

14 Describing your week

You can talk about your usual weekly activities using the present simple with time phrases. Time phrases are often formed using prepositions and days of the week.

New language Days and prepositions

Aa Vocabulary Days of the week

New skill Talking about your weekly routine

14.1 VOCABULARY DAYS OF THE WEEK



14.2 KEY LANGUAGE PREPOSITIONS AND DAYS OF THE WEEK



Use "on" before the day of the week to say the day you do something.

I go to work **on** Mondays.

You can add "-s" to the day of the week to show that the thing happens regularly on that day.



I work **from** Monday **to** Friday.

Use "from" to say the day you start doing something.

Use "to" to say the day you finish doing something.

TIP

In US English, you can also leave out "go to" and the preposition when saying what day you work: "I work Mondays."



I watch TV **{ on at }** the weekend.

"On the weekend" is more common in the US.

"At the weekend" is more common in the UK.





14.3 FILL IN THE GAPS TO COMPLETE THE SENTENCES

Sharon wakes up at 5am on Mondays.

- 1 We eat lunch at 3pm _____ the weekend.
- 2 She goes to bed at 1am _____ the weekend.
- 3 I go to work _____ Monday _____ Wednesday.
- 4 They eat dinner at 9pm _____ the weekend.
- 5 We finish work at 3pm _____ Fridays.
- 6 I eat breakfast at work _____ Mondays.



14.4 VOCABULARY ACTIVITIES



go to the gym



go swimming



play tennis



play soccer



read the newspaper



take a bath



Aa

14.5 FILL IN THE GAPS TO COMPLETE THE SENTENCES



She plays tennis on Mondays.

- 1  He _____ on Tuesdays and Fridays.
- 2  They _____ on Thursdays.
- 3  He _____ on Wednesdays.
- 4  I _____ on the weekend.
- 5  You _____ on Saturdays.



14.6 SAY THE SENTENCES OUT LOUD, FILLING IN THE GAPS

I play tennis on Wednesdays.



- 1 I watch TV _____ Sundays.
- 2 I take a bath _____ 7pm every day.
- 3 I go to bed _____ 10 o'clock _____ Sundays.
- 4 I get up _____ 8am _____ Monday to Friday.



14.7 VOCABULARY FREQUENCY PHRASES

Use frequency phrases to say how often something normally happens.



once a week



twice a week



three times a week



every day



14.8 HOW TO FORM USING FREQUENCY PHRASES

The frequency phrase usually goes at the end of the sentence.

PRESENT SIMPLE

I go to the gym

FREQUENCY

twice a week.

14.9 FURTHER EXAMPLES FREQUENCY PHRASES

He goes to work **three times a week.**



We eat dinner at 7:30pm **every day.**



She goes swimming **four times a week.**



They watch TV **five times a week.**



14.10 LISTEN TO THE AUDIO AND ANSWER THE QUESTIONS

Angela wakes up at 5:30am every day.

True ☐ False ☒

3 Linda has a shower every morning.

True ☐ False ☐

1 Fred works from 8am to 6pm five times a week.

True ☐ False ☐

4 Jennifer watches TV on the weekend.

True ☐ False ☐

2 Scott has dinner at 6am.

True ☐ False ☐

5 Tim's daughter goes to bed at 7:30pm on Sundays.

True ☐ False ☐



14.11 PUT THE WORDS IN ORDER TO FORM A CORRECT SENTENCE

every day. a shower has He

He has a shower every day.

1 get up five days I at 6am a week.

2 every day. They at 11pm go to bed

3 plays soccer Sarah twice a week.

4 once his clothes a week. washes Jamie



14.12 SAY THE SENTENCES OUT LOUD, FILLING IN THE GAPS

Tom reads the newspaper on Sundays.



1 We get up _____ 7am five times a week.



2 They go to work _____ Monday to Friday.



3 Linda washes her face _____ day.



4 Colin sleeps _____ 11pm _____ 6am.



14 CHECKLIST



Days and prepositions ☐

Aa Days of the week ☐



Talking about your weekly routine ☐



REVIEW THE ENGLISH YOU HAVE LEARNED IN UNITS 10-14

NEW LANGUAGE	SAMPLE SENTENCE	✓	UNIT
TALKING ABOUT JOBS	I am a police officer. He is an engineer.	<input type="checkbox"/>	10.1
USING "WORK IN," "WORK ON," AND "WORK WITH"	I work in a hospital. I work on a farm. I work with animals.	<input type="checkbox"/>	10.8, 10.11
TELLING THE TIME	It's five. It's five o'clock.	<input type="checkbox"/>	11.1, 11.2
THE PRESENT SIMPLE	I eat lunch at noon every day. She eats lunch at 2pm every day.	<input type="checkbox"/>	13.1
PREPOSITIONS AND DAYS OF THE WEEK	I work on Mondays. I work from Monday to Friday.	<input type="checkbox"/>	14.2
FREQUENCY PHRASES	I go to the gym twice a week.	<input type="checkbox"/>	14.8, 14.9