

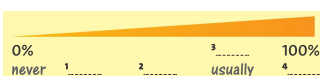
My daily routines

- 1 I get up at 7.30 a.m.
- 2 I have a big breakfast.
- 3 I do my homework in the morning.
- 4 I go to school by bike or on foot.
- 5 I watch TV after school.
- 6 I'm on the sofa all day.
- 7 I help with the housework.
- 8 I chat online after dinner.
- 9 I'm in bed before 10 p.m.



Language Point: Adverbs of frequency

- 5 Complete the chart with the words in the box in exercise 4. Then choose the correct words in Rules 1–2.



RULES

Adverbs of frequency come ...

- 1 before / after the verb *be*.
- 2 before / after other verbs.

- 6 USE IT! Write four true and two false sentences about your routines. Then work in pairs and listen to your partner's sentences. Say if you think they are true or false.

I always get up at 5.30 a.m. I think it's false.
Yes, it is. / No, it's true!

Finished?

Imagine that you are your favourite celebrity. Write sentences about your daily routines.

GOOD EVENING

7 75% of American parents say that their children help with the housework.



8 Most British people have dinner between 6 p.m. and 7 p.m.



9 To relax when they get home, more adults than teenagers play video games.

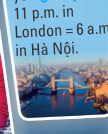


10 77% of British people chat online every day.



GOOD NIGHT

11 People in England go to bed when you get up. 11 p.m. in London = 6 a.m. in Hà Nội.



12 Small babies usually sleep 20 hours a day.



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ANSWERS

- 1 Paul: get up, have breakfast
2 Lydia: get up, have breakfast, go to school
3 Michelle: relax, watch TV, go to bed
4 Georgia and Sophie: do their homework, watch TV, play video games, have dinner, chat online

Exercise 4 1-21

Read through the words in the box with the class and check students understand them all. Play the video or audio again for students to watch or listen and complete the sentences. Check answers with the class.

ANSWERS

- 1 sometimes 2 always 3 often
4 normally 5 never 6 usually

Language point: Adverbs of frequency

Exercise 5

Students complete the chart with the correct words. With weaker classes, do this on the board, with the whole class. Students choose the correct words to complete the rules. Check answers with the class.

ANSWERS

- 1 sometimes 2 often 3 normally
4 always
Rules: 1 after 2 before

Language note

Adverbs of frequency come after the verb *be*: *He is always late.* (NOT *He always is late.*) In negative sentences, we put *don't* / *doesn't* before the adverb of frequency: *I don't often watch TV.* (NOT *I often don't watch TV.*)

We use *never* with an affirmative verb: *I never watch TV.* (NOT *I don't never watch TV.*)

Optional activity: Language point

With books closed, dictate the following sentences to the class:

- 1 Jo goes always to school on foot.
- 2 The bus often is late.
- 3 I never watch TV.
- 4 People in this school are usually friendly.
- 5 She normally doesn't walk to school.

Students work in pairs and correct the mistakes in the sentences. Tell them that two sentences are correct.

Check answers with the class, and check that students have spelled all the adverbs of frequency correctly.

ANSWERS

- 1 Jo always goes to school on foot.
- 2 The bus is often late.
- 3 correct
- 4 correct
- 5 She doesn't normally walk to school.

Exercise 6 USE IT!

Students write four true and two false sentences about their routines. Students work in pairs to listen to their partner's sentences and say whether they think they are true or false. Ask some students to tell the class something they learned about their partner.

ANSWERS

Students' own answers.

Finished?

Refer **fast finishers** to the **Finished?** activity. Students can write their sentences individually and compare with another fast finisher. Alternatively, ask them to read their sentences to the class. Other students could try to guess the celebrities from their routines.

More practice

Workbook page 20

Assessment

Five-minute test, Teacher's Resource Disk