

We are going to talk about ...
What?

CATS!

No!
Daily routine!

Wake up



Be awesome



Go back to sleep



Match.



at night

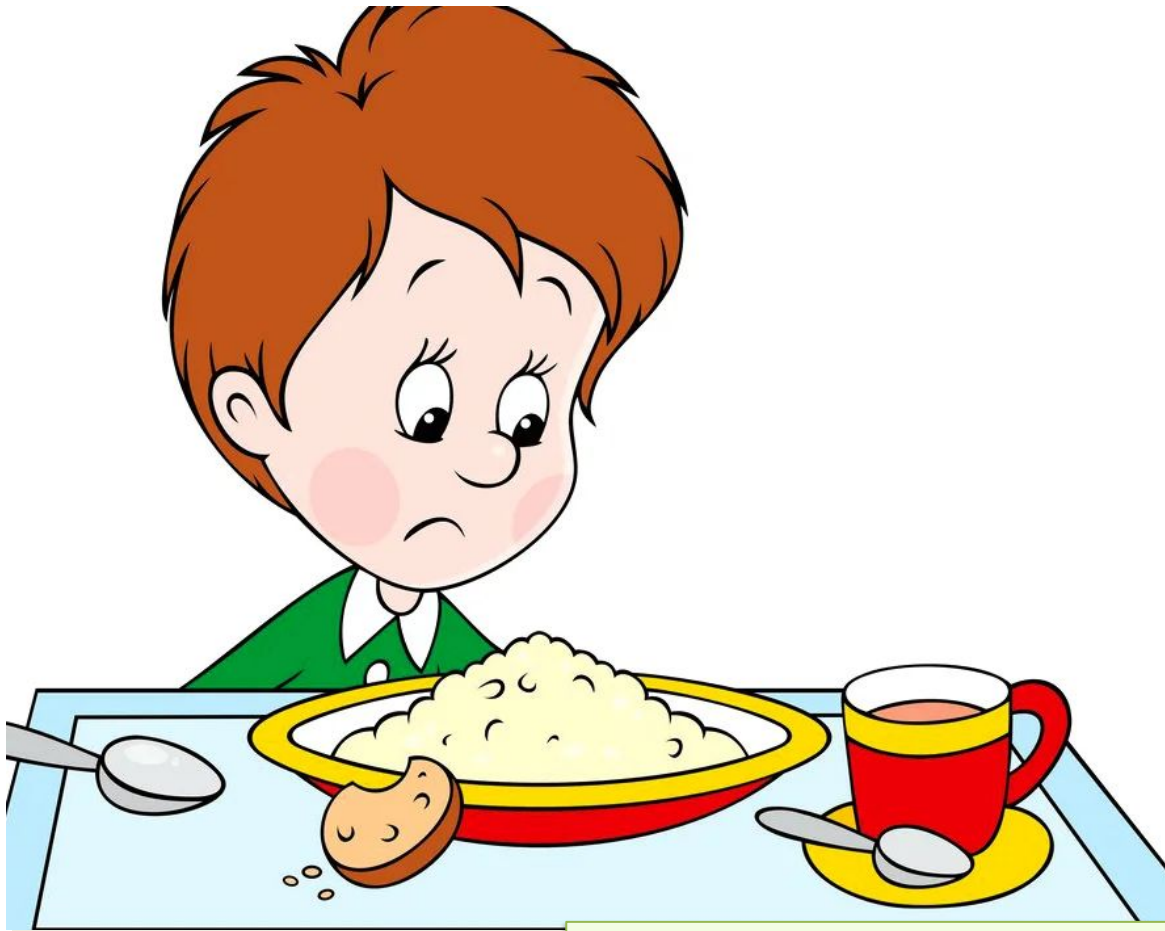
in the afternoon

in the morning

in the evening



