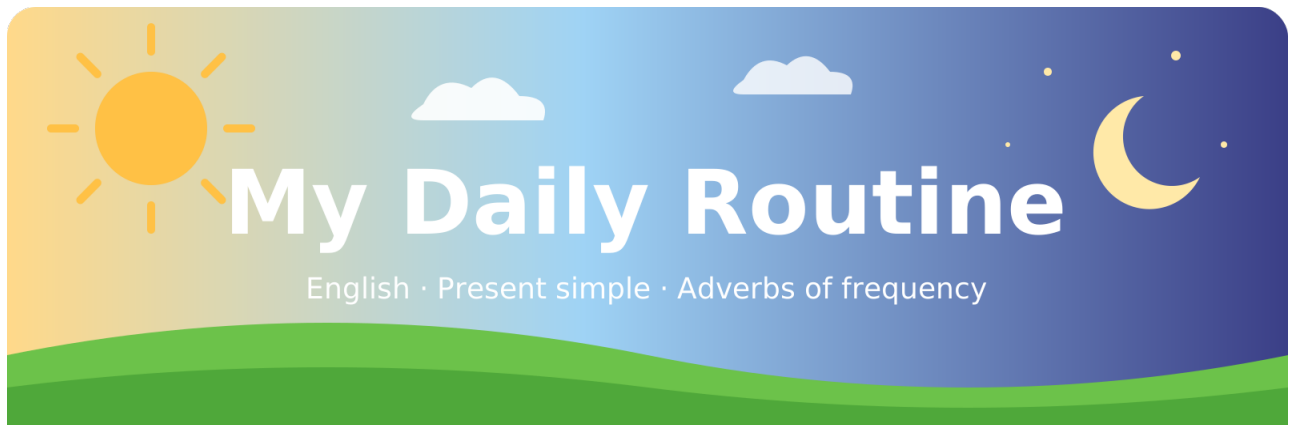




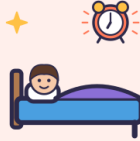
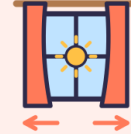
Aims of the unit : In this unit, you learn to talk about your day in English.

At the end of the unit, I can...

- ☐ name 30 daily activities
- ☐ use the present simple
- ☐ say how often I do something
- ☐ tell the time
- ☐ read and understand a text about someone's day
- ☐ understand a person talking about their day
- ☐ write a short text about your and a partner's routine
- ☐ ask and answer questions about routines with a classmate

