недалеко от дома. Я люблю хищную рыбу и использую спиннинг.

Моя девушка любит читать книги и смотреть фильмы. Мы часто проводим время вместе. Иногда мы играем в настольные игры или просто разговариваем.

Hi! My name is Dmitriy. I am A programmer, but now I work AS A data analyst. I live in a small apartment and often commute to work BY car. I have a girlfriend, but we live separately. I love sport, fishing, and EVERYTHING relatED TO carS and tools.

Usually I get up at 7 o’clock. I wash my face, brush my teeth and make breakfast – usually porridge and coffee with milk. Then I drive TO work. I work from 9 to 6 o’clock. After work I go to THE gym or just walk. I workout three times A week.

On weekends I often drive to my parents’ on SUMMER HOUSE. They have A big house. I like TO RELAX IN nature. I FISH IN A river near MY home. I CATCH predatory fish and use A spinning ROD.

My girlfriend loveS readING books and watchING movies. We often spend time together. Sometimes we play BOARD games or just TALK.

Месяц 1. День 6

What do you do on weekends? I usually travel to the Black Sea on weekends

Where do you usually go after work? I often go to the gym or take a walk with my girlfriend.

When do you eat dinner? I usually eat dinner at home.

Why do you like sport? I like sport because it is good for my body and health.

How do you get to your parents’ house? I drive to my parents’ house by car.

Аудирование

The secret to health – секрет здоровья

A one hundred year old man was once asked in an interview:

What is your secret to great health?

I will tell you my secret, said the old man.

I have been married for 75 years

When we got married, I made promise to my wife:

Every time we quarrel, the loser has to walk five kilometers

So I have been walking 5 kilometers every day for the past 75 years.

The interviewer applauded the old man

Then he asked:

How come your wife is very healthy as well?

The old man smiled and said:

-She has been following me to make sure I walk the full five kilometers.

День 9

 What time do you usually wake up? – I often wake up at 7:20 o’clock

 Do you always eat breakfast? Yes, I do. I always eat breakfast before my work

 When do you start work? I usually start work at half-past nine

 How often do you go to the gym? I rarely go to the gym. I often work out

 What do you do after dinner? I sometimes after dinner go to walk with my girlfriend

 Do you ever watch TV before bed? No, I don’t.

День 10

The hard working employee.

A company hired (нанять) a new worker.

A young man in his 20s

He claimed (утверждал) to be very good job.

On his first day, the boss decided(решить) to test the young man.

He gave him a task that usually took a week to finish.

We will see how good he is .. thought the boss

At the end of the day, the young man stopped by (заглянуд) the boss’s office and said:

I have completed all the work you gave me

The boss war very surprised and asked, How did you finish so quicly?

It usually takes our best employees a week to finish!

The young man replied(ответил) :

I didn’t take breaks, and I didn’t eat lunch.

The boss was impressed (впечатлен) and said:

You are a hard worker!

And you are very good at your job

Keep it up! Продолжай в том же духе

The next day the boss stopped by the young man’s desk, but he wasn’t there.

The boss looked for him around the office for a long time

Finally he found the young man sleeping in the break room.