to get up



to have breakfast



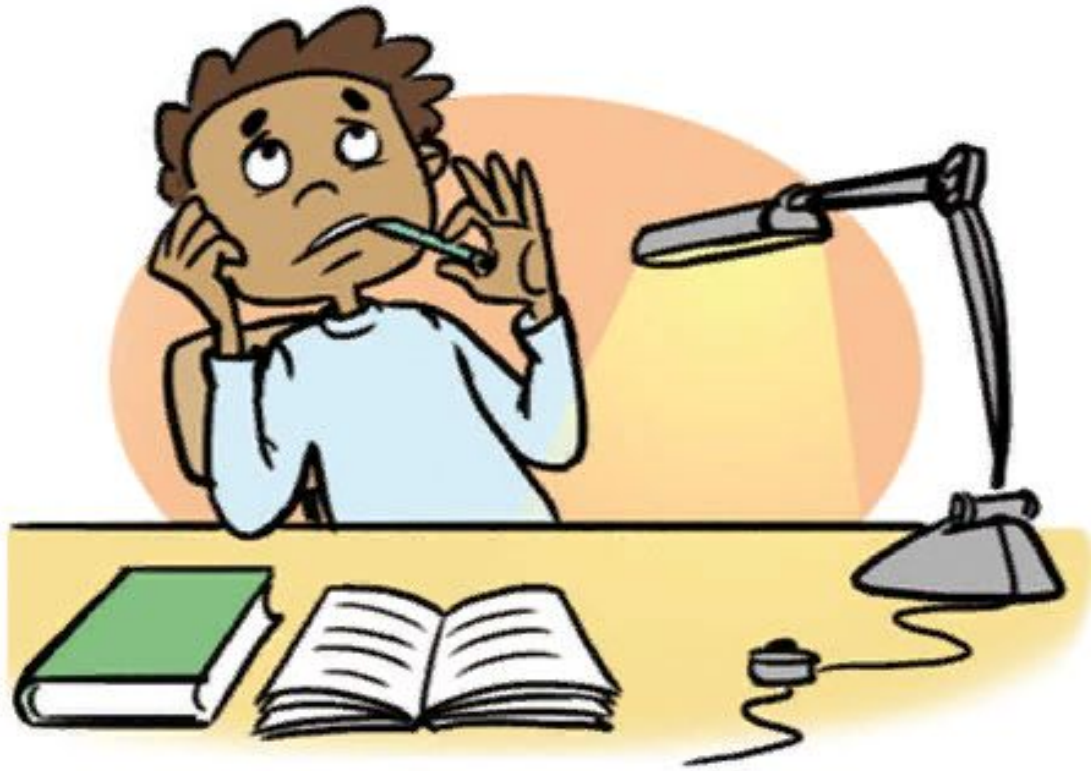
to go jogging



to go to school



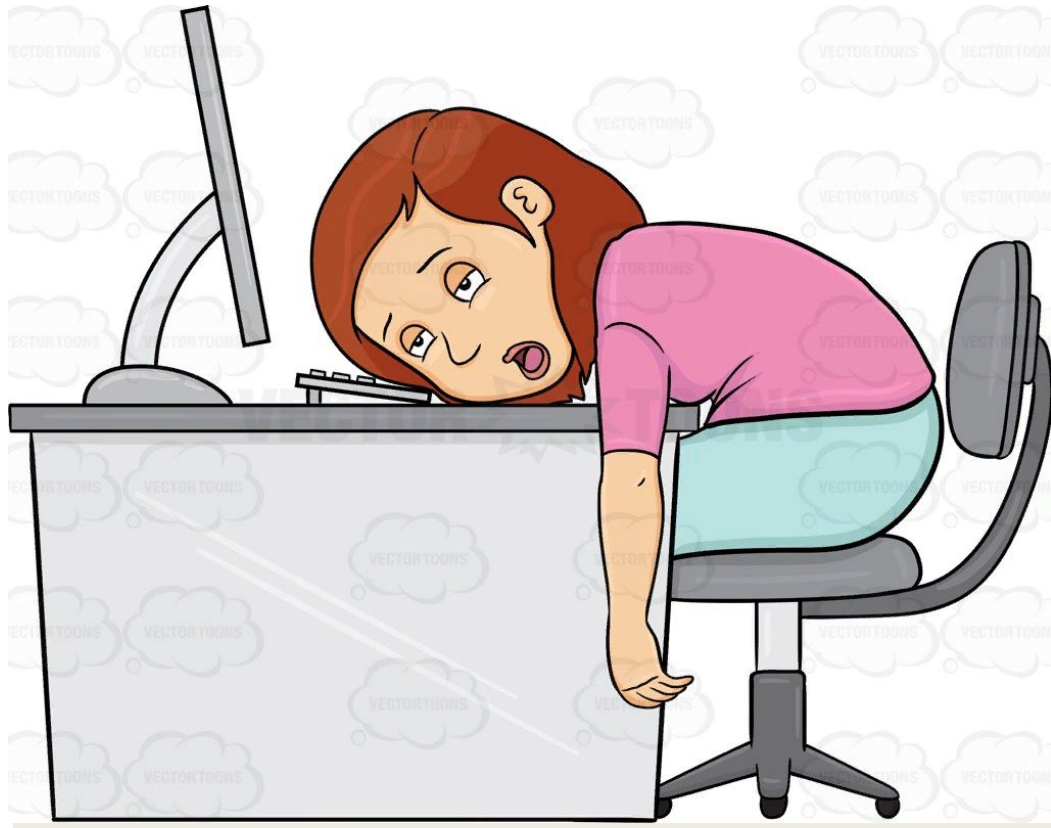
to have lunch



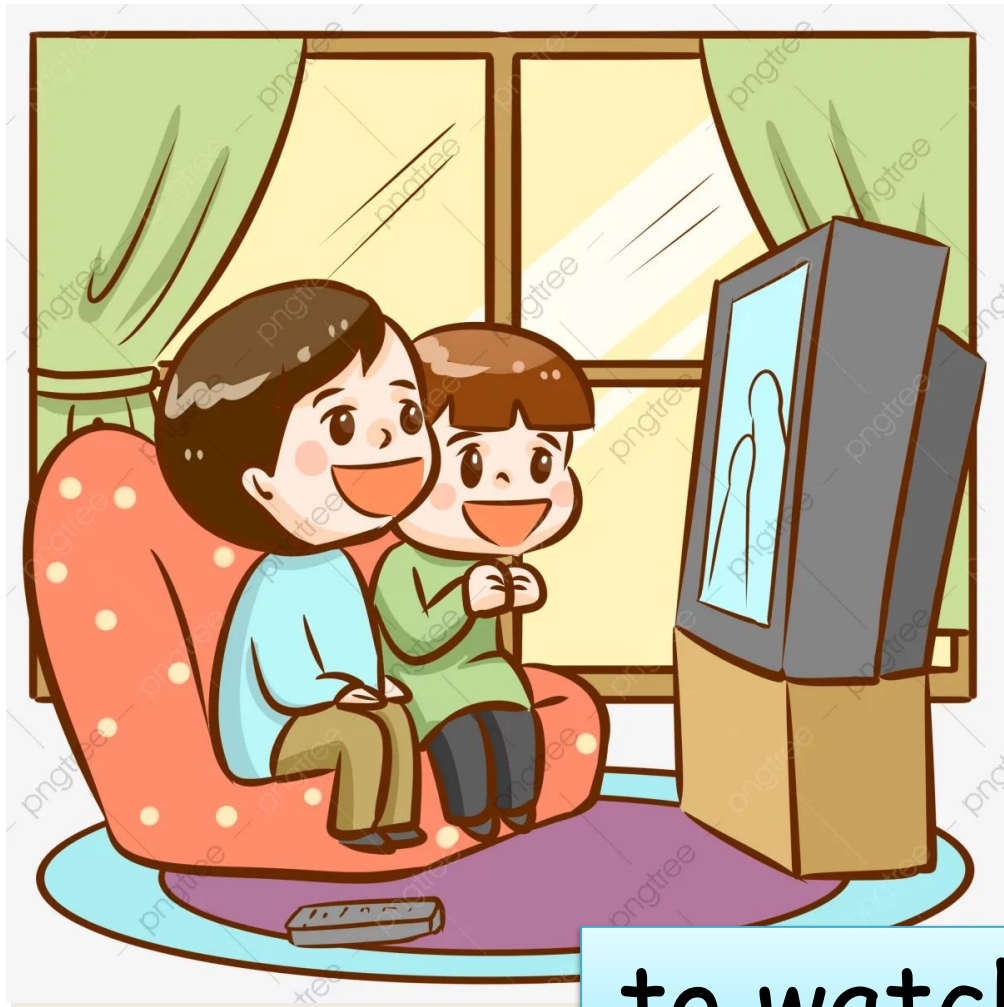
to do homework