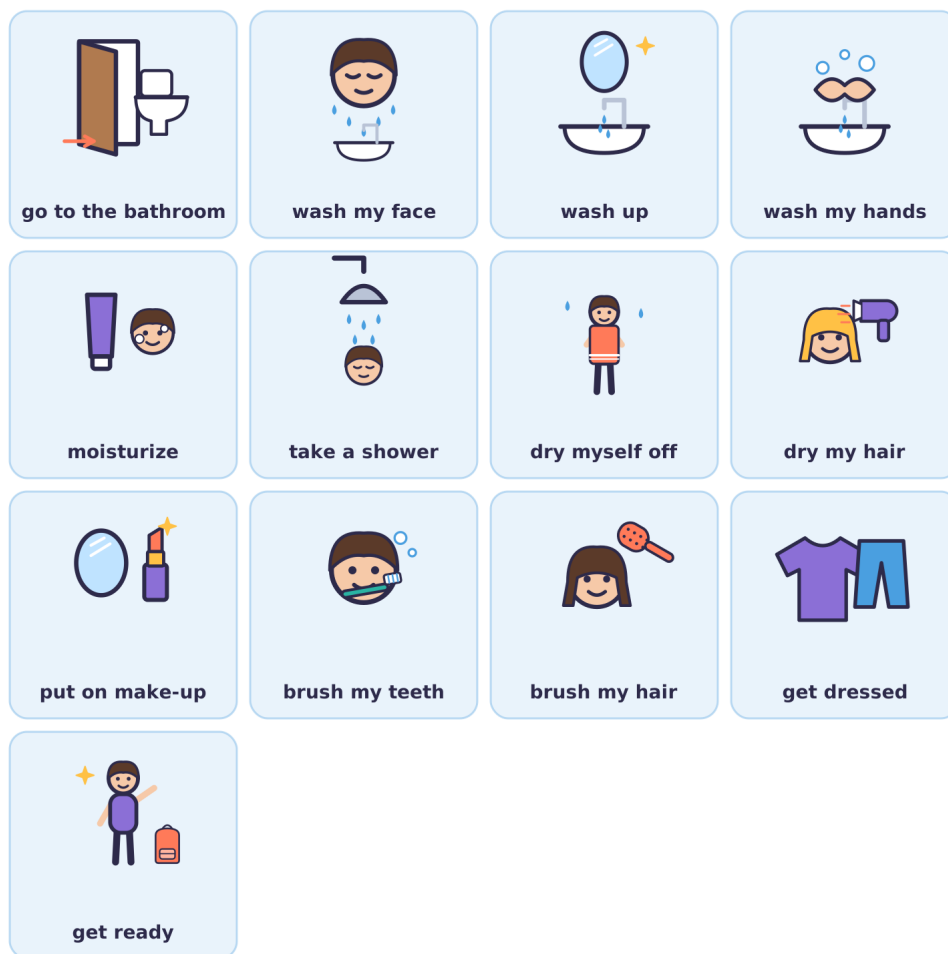
**PART 1****Vocabulary**

Words for my day

1 Waking up**wake up****turn off my alarm****get up****open the curtains****open the window****make my bed****stretch****do some exercise****work out****check my phone**

English	Français
I wake up.	Je me réveille.
I turn off my alarm.	J'éteins mon réveil.
I get up. / I get out of bed.	Je me lève.
I open / pull back the curtains.	J'ouvre les rideaux.
I open the blinds.	J'ouvre les stores.
I open / close the window.	J'ouvre / Je ferme la fenêtre.
I make my bed.	Je fais mon lit.
I stretch. / I do some stretches.	Je m'étire.
I do some light exercise.	Je fais un peu d'exercice.
I work out. / I do my morning workout.	Je fais du sport. / Je fais ma séance du matin.
I check my phone / emails / messages.	Je regarde mon téléphone / mes e-mails / mes messages.

2 In the bathroom



English	Français
I go to the bathroom.	Je vais à la salle de bain / aux toilettes.
I wash my face. / I splash some water on my face.	Je me lave le visage. / Je m'asperge le visage d'eau.
I wash up.	Je fais un brin de toilette.
I wash my hands.	Je me lave les mains.
I moisturize.	Je mets de la crème hydratante.
I take / have a shower.	Je prends une douche.
I dry myself off.	Je me sèche (avec une serviette).
I dry my hair.	Je me sèche les cheveux.
I put on my make-up.	Je me maquille.
I brush my teeth.	Je me brosse les dents.
I brush / comb my hair.	Je me brosse / me peigne les cheveux.
I get dressed.	Je m'habille.
I get (myself) ready for the day.	Je me prépare pour la journée.

3 Breakfast time



go downstairs



pour a cup of milk



turn on the radio



listen to music



listen to
a podcast



turn on the TV



prepare breakfast



have breakfast

English	Français
I go downstairs / upstairs / to the kitchen.	Je descends / Je monte / Je vais à la cuisine.
I pour myself a cup of milk.	Je me sers une tasse de lait.
I turn on the radio. / I listen to the radio.	J'allume la radio. / J'écoute la radio.
I listen to a podcast / some music / an audiobook.	J'écoute un podcast / de la musique / un livre audio.
I turn on the TV.	J'allume la télé.
I prepare breakfast.	Je prépare le petit-déjeuner.
I have / eat (my) breakfast.	Je prends mon petit-déjeuner.

4 Leaving home



pack my lunch



pack my bag



put on my shoes



put on my jacket



go to school



leave the house



drop off
(at school)



walk to school



cycle to school



go by car



go by train



walk to the
bus stop



catch the bus

English	Français
I prepare / pack my lunch.	Je prépare mon repas de midi.
I pack my bag / backpack.	Je fais mon sac / mon cartable.
I put my shoes on.	Je mets mes chaussures.
I put on my jacket.	Je mets ma veste.
I go to school / work.	Je vais à l'école / au travail.
I head off / head out to school.	Je pars pour l'école.
I leave the house.	Je quitte la maison.
My mother drops me off at school / at the bus stop.	Ma mère me dépose à l'école / à l'arrêt de bus.
I walk / cycle to school.	Je vais à l'école à pied / à vélo.
I go to school on foot / by car / by bus / by train.	Je vais à l'école à pied / en voiture / en bus / en train.
I walk to the bus stop.	Je marche jusqu'à l'arrêt de bus.
I catch the bus / train at 7:50.	Je prends le bus / le train à 7 h 50.

