

# A typical day

## Level:

This lesson can be used on all ages of beginner to elementary students.

## Target:

The aim of this lesson is to review the adverbs of frequency and to learn new vocabulary.

## Preparation:

First print the activity sheets. Photocopy them for each student in the class.

## Activity:

After going through your regular review and teacher talk, tell the students that they're going to review the adverbs of frequency and learn new vocabulary

Go through the activity sheets together.

# Activity Sheet (1)

## Adverbs of frequency

### Grammar Rules

I **always** have breakfast.

They **usually** finish work at 5.00.

She **sometimes** watches TV in the evening.

He **never** eats meat.

Does she **usually** go shopping on Saturday?

What time do you **usually** get up?

- Be careful with the position of adverbs of frequency:

*I always have breakfast. NOT Always I have breakfast. I have always breakfast.*

*Does she usually go shopping on Saturday? NOT Does usually she go shopping on Saturdays? Usually does she go shopping on Saturday?*

- With *never*, we use a [+ ] verb: *He never eats meat. NOT He doesn't never eat meat.*

## Exercises

Order the words to complete the sentences.

For example, 'drink never coffee I', *I never drink coffee.*

1. husband goes my sometimes

\_\_\_\_\_ to the gym.

2. have always I

\_\_\_\_\_ a shower in the morning.

3. usually we have

\_\_\_\_\_ breakfast at home.

4. go I never

\_\_\_\_\_ to bed before midnight.

5. usually go they do

\_\_\_\_\_ to work by bus?

6. Jan has sometimes

\_\_\_\_\_ a sandwich for lunch.

7. close the does restaurant usually

\_\_\_\_\_ late?

8. goes she never

\_\_\_\_\_ shopping after work.

9. usually I do

\_\_\_\_\_ my homework at the weekend.

10. sometimes make I

\_\_\_\_\_ fish for dinner.

**Complete the sentences in the present simple. Use a verb from the list and the adverb in (brackets).**

do	drink (x2)	eat	finish	get	go	have
(x3)	speak	watch				

1 Alex \_\_\_\_\_ to bed very late. (sometimes)

2 We \_\_\_\_\_ housework at the weekend. (always)

3 Do you \_\_\_\_\_ lunch at home at the weekend? (usually)

4 I \_\_\_\_\_ a bath, I \_\_\_\_\_ a shower. (never, always)

5 I \_\_\_\_\_ English at work. (never)

6 We \_\_\_\_\_ TV after dinner. (sometimes)

7 I \_\_\_\_\_ coffee in the evening. (never)

8 Does your husband \_\_\_\_\_ work at 7.30 p.m.? (usually)

9 We \_\_\_\_\_ tea with milk, but I prefer it with lemon. (sometimes)

# Activity Sheet (2)

## A typical day

Describe the pictures



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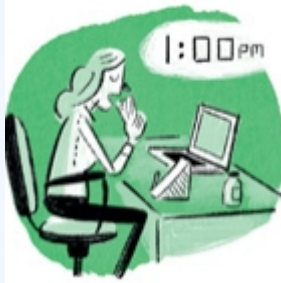



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Look at the pictures and choose the correct answers.

<p>1. have _____</p> <ul style="list-style-type: none"><li><input type="radio"/> lunch</li><li><input type="radio"/> breakfast</li><li><input type="radio"/> dinner</li></ul>	
<p>2. finish _____</p> <ul style="list-style-type: none"><li><input type="radio"/> shopping</li><li><input type="radio"/> housework</li><li><input type="radio"/> work</li></ul>	
<p>3. go _____</p> <ul style="list-style-type: none"><li><input type="radio"/> gym</li><li><input type="radio"/> home</li><li><input type="radio"/> shopping</li></ul>	
<p>4. go _____</p> <ul style="list-style-type: none"><li><input type="radio"/> dinner</li><li><input type="radio"/> shopping</li><li><input type="radio"/> gym</li></ul>	



5. go to the \_\_\_\_\_

- gym
- bath
- bed



Look at the pictures and choose the correct phrases.

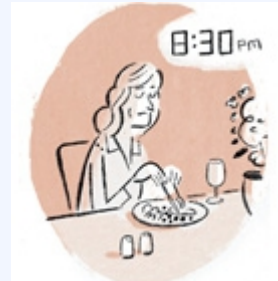
1.