to have a cup of tea



to work on computer



to watch a DVD



to do the shopping



to eat dinner



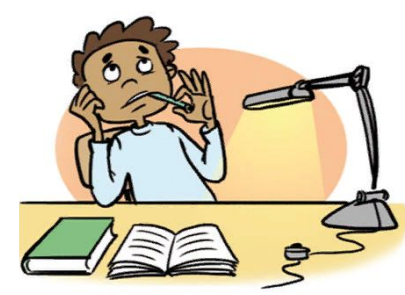
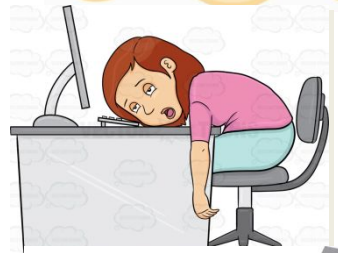
to go to bed



to sleep

What do you do in the morning? in the afternoon?
in the evening? at night? Click on this picture.

I V

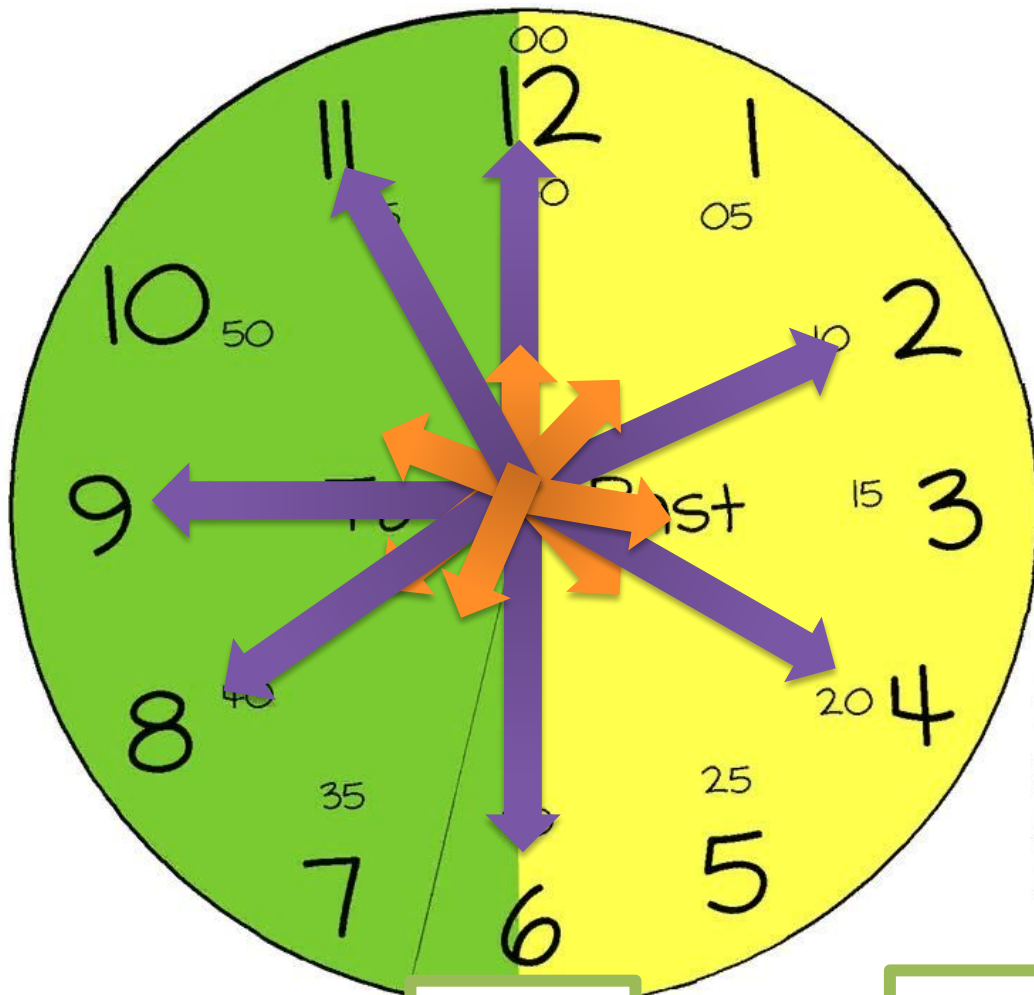




What does Sally do
in the morning?
in the afternoon?
in the evening?
at night?