5 At school



arrive at school



start lessons



work



have lunch



go out for lunch



go back to class



finish school



leave school

English	Français
I get to / I arrive at school at	J'arrive à l'école à
I start lessons at	Je commence les cours à
I work from ... until	Je travaille de ... à
I have lunch.	Je dîne.
I go out for lunch at noon.	Je sors manger à midi.
I go back to class.	Je retourne en classe.
I finish school at	Je finis l'école à
I leave school at	Je quitte l'école à

6 After school



go grocery shopping



go to the supermarket



get home



**pick up
(from school)**



cook dinner



have dinner



do the dishes



do the laundry



**clean up
the kitchen**



do the housework



**take out
the rubbish**

English	Français
I go grocery shopping.	Je fais les courses.
I go to the supermarket.	Je vais au supermarché.
I get home / come back home at	Je rentre à la maison à
My mother picks me up from school.	Ma mère vient me chercher à l'école.
I make / cook / prepare dinner.	Je prépare le souper.
I have / eat dinner (with my family).	Je soupe (en famille).
I do / wash the dishes.	Je fais la vaisselle.
I do / fold / put away the laundry.	Je fais / plie / range le linge.
I clean up the kitchen.	Je range la cuisine.
I do some housecleaning.	Je fais un peu de ménage.
I take out the rubbish.	Je sors les poubelles.

7 Free time



do my homework



study English



go for a walk



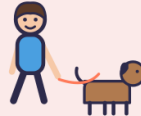
go for a run



do some sport



go to the gym



walk my dog



feed my pet



play with
my sister



spend time
with my family



call my friends



go to my
friend's house



go to a restaurant



play on my phone



work on my
computer



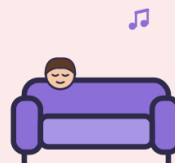
watch TV



read a book



write in
my journal



relax on the couch



take it easy

English	Français
I do my homework.	Je fais mes devoirs.
I practise / study English.	Je pratique / J'étudie l'anglais.
I go for a walk.	Je vais me promener.
I go for a run.	Je vais courir.
I do some exercise. / I exercise.	Je fais du sport.
I go to the gym / the shop / the bank.	Je vais à la salle de sport / au magasin / à la banque.
I walk my dog. / I take my dog out.	Je promène mon chien.
I feed my pet.	Je nourris mon animal de compagnie.
I play with my brother / sister / pet.	Je joue avec mon frère / ma sœur / mon animal.
I spend time with my family / friends.	Je passe du temps avec ma famille / mes amis.
I call my friends / family.	J'appelle mes amis / ma famille.
I go to my friend's house.	Je vais chez mon ami(e).
I go to a restaurant.	Je vais au restaurant.
I play (around) on my phone.	Je joue sur mon téléphone.
I work on my computer / laptop.	Je travaille sur mon ordinateur.
I watch TV.	Je regarde la télé.
I read a book.	Je lis un livre.
I write in my journal.	J'écris dans mon journal.
I relax on the couch.	Je me détends dans le canapé.
I relax. / I take it easy.	Je me repose. / Je me la coule douce.

8 Bedtime



take a bath



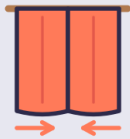
brush my teeth



put on my pyjamas



get ready for bed



close the curtains



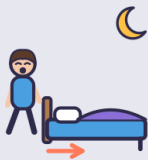
close the window



set my alarm



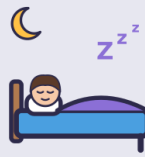
turn on some music



go to bed



read in bed



fall asleep

English	Français
I take / have a shower / a bath.	Je prends une douche / un bain.
I brush my teeth.	Je me brosse les dents.
I put on my pyjamas.	Je mets mon pyjama.
I get ready for bed.	Je me prépare pour aller dormir.
I close the curtains / the blinds.	Je ferme les rideaux / les stores.
I open / close the window.	J'ouvre / Je ferme la fenêtre.
I set my alarm.	Je règle mon réveil.
I turn on some music.	Je mets un peu de musique.
I go / get to bed at 10 pm.	Je vais au lit à 22 heures.
I read in bed until I fall asleep.	Je lis au lit jusqu'à ce que je m'endorme.
I fall asleep at	Je m'endors à

Telling the time

What time is it?

