

MY DAILY ROUTINE



Paul's website

Hi, guys! I'm Paul and I'm a student at Lewis Secondary School. This is my personal website. It's got different sections: homepage, my personal details, hobbies, sport and free-time activities, music, likes and dislikes. Homepage is where we are. You can click and visit all the other sections.

My personal details My name is Paul, and my nickname is "the wizard". I'm Scottish. I'm from Glasgow, but I live in Edinburgh. I've got two sisters and a cat.

Hobbies I generally collect stickers, but I prefer collecting comics.

Sport and free-time activities In my free time I like surfing! In summer I meet my friends at the beach: we go surfing, we go swimming and we play soccer on the beach. In winter, I go skiing. At school I play cricket and I do athletics.

Music I love rock music and my favourite band is Linkin Park. I play the guitar twice a week.

Likes and dislikes I like dogs, jeans and t-shirts. I can't stand formal clothes. My favourite number is 3 and my favourite colours are black and white.

Evelyn's daily routine

My typical day? Are you ready to listen? OK, let's start. I live in Houston, Texas. I'm eleven and I study at Theodore Roosevelt School. I'm in sixth grade. Every morning I get up at 7:00 a.m., I have a shower and then I have breakfast. At 8 I go to school but I don't catch the bus as we live near the school. At noon, I usually have lunch with my mother. She is a housewife and a web designer too. She designs nice web sites. My father is a mechanic. In the afternoon, I go to school and I come back at 6:00 p.m. Then I do my homework, I have dinner and I help my mother wash the dishes. I don't watch TV on weekdays. I go to bed at about 10:00 p.m. On weekends, I usually play with my friends, I listen to music and I go to the cinema.

I never get up late

Luke Where's your school, Eliza? Is it near your house?

Eliza Yeah, I walk to school. School starts at 9.00 so I usually leave home at five to nine.

Matt She's always late for school, anyway. She gets up really late.

Eliza That's not true! I get up at 7.00 every day and I text my friends before school. I'm never late for school.

Luke Me, neither.

Abbie Luke wakes up early but he often stays in bed and watches TV. It's so loud. It sometimes wake me up, too!

Aliza What's your school like, Luke?

Luke It's not bad, but I have lunch in the school canteen twice a week and the food's awful!

Eliza What year are you in?

Luke Year 9.

Eliza Me, too. But only for another week! Our summer holidays start soon.

Luke Yes. I can't wait! No school for six weeks!

DAILY ROUTINE

Wake up, get up, have breakfast, have ... for breakfast, get dressed, brush one's teeth/face, comb one's hair, dry one's hair, go to school, go to work, drive to work, work, have lessons, go home, get home, cook, have lunch, have ... for lunch, eat, drink, do one's homework, go shopping, clean the house, read a newspaper, have a bath, have a shower, have dinner, have ... for dinner, watch TV, go to bed, fall asleep, sleep, dream

HAVE have a shower/bath, have breakfast/lunch/dinner/a snack, have a nap, have a party, have lessons

HOUSEHOLD CHORES

Making the beds, dusting, sweeping, washing the floor, doing the shopping, cooking, laying the table, clearing the table, doing the washing-up, tidying the room, doing the laundry, hanging the washing, ironing, taking the dog out, mowing the lawn, putting the rubbish out

Ask and say ...

- What do you do on Monday? I get up at ...
- What do you do in your spare/free time? In my spare/free time I ...
- What do you do after school?
- What sports do you play?
- What time do you ...? I ... at ...
- When do you ...? I ... on ...
- Where do you ...?
- Who do you with?
- How often do you ...? I ... every/once/twice/on ...
- How do you go to school? I go to school by bus/car/scooter/on foot
- Do you ever ...? / Are you ever late for school?

Daily routine and spare time

- What time do you have breakfast/lunch/dinner?
- I have breakfast/lunch/dinner at ...
- What do you have for breakfast/lunch/dinner?
- What do you have in your sandwich / roll?
- How many sandwiches do you have every day? How much chocolate does he have every day? I have ... he has ...
- How much cake do you want? Just one piece, please
- How many eggs do you want? Three, please
- Would you like a cup of tea? Yes, please
- Would you like some water? No, thanks
- I have ... for breakfast/lunch/dinner
- Can I have some ..., please?

Meals

Tell me about ...

I usually walk to school. I'm never late. I'm usually the first to arrive.
School is great. I like English, History, Science and Maths.