She Vs/es.

Sally getsup in the morning.



half

15 minutes = quarter

It's 12 o'clock.

It's ten past one. (1.10)

It's half past four. (4.30)

It's quarter to eight. (7.45)

It's twenty to ten. (9.40)

It's twenty past three. (3.20)

It's five to seven. (6.55)

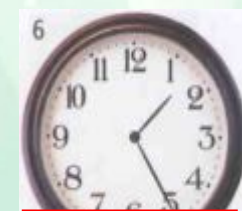
past - 'плюсуем'
to - 'приближаемся к...'



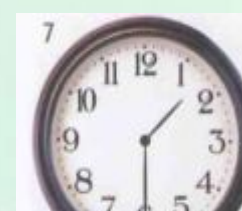
1
It's one o'clock.



5
It's twenty past one.



6
It's twenty-five past one.



7
It's half past one.



8
It's twenty-five to two.



9
It's twenty to two.



2
It's five past one.



3
It's ten past one.



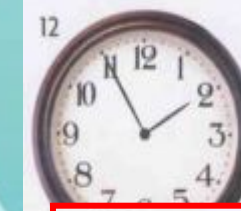
4
It's quarter past one.



10
It's quarter to two.



11
It's ten to two.



12
It's five to two.



9:00



3:20



9:30



9:50



9:15



11:35



8:05



5:45



Listen and then check.

3 Look at the text. Who's Lara Croft? What is the text about? Read and check.




@ Internet Explorer

Home The heroes at home Movies Links

6a

Lara Croft



This beautiful, strong archaeologist fights robots and does acrobatics all day, right? Well, not every day! Let's see what she does when 0) ► she's at home!

In the morning ...

Lara always gets 1) at 7 o'clock, and gets dressed. Then, she 2) jogging and works out in her gym - and all this before breakfast! Lara 3) a big breakfast at about quarter to nine, then she sometimes goes shopping or works 4) her computer for a while.

In the afternoon ...

Lara usually eats lunch at about quarter past one. Her father John often visits her and they have a 5) of tea and talk about work together.

In the evening ...

Before dinner, Lara usually practises kickboxing. She eats dinner at about half 6) six. Then, she relaxes. She reads a book or 7) a DVD. She never 8) to bed really late because she's usually very busy the next day! It's not easy being an action hero!

past

on

goes


cup

up

has

watches

goes

5  Make notes and act out an interview with

Lara Croft

- A: So Lara
- B: At 7 o'clock

what/

In the morning ...

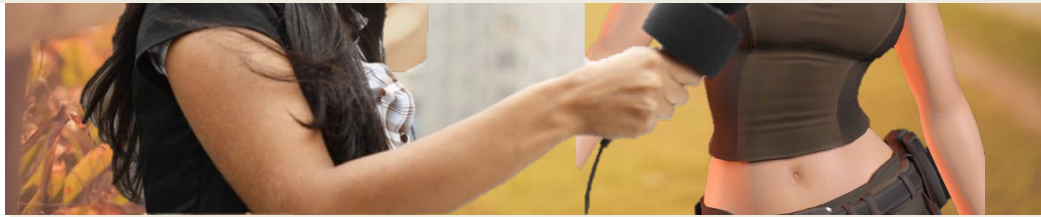
Lara always gets 1) **up** at 7 o'clock, and gets dressed. Then, she 2) **goes** jogging and works out in her gym - and all this before breakfast! Lara 3) **has** a big breakfast at about quarter to nine, then she sometimes goes shopping or works 4) **on** her computer for a while.

In the afternoon ...

Lara usually eats lunch at about quarter past one. Her father John often visits her and they have a 5) **cup** of tea and talk about work together.

In the evening ...

Before dinner, Lara usually practises kickboxing. She eats dinner at about half 6) **past** six. Then, she relaxes. She reads a book or 7) ... **watches** a DVD. She never **goes** to bed really late because she's usually very busy the next day! It's not easy being an action hero!



the text

- ◆ Adverbs of frequency (always, usually, often, sometimes, never)

- 6 a) Look at the sentences. Where do we place the adverbs of frequency in a sentence? Find examples in the text.

I usually play football on Saturdays. John is never late.