- make dinner
- finish work



2.

- have dinner
- go shopping



3.

- do homework
- do housework



<p>4.</p> <ul style="list-style-type: none"><li>○ watch TV</li><li>○ listen to the radio</li></ul>	
<p>5.</p> <ul style="list-style-type: none"><li>○ have a shower</li><li>○ have a bath</li></ul>	
<p>6.</p> <ul style="list-style-type: none"><li>○ go to bed</li><li>○ get up</li></ul>	
<p>7.</p> <ul style="list-style-type: none"><li>○ go to the gym</li><li>○ go to gym</li></ul>	
<p>8.</p> <ul style="list-style-type: none"><li>○ go to the work</li><li>○ go to work</li></ul>	



## Activity Sheet (3)

### The life of a ballet dancer

Read and choose the correct answers.

In ballet you need to be perfect.

Ivan Vasiliev is a Russian ballet dancer. He is the principal dancer with the American Ballet Theatre.

I live in a flat in St Petersburg with my girlfriend. I usually get up at about nine and then I have a shower. In my job I often stay in hotels. When you have shower in the morning in a hotel you can leave your towel on the floor. I love that!

I always have a good breakfast, and I love eggs. When I am very hungry, I sometimes eat five. I like sausages too.

Classes start at 10.30. I practise all morning without a break. I sometimes have lunch, but not always. In the afternoon, I practise more. Of course, in ballet, you need to be perfect. Nureyev is my favourite dancer. I have a pair of his ballet shoes.

After work I want to eat. I love meat. My favourite is a big steak. No vegetables. Only steak.

In the evening we sometimes go out. Before we go out my girlfriend looks

at my clothes and she usually says: 'No, Ivan. Change!' I'm not interested in clothes, but I love watches. I have seven, including a Montblanc, three Rolexes, and a Maurice Lacroix. Sometimes I don't go to bed until 1.00 or 2.00. It's often difficult to sleep. I have a lot of things in my head.

1. Where does Ivan live?

- In Moscow
- In St Petersburg

1. What time does he get up in the morning?

- At about nine.
- At about ten.

2. What does he have for breakfast?

- Eggs and sometimes sausages.
- Eggs but never sausages.

3. What time do classes start?

- At 10.30.
- At 5 o'clock.

4. Does he always have lunch?

- Yes, he does.
- No, he doesn't.

5. What's his favourite dinner?

- Vegetables.
- Steak.

6. What does he do in the evening?

- He goes out with his girlfriend.
- He goes shopping for clothes.

7. Why does his girlfriend say 'Change'?

- Because of his clothes.
- Because of his watches.

8. Does he go to bed late?

- No, never.
- Yes, sometimes.

9. Is it always easy for him to sleep?

- No, it isn't.
- Yes, it is.

**Read the text again. Choose the correct answers.**

**In ballet you need to be perfect.**

Ivan Vasiliev is a Russian ballet dancer. He is the principal dancer with the American Ballet Theatre.

I live in a flat in St Petersburg with my girlfriend. I usually get up at about nine and then I have a shower. In my job I often stay in hotels. When you have shower in the morning in a hotel you can leave your towel on the floor. I love that!

I always have a good breakfast, and I love eggs. When I am very hungry, I sometimes eat five. I like sausages too.

Classes start at 10.30. I practise all morning without a break. I sometimes have lunch, but not always. In the afternoon, I practise more. Of course, in ballet, you need to be perfect. Nureyev is my favourite dancer. I have a pair of his ballet shoes. `

After work I want to eat. I love meat. My favourite is a big steak. No vegetables. Only steak.

In the evening we sometimes go out. Before we go out my girlfriend looks at my clothes and she usually says: 'No, Ivan. Change!' I'm not interested in clothes, but I love watches. I have seven, including a Montblanc, three Rolexes, and a Maurice Lacroix. Sometimes I don't go to bed until 1.00 or 2.00. It's often difficult to sleep. I have a lot of things in my head.

1. Ivan is a ballet teacher.
  - True
  - False
2. Ivan doesn't have a girlfriend.
  - True
  - False
3. He stays in hotels because of his job.
  - True
  - False
4. Ivan practises in the mornings and afternoons.
  - True
  - False
5. He isn't hungry after work.
  - True
  - False
6. He doesn't like watches.
  - True
  - False