Tell me about your school day

I'm good at everything. I'm always top in Science. My favourite subject is Art.
I have five lessons a day. School starts at 8.40. Break is at 10.50, and lunch is at 1.05. School finishes at 3.05
My favourite day is Tuesday. On Tuesday, we have Science, Art, ICT, Geography and Music

I usually ... I get up at 6.30, I usually have a shower.
Then I have breakfast and I have milk and biscuits for breakfast
I always brush my teeth after breakfast.

Tell me about your daily routine

I usually walk to school. I'm never late. I'm usually the first to arrive. School's great! I like English, History, Science and Maths. I'm good at everything. I'm always top in science. When I get home, I sometimes take the dog for a walk. On school days, I never go out with friends. I stay in and do my homework. At the weekend, I often help at home.
I twice a week/every day/on Monday in my spare time

On Monday morning I go to school at ... with ... by ...
My favourite subject is ...
In the evening I like ...
On Saturday evening I ... at... in ... with ...
Then I have dinner. I have meat and pasta for dinner
I go to bed early/late in the evening because ...

Tell me about your week

FREQUENCY ADVERBS

Gli avverbi di frequenza si usano per dire quanto spesso si compie un'azione. Di solito vengono posti prima del verbo; con **be** vengono posti dopo il verbo.

always (sempre) – usually (di solito) – often (spesso) – sometimes (qualche volta) – rarely/seldom (raramente) – hardly ever (quasi mai) – never/ever (mai)

FREQUENCY EXPRESSIONS

Once/twice/three times a day/week/month/year, every day/morning/night/month/year, on Monday, at 7.00, in July

LINKERS and, but, or, first, then, after that, finally

@VERBS

PRESENT SIMPLE

Forma affermativa	Forma negativa	Forma interrogativa	Risposte brevi
I like	I don't like	Do I like?	Yes, I do / No, I don't
you like	you don't like	Do you like?	Yes, you do / No, you don't
he likes	he doesn't like	Does he like?	Yes, he does / No, he doesn't
she likes	she doesn't like	Does she like?	Yes, she does / No, she doesn't
it likes	it doesn't like	Does it like?	Yes, it does / No, it doesn't
we like	we don't like	Do we like?	Yes, we do / No, we don't
you like	you don't like	Do you like?	Yes, you do / No, you don't
they like	they don't like	Do they like?	Yes, they do / No, they don't

Forma affermativa

soggetto + forma base del verbo + (-s con la terza persona singolare) + ...

La forma affermativa del *Present simple* è uguale alla forma base del verbo per tutte le persone tranne alla terza persona singolare che aggiunge una **-s**.

Forma negativa

soggetto + **don't/doesn't** + forma base del verbo + ...

Forma interrogativa

do/does + soggetto + forma base del verbo + ...

Il *Present simple* si usa per parlare di abitudini e della routine quotidiana.

He swims every day.

Regole ortografiche

- se il verbo termina con **-s, -ss, -sh, -ch, -x, -o** aggiunge **-es** (**he watches TV every day**).
- se il verbo termina con **-y** preceduta da consonante, la **y** diventa **i** e aggiunge **es** (**he studies Art**).
- se il verbo termina con **-y** preceduta da vocale, la **y** rimane e aggiunge **s** (**he plays football**).

@VERBS

Have – have got

1. OSSERVA LA TABELLA E SCEGLI LA FREQUENZA CON CUI SVOLGI QUESTE ATTIVITÀ ESTIVE. POI SCRIVI LE FRASI.

	ALWAYS	USUALLY	OFTEN	SOMETIMES	RARELY	NEVER
Go swimming						
Play beach volley						
Chat with friends						
Play videogames						
Do crosswords						
Listen to music						

On holiday ...

1.
2.
3.
4.
5.
6.

2. OSSERVA LA TABELLA E SCEGLI LA FREQUENZA CON CUI IL TUO MIGLIORE AMICO SVOLGE QUESTE ATTIVITÀ ESTIVE. POI SCRIVI LE FRASI.

	EVERY DAY	ONCE A MONTH	TWICE A WEEK	THREE TIMES A MONTH	ON SUNDAYS
Read a book					
Sunbathe					
Have naps					
Ride a bike					
Send emails					
Canoe					

On holiday ...

1.
2.
3.
4.
5.
6.