Telling the time in English



Time	We say...
7:00	seven o'clock
7:15	quarter past seven
7:30	half past seven
7:45	quarter to eight
7:10	ten past seven
7:50	ten to eight

Exercise 1 – Write the time in words

Look at the clocks. What time is it?



- 1. It's
- 2. It's
- 3. It's
- 4. It's
- 5. It's
- 6. It's



PART 2 Grammar

Present simple & adverbs of frequency

A. The present simple

We use the present simple for **habits and routines**: things we do every day, every week, on Mondays...

Affirmative (+)	Negative (-)	Question (?)	Short answers
I get up	I don't get up	Do I get up?	Yes, I do. No, I don't.
You get up	You don't get up	Do you get up?	Yes, you do. No, you don't.
He / She / It gets up	He doesn't get up	Does he get up?	Yes, he does . No, he doesn't .
We / They get up	We don't get up	Do they get up?	Yes, they do. No, they don't.

Watch out! After *doesn't* and *does*, the verb has **no -s**.

He / she / it: spelling rules

Rule	Examples	
Most verbs: + -s	play → plays sleep → sleeps	read → reads
Verbs ending in -s, -sh, -ch, -x, -o: + -es	watch → watches brush → brushes	go → goes do → does
Consonant + -y: -y → -ies	study → studies tidy → tidies	cry → cries
Vowel + -y: + -s	play → plays	buy → buys
Irregular	have → has	

Exercise 2 – Write the he/she/it form

Verb	He / She / It	Verb	He / She / It
wake up	wakes up	wash	
brush		fly	
watch		have	
study		tidy	
go		catch	
play		finish	
do		read	
relax		carry	

Exercise 3 – Complete with the correct form of the verb**Lily's school day**

Lily (wake up) at seven o'clock. She (take) a shower and (get) dressed. She (not / have) a big breakfast: she only (drink) a glass of milk. Her mum (drive) her to school because they (not / live) near a bus stop. Lessons (start) at half past eight. After school, Lily (go) to her piano lesson and then she (do) her homework. Her brother Max (not / study) a lot – he (play) video games! The family (have) dinner at seven. Lily (brush) her teeth and (go) to bed at half past nine.

Exercise 4 – Make the sentences negative

1. I get up at six.

.....

2. Tom watches TV in the morning.

.....

3. We have lunch at school.

.....

4. My sister takes the bus.

.....

5. They play football on Sundays.

.....

Exercise 5 – Write questions and answer them about you

1. you / get up / at seven?

Do you get up at seven?

Yes, I do. / No, I don't.

2. you / have breakfast / every day?

.....

.....

3. your mum / work / on Saturdays?

.....

.....

4. you / walk / to school?

.....

.....

5. your best friend / play / a sport?

.....

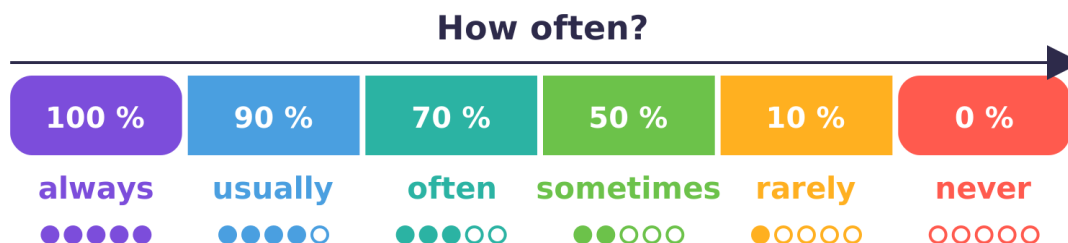
.....

6. What time / you / go to bed?

.....

.....

B. Adverbs of frequency



Where does the adverb go?

- **Before** a normal verb: I **always** brush my teeth. She **never** eats fish.
- **After** the verb *to be*: I am **often** tired. He is **never** late.
- Other time expressions go **at the end**: every day, once a week, twice a month, on Mondays, at the weekend.