In the morning ...

Lara always gets 1) up at 7 o'clock, and gets dressed. Then, she 2) goes jogging and works out in her gym – and all this before breakfast! Lara 3) has a big breakfast at about quarter to nine, then she sometimes goes shopping or works 4) on her computer for a while.

In the afternoon ...

Lara usually eats lunch at about quarter past one. Her father John often visits her and they have a 5) cup of tea and talk about work together.

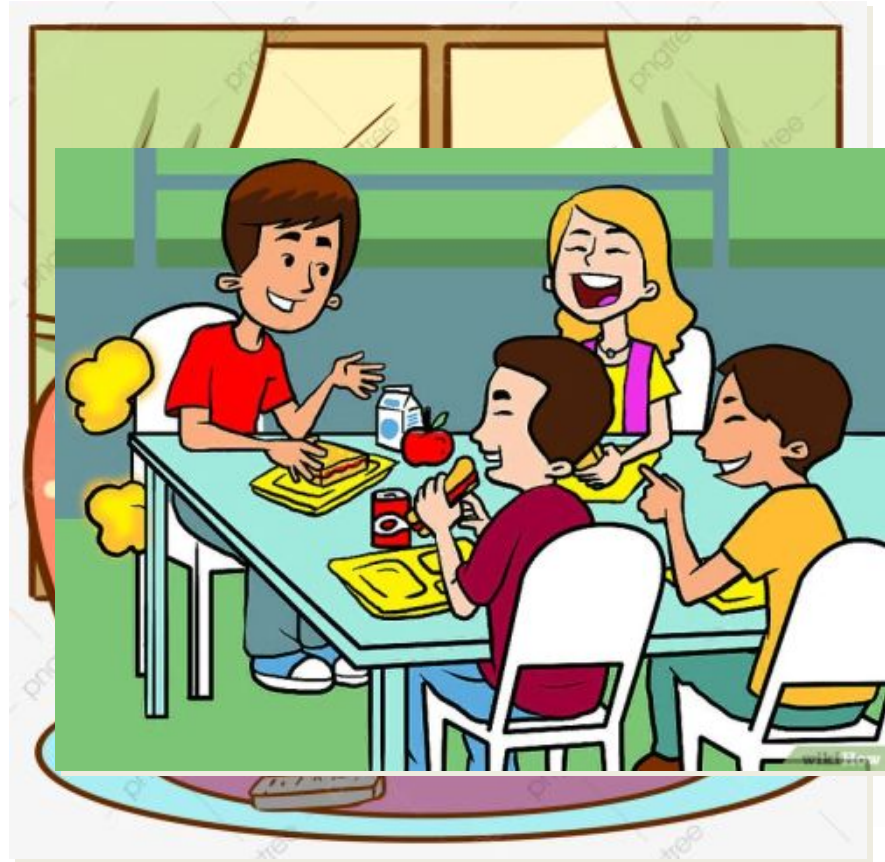
In the evening ...

Before dinner, Lara usually practises kickboxing. She eats dinner at about half 6) past six. Then, she relaxes. She reads a book or 7) ... watches a DVD. She never goes to bed really late because she's usually very busy the next day! It's not easy being an action hero!

b) Which of the activities in Ex.1 do you *always, usually, often, sometimes, never* do? Make sentences. Compare sentences with your partner.

▶ *I never go jogging.*

How often do you...



?

◆ Prepositions of time


7 Read the box. Complete the phrases. Say what you usually do at this time.

at 3 o'clock 


at noon 

at midnight 

at night 

in the morning 

in the afternoon 

in the evening 

- 1 ... at 3 o'clock
- 2 ... in the morning
- 3 ... at midnight
- 4 ... at ... noon
- 5 ... in the evening
- 6 ... at half past six

e.g. I usually do my homework at 3 o'clock.

Writing (a paragraph describing a daily routine)

8 **Portfolio:** Imagine you are a famous action hero. Write your daily routine.



My name's Wonder Woman. I have a very busy life. In the morning, I get up at 6 am every day. I have milk, fruit juice, muesli and yoghurt for breakfast. Then I work out for two hours in the gym. After this I go jogging. Then I meet my agent and read new scripts. At two o'clock in the afternoon I have lunch and then I usually go to the studio to do some filming. My evenings are always free, so I relax with my friends at home or in a restaurant.