3. TROVA GLI INTRUSI.

- | | | | |
|---|---|--|--|
| 1. <input type="checkbox"/> play the piano | <input checked="" type="checkbox"/> play computer games | <input type="checkbox"/> play the violin | <input type="checkbox"/> play the drums |
| 2. <input type="checkbox"/> stamps | <input type="checkbox"/> maths | <input type="checkbox"/> comics | <input type="checkbox"/> stickers |
| 3. <input type="checkbox"/> have a shower | <input type="checkbox"/> have a party | <input type="checkbox"/> have a pet | <input type="checkbox"/> have a nap |
| 4. <input type="checkbox"/> go shopping | <input type="checkbox"/> go surfing | <input type="checkbox"/> go snowboarding | <input type="checkbox"/> go cycling |
| 5. <input type="checkbox"/> brush one's teeth | <input type="checkbox"/> do one's homework | <input type="checkbox"/> comb one's hair | <input type="checkbox"/> wash one's face |
| 6. <input type="checkbox"/> have a nap | <input type="checkbox"/> sleep | <input type="checkbox"/> get up | <input type="checkbox"/> dream |
| 7. <input type="checkbox"/> have dinner | <input type="checkbox"/> have a bath | <input type="checkbox"/> have breakfast | <input type="checkbox"/> have lunch |
| 8. <input type="checkbox"/> meet friends | <input type="checkbox"/> hang out with friends | <input type="checkbox"/> collect friends | <input type="checkbox"/> go out with friends |

4. COLLEGA FUNZIONE COMUNICATIVA E STRUTTURA LINGUISTICA.

FUNZIONE	STRUTTURA LINGUISTICA
Chiede e risponde sul come ...	- What do you do in your spare time? - In my spare time I go out with friends.
Chiede e risponde sul quando ...	- What do you do on Monday morning? - On Monday morning I go to the beach.
Chiede e risponde sul tempo libero..	- What time do you go to the beach? - I go to the beach at ten.
Chiede e risponde sulle abitudini settimanali.	- Do you ever go fishing? - No, I never go fishing.
Chiede e risponde se mai ...	- When do you go out with friends? - I go out with friends in the evening.
Chiede e risponde sull'ora.	- Where do you go skating? - I go skating to the park.
Chiede e risponde sul dove ...	- Who do you listen to music with? - I listen to music with my friends.
Chiede e risponde sugli orari dei pasti.	- How often do you play volley ball? - I play volleyball twice a week.
Chiede e risponde sui pasti.	- How do you go to the beach? - I go to the beach on foot.
Chiede e risponde sulla frequenza.	- What time do you have breakfast? - I have breakfast at nine.
Chiede e risponde sulla compagnia.	- What do you have for breakfast? - I have milk and cereal for breakfast.

5. E TU? COSA FAI NEL TUO TEMPO LIBERO? COME TRASCORRI LE TUE GIORNATE? RIORDINA LE DOMANDE E RISPONDI.

- DO SPARE WHAT DO IN YOUR TIME YOU? *WHAT DO YOU DO IN YOUR SPARE TIME? IN MY SPARE TIME I* _____.
- ON YOU WHAT MORNING DO DO MONDAY? _____.
- BEACH TIME DO YOU GO WHAT TO THE? _____.
- DO FISHING EVER GO YOU? _____.
- DO WHEN YOU GO WITH FRIENDS OUT? _____.
- SKATING YOU WHERE DO GO? _____.
- YOU WHO DO MUSIC LISTEN WITH TO? _____.
- OFTEN PLAY YOU VOLLEY DO HOW BALL? _____.
- DO YOU GO BEACH TO THE HOW? _____.
- BREAKFAST YOU WHAT HAVE TIME DO? _____.
- BREAKFAST WHAT DO HAVE FOR YOU? _____.

6. SEGUENDO LE ISTRUZIONI, SCRIVI IL DIALOGO TRA DUE AMICI IN SPIAGGIA.

Susy	Chiede a Robert qual è il suo sport estivo preferito.	WHAT'S YOUR FAVOURITE SPORT?
Robert	Risponde che il suo sport preferito è la pallavolo in spiaggia.	
Susy	Chiede se gioca spesso.	
Robert	Risponde di sì: gioca tre volte a settimana. Chiede a Susy che sport fa lei.	
Susy	Risponde che nuota.	
Robert	Chiede a che ora in genere va in spiaggia.	
Susy	Risponde che va in spiaggia alle 9.	
Robert	Chiede come.	
Susy	Risponde con l'auto.	
Robert	Chiede se ci va mai a piedi..	
Susy	Risponde che ci va qualche volta.	

7. COMPLETA LE FRASI CON LA FORMA AFFERMATIVA O NEGATIVA DEL SIMPLE PRESENT.

- Henry always *builds* sandcastles with his friends (build).
- Henry and John their holiday on a Caribbean island (spend).
- John seashells for collection (clean).
- Henry and John a great treasure (find).
- John the best shells on the beach (choose).
- Henry and John their time collecting wonderful stamps (spend).

8. COMPLETA LE DOMANDE CON DO/DOES E RISPONDI.

- Do Henry and John live on a Caribbean island?
- John look for bottles with Henry?
- Henry and John see a talking parrot?
- your mum collect any seashells?
- you collect anything?
- you like treasure maps?