Exercise 6 – Look and write

✓✓✓✓✓ = always · ✓✓✓✓ = usually · ✓✓✓ = often · ✓✓ = sometimes ·
 ✓ = rarely · nothing = never

Activity	How often?
1. play video games	✓✓✓✓✓
2. help his dad cook	✓✓
3. eat vegetables	
4. go swimming	✓
5. walk the dog	✓✓✓✓
6. be late for school	✓✓✓

- Kevin always plays video games.
- He
-
-
-
-

Exercise 7 – Put the words in the right order

1. breakfast / I / have / always / .

.....

2. is / late / never / she / .

.....

3. play / sometimes / we / at the weekend / tennis / .

.....

4. usually / Dad / the bus / takes / .

.....

5. hardly ever / my brother / his bed / makes / .

.....

Exercise 8 – Write about you

Use *always, usually, often, sometimes, rarely or never*.

1. (eat pasta for lunch)

.....

2. (go to bed before 10 o'clock)

.....

3. (be tired in the morning)

.....

4. (tidy my room)

.....

5. (go to school by bike)

.....

6. (read before I sleep)

.....



PART 3 Reading

A day in the life of Noah

A day in Noah's life

Hi! My name is Noah and I'm thirteen. I live in Brighton, a town by the sea in the south of England. I'm in Year 8 at Hillside School.

On school days, my alarm rings at quarter to seven, but I usually stay in bed for five more minutes. Then I get up, take a quick shower and get dressed. I wear a school uniform: a white shirt, a blue jumper and black trousers. I don't like it very much!

I have breakfast with my little sister Ava at half past seven. I always eat cereal with milk and a banana. Ava never eats breakfast – she says she isn't hungry in the morning. My dad leaves for work at seven, so we hardly ever see him in the morning.

I go to school by bike. It takes me fifteen minutes. Lessons start at quarter to nine and finish at half past three. We have lunch in the school canteen at half past twelve. My favourite day is Wednesday because we have two hours of P.E. (sport)!

When I get home, I have a snack and I do my homework. On Tuesdays and Thursdays I go to swimming practice from five to six. On the other days, I sometimes play football in the park with my friends.

We have dinner at seven o'clock. After dinner, I help with the dishes and then I relax: I read comics or play video games for half an hour. I go to bed at half past nine, but I often read in bed for a few minutes.

At the weekend, my routine is very different: I get up at ten o'clock!

Exercise 9 – True or false? Correct the false sentences.

Sentence	T	F
1. Noah lives in London.		
2. He gets up immediately when his alarm rings.		
3. Noah loves his school uniform.		
4. Ava doesn't eat breakfast.		
5. Noah goes to school by bus.		
6. He has lunch at school.		
7. He goes swimming twice a week.		
8. He gets up late on Saturdays.		

Exercise 10 – Answer the questions with full sentences

1. How old is Noah?

.....

2. What does he wear at school?

.....

3. What does he eat for breakfast?

.....

4. Why doesn't Noah see his dad in the morning?

.....

5. How long does it take him to get to school?

.....

6. Why is Wednesday his favourite day?

.....

7. What does he do after dinner?

.....

Exercise 11 – Complete Noah's timetable

Time	Activity
6:45	
7:30	
8:45	
12:30	
15:30	
19:00	
21:30	



PART 4

Listening

An interview with Emma

Listening 1 : Interview with Emma

You are going to hear a radio interview with Emma, a 14-year-old girl who lives on a farm in Scotland. Listen twice.

Exercise 12 – First listening: tick the activities Emma does

- | | | |
|---|---|--|
| ☐ feeds the chickens | ☐ watches TV | ☐ rides her horse |
| ☐ takes a shower | ☐ takes the school bus | ☐ goes shopping |
| | ☐ plays the guitar | ☐ goes to bed early |

Exercise 13 – Second listening: circle the correct answer

- Emma wakes up at
a. 5:30 b. 6:00 c. 6:30
- Before breakfast, she
a. feeds the animals b. does her homework c. goes running
- For breakfast she usually has
a. cereal b. toast and eggs c. porridge
- The school bus leaves at
a. 7:15 b. 7:30 c. 7:45
- The bus trip takes
a. 15 minutes b. 30 minutes c. 45 minutes
- After school she rides her horse
a. every day b. three times a week c. at the weekend
- Emma
a. often b. sometimes c. never watches TV
- She goes to bed at
a. 9:00 b. 9:30 c. 10:00

Exercise 14 – Complete the sentences

- Emma's horse is called
- Her favourite subject is
- In the evening, she plays
- On Sundays, she

Listening 2 : Dan's morning routine

Dan is a dad. He works in an office. Listen to a description of his morning.