Vocabulary

- 1 These are the daily activities of Mr & Mrs Collins. Use the information to ask and answer questions about them as in the example.

Time	Mr Collins	Mrs Collins
7.00 am	get up	get up
9.30 am	have breakfast	have breakfast
12.00 pm	have lunch	have lunch
1.25 pm	work on computer	do the shopping
5.00 pm	watch a DVD	have a cup of tea
6.15 pm	have dinner	have dinner
10.00 pm	go to bed	go to bed

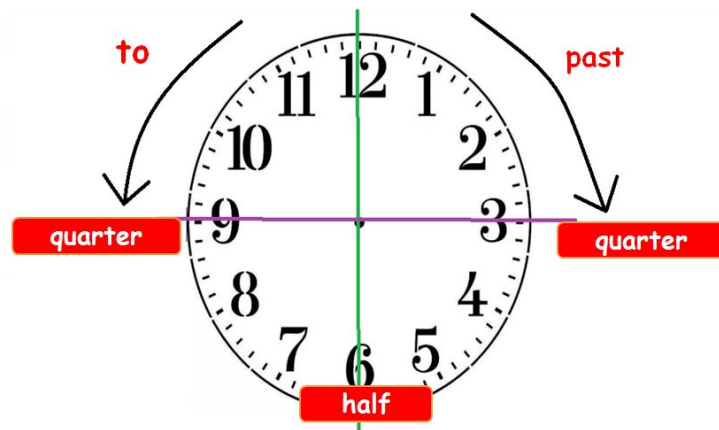
► A: What do Mr Collins and Mrs Collins do at seven o'clock?

B: They get up. What do they do at ...?

Workbook

She/He Vs/es.

They V .



2 Look at the clocks. What time is it?



It's quarter past 8.



It's 5 o'clock.



It's quarter to 4.



It's half past 7.



It's quarter to 10.



It's twenty-seven to 8.

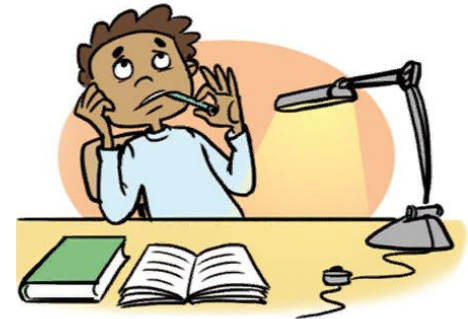
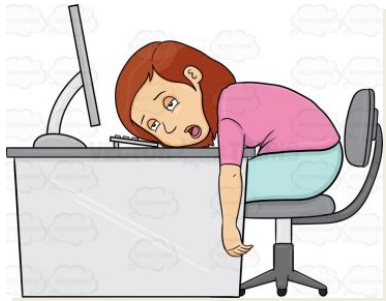


It's quarter past 2.



3 What do you *always/usually/often/sometimes/never* do on Mondays at 7 o'clock in the evening?

e.g. I **always** do my homework at 7 o'clock in the evening.



Everyday English



4 Complete the exchanges.

1 A:

B: No, I haven't.

It's ten o'clock.

2 A: Excuse me, what's the time please?

B:

Yes, I do.

3 A: Do you often go shopping?

B:

So Jenny, what time do you get up?

4 A:

B: Usually, at about nine o'clock in the morning.

Have you got the time please?

Grammar

◆ Prepositions of time

5 Complete the text with *in* or *at*.

Chris wakes up 1) **at** seven o'clock 2) **in** the morning. He dresses and has breakfast 3) **at** 7.30. He leaves home for school 4) **at** 8.30. He has his lessons and at around 1.30 5) **in** the afternoon, he has his lunch at school. He comes back home 6) **in** the evening. He does his homework and 7) **at** seven o'clock he has dinner. Then, he plays on his PlayStation. He always goes to sleep 8) **at** about ten 9) **at** night.

6

Put the words in the correct order.



1 to / you / go / school / always / do?

Do you always go to school?

2 sleep / doesn't / early / to / go / she.

She doesn't go to sleep early.

3 he / a lot / the / on / computer / works.

He works on the computer a lot.

4 they / TV / watch / often / do / night / at?

Do they often watch TV at night?