9. RIORDINA LE DOMANDE, POI RISPONDI CON GLI AVVERBI DI FREQUENZA APPROPRIATI.

- always you and your friend do go fishing? _____
- usually you do surf? _____
- the Macarena your friend usually does dance? _____
- you do sometimes on the beach have a nap? _____
- your best friend seashells like does? _____
- dad your the does read ever on newspaper a beach? _____

10. COMPLETA LE FRASI CON IL VERBO APPROPRIATO.

- On holiday I *get up* at 7.30 am.
- Henry on the beach every morning.
- My brother to music three times a day.
- My best friends usually dinner at 9.00 pm.

11. COMPLETA LE FRASI CON WHAT / HOW /WHERE.

1. **WHAT** time do you have lunch?
2. does she go fishing?
3. often do they have a nap?
4. does your sister go to school?

12. RIORDINA LE ATTIVITÀ ESTIVE DI HENRY IN BASE ALLA FREQUENZA.

1. He never rides a horse.
2. He often walks on the beach.
3. He rarely goes fishing.
4. He sometimes builds sandcastles.
5. He always collects wonderful shells.

13. DO YOU HAVE (D) O HAVE YOU GOT (H)?

1. On holiday I have a nap in the afternoon.
2. I have got a new beach hat.
3. When it's really hot I have a bath twice a day.
4. I have got a wonderful parrot.

14. SCRIVI LA FORMA BASE DEI VERBI.

GOES **Go** PLAYS _____ FLIES _____ BRUSHES _____

15. METTI IN ORDINE LE AZIONI CHE COMPI PRIMA DI ANDARE IN SPIAGGIA.

1. Then I wash my face.
2. After that I comb my hair.
3. First I brush my teeth.
4. Finally I wear my sunglasses.

16. COLLEGA FUNZIONE COMUNICATIVA E STRUTTURA LINGUISTICA.

FUNZIONE	STRUTTURA LINGUISTICA
Chiede e risponde sulla routine quotidiana.	- She loves cooking cakes.
Chiede e risponde sulle azioni in corso.	- How many apples are there in the fridge?
Offre / accetta / rifiuta.	- Can I have some cheese, please?
Ordina al ristorante.	- Would you like a cup of coffee? - Yes, please / No, thanks.
Parla di gusti e preferenze.	- What are you drinking? - I'm drinking a lemonade.
Parla di quantità.	- What do you have for breakfast? - I have milk and cereal for breakfast.

17. METTI IN ORDINE IL DIALOGO.

SOME WATER, PLEASE.
 YES, PLEASE.
 WOULD YOU LIKE ANY SALAD?
 I'D LIKE A CHEESE AND TOMATO SANDWICH, PLEASE.
 AND WHAT WOULD YOU LIKE TO DRINK?
 WHAT WOULD YOU LIKE TO EAT?

☐
☐
☐
☐
☐
☐

18. COMPLETA IL DIALOGO CON LE PAROLE NEL RIQUADRO

ANY – CHIPS – COLA – SORRY – COLA –
 WHAT – SAUSAGES – WOULD – DRINK
 – SOME – FISH - LIKE

WHAT *WOULD* YOU LIKE TO EAT?
 _____ AND CHIPS, PLEASE.
 I'M _____ WE HAVEN'T GOT _____ FISH. WOULD YOU _____ A BURGER OR
 _____ SAUSAGES?
 I'D LIKE _____ AND CHIPS, PLEASE.
 _____ WOULD YOU LIKE TO _____?
 A GLASS OF _____, PLEASE.
 RIGHT, SAUSAGES, _____ AND A _____.

19. ORA RISPONDI ALLE DOMANDE

WHAT DO YOU USUALLY DRINK? _____
 WHAT DO YOU EAT AT SCHOOL? _____
 WHAT DO YOU DRINK AT SCHOOL? _____
 WHAT DO YOU EAT IN SUMMER? _____
 WHAT DO YOU DRINK IN SUMMER? _____
 WHAT DO YOU HAVE FOR BREAKFAST? _____
 WHAT DO YOU HAVE FOR LUNCH? _____
 WHAT DO YOU HAVE FOR DINNER? _____
 WHAT'S YOUR FAVOURITE VEGETABLE? _____
 WHAT'S YOUR MUM'S FAVOURITE FRUIT? _____
 WHAT'S YOUR FAVOURITE SANDWICH? _____
 HOW MANY SANDWICHES DO YOU HAVE EVERY DAY? _____
 WHAT'S YOUR FAVOURITE DESSERT? _____