Exercise 15 – First listening: put Dan's morning in order (1–10)

Order	Activity
	He goes to the bathroom.
1	He wakes up at 6:30.
	He prepares breakfast for the family.
	He catches the bus.
	He checks his phone in bed.
	He wakes up his wife and daughter.
	He turns on the kettle.
	He does some light exercise.
	He gets dressed.
	He brushes his teeth.

Exercise 16 – Second listening: circle the correct answer

- In bed, Dan spends ... on his phone.
a. 5 minutes **b.** 10 to 15 minutes **c.** 30 minutes
- He stays quiet because he doesn't want to wake up
a. his daughter **b.** his wife **c.** his dog.
- On his phone, he reads the news and
a. plays a game **b.** watches videos **c.** sends emails.
- Dan's favourite morning drink is
a. tea **b.** orange juice **c.** coffee.
- He makes boiled eggs
a. every day **b.** at least twice a week **c.** only on Sundays.
- Usually, his wife and daughter
a. wake up by themselves
b. wake up with an alarm
c. wake up because Dan goes to their rooms.
- He exercises for
a. two or three minutes **b.** ten minutes **c.** half an hour.
- His bus is at
a. 7:30 **b.** 8:00 **c.** 8:30.

Exercise 17 – Third listening: true or false? Correct the false sentences.

Sentence	T	F
1. Dan uses his phone before he gets out of bed.		
2. He makes breakfast only for himself.		
3. He listens to music while he eats breakfast.		
4. The family talks about their plans for the day at breakfast.		
5. Dan always prepares a lunch for work.		
6. Dan says "I love you" to his family before he leaves.		

Exercise 18 – Listen again and complete with the he-form

1. Dan (wake) up at half past six.
2. He (check) his messages.
3. He (wash) his hands and face.
4. He (brush) his hair.
5. He (go) to the kitchen.
6. He (try) to prepare something different every day.
7. Dan (have) to go to their rooms.
8. He (catch) the bus at eight o'clock.

Exercise 19 – Dan and me

Write three sentences to compare your morning with Dan's.

Example: Dan checks his phone in bed, but I don't. / Dan and I both brush our teeth after breakfast.

1.
.....
2.
.....
3.
.....



PART 5 Writing

Tell a pen pal about your day

Exercise 15 – Plan your day

Fill in your own timetable for a normal school day.

Time	What do I do?
	I wake up
	I go to bed

Exercise 16 – My daily routine (80–100 words)

Write an e-mail to a new English pen pal. Tell him/her about your school day.

Include:

- ☐ a greeting and a short introduction (name, age, where you live)
- ☐ at least 6 activities with the time
- ☐ at least 4 adverbs of frequency (always, usually, often...)
- ☐ at least 2 negative sentences (I don't... / My brother doesn't...)
- ☐ linking words: first, then, after that, after school, finally
- ☐ one question for your pen pal and a goodbye

Useful start: *Hi ...! My name is ... and I'm ... years old. I live in Let me tell you about my day. First, I ...*



PART 6

Speaking

Ask, answer, present

Exercise 17 – Warm-up: Find someone who...

Walk around the class. Ask questions (*Do you...?*). When someone says "Yes, I do", write his/her name. Find a different name for each line!

Find someone who... Question	Name
gets up before 6:30	
never eats breakfast	
walks to school	
plays a musical instrument	
always does homework after school	
has a pet	
sometimes cooks dinner	
goes to bed after 10 p.m.	

Exercise 18 – Pair interview

Work with a partner. Ask and answer the questions. Write short notes about your partner.

Questions	My partner's answers
1. What time do you get up on school days?	
2. What do you usually have for breakfast?	
3. How do you go to school? How long does it take?	
4. What do you do after school?	
5. How often do you do sport?	
6. Do you help at home? What do you do?	
7. What time do you go to bed?	
8. What is different at the weekend?	

Exercise 22 – Present your partner to the class (1 minute)

Use the he/she form! Don't forget the **-s**.

*This is He/She gets up at He/She usually After school, he/she often
He/She never At the weekend, ...*