

UNIT

10

My Daily Routine

Talking about daily activities and the time we do them

1

Vocabulary: Daily activities

wake up

brush my teeth

have a shower

get dressed

have breakfast

go to school

have lunch

study

play

go home

have dinner

go to bed

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Time expressions

We use these words to say **when** we do things.

in the morning

in the afternoon

in the evening

at night

every day

on Monday

on Tuesday

at 6 o'clock

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Wh- questions and short answers

We use **what**, **when** and **who** to ask questions about daily routines.

Question word	Use	Example
What	to ask about an activity	What do you do in the morning?
When	to ask about time	When do you have lunch?
Who	to ask about a person	Who goes to school with you?

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Questions and short answers

Question	Short answer
1 Do you get up early?	Yes, I do. / No, I don't.
2 Does she go to school?	Yes, she does . / No, she doesn't .
3 Do they have lunch at 1 p.m.?	Yes, they do . / No, they don't .
4 Does he play football?	Yes, he does . / No, he doesn't .
5 Do you watch TV at night?	Yes, I do. / No, I don't.

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Present simple (I / We / You / They)

We use the present simple to talk about things we do every day.

Subject	Form	Example
I	verb	I get up at 6 o'clock.
You	verb	You go to school.
We	verb	We have lunch at 1 p.m.
They	verb	They play football.

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Present simple (He / She / It)

We add **-s** or **-es** to the verb for he, she and it.

Subject	Form	Example
He	verb + s/es	He gets up at 6 o'clock.
She	verb + s/es	She goes to school.
It	verb + s/es	It has lunch at 1 p.m.

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Short answers

✓ Yes, ...

- Yes, I **do**.
- Yes, you **do**.
- Yes, he **does**.
- Yes, she **does**.
- Yes, we **do**.
- Yes, they **do**.

✗ No, ...

- No, I **don't**.
- No, you **don't**.
- No, he **doesn't**.
- No, she **doesn't**.
- No, we **don't**.
- No, they **don't**.

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Example sentences

1 I **get up** at 6 o'clock.

2 She **goes** to school every day.

3 We **have** lunch at 1 p.m.

4 He **plays** football in the evening.

5 They **watch** TV at night.

6 I **go to bed** at 9 p.m.

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Let's practise!

1 I _____ up at 6 o'clock.

2 She _____ to school every day.

3 We _____ lunch at 1 p.m.

4 He _____ football in the evening.

5 They _____ TV at night.

6 I _____ to bed at 9 p.m.