



Get dressed.

Brush your teeth.

ol.

School time.

ors.

Watch television.

face.

Put on your pyjamas.



# Grade 7 Unit 1

## Lesson 4: Daily routines



**WHAT WILL I LEARN?**

## **Lesson Objectives**

- Use phrases to retell stories and personal experiences
- Listen and know the main points of simple texts

## Lesson 4: Daily routines

- What time do you wake up every day?
- What time do you go to sleep?



### Key Structure

Preposition of time: at  
*I wake up at 7:30.*

I go to sleep *at* 9:00pm





routine



to wake up



University





Go to school





Go to bed



Secondary  
school

## Activity 1 Listening Track 3

Look at the pictures of two students. What do you think they do every day?  
Listen and check your answers.



## Activity 2 Listening and Reading

Listen again and read the texts.  
Write the times in the gaps.



### Morag

Hi! My name is Morag and I'm from Scotland. I'm in my first year at university. I wake up at  am every day. I leave the house at  and I get to university at  My first class starts at  I have lunch at  and have dinner at  After that, I study. At  o'clock I stop, and I watch television. Then I go to bed at

### Saeed

Hi! I'm Saeed and I'm from Ras Al Khaimah. I'm a student at secondary school. I wake up at  am every day to go to school. School starts at  and we have our first break at  have something to eat and talk with my friends. We finish school at around  and I go home. At  o'clock, I meet my friends to play football. I have dinner at  o'clock. I go to bed late – at

### Activity 3 Writing

What is your daily routine? Fill in the table.

Time	Activity
6:15	<i>I wake up.</i>
6:20	I take a shower
6:30	I get dressed
6:40	I eat breakfast

### Activity 4 Speaking and Writing

Share your daily routine with a partner.  
Write down your partner's routine.

What time do you  
wake up?

I wake up  
*at* 4:30am

What time do you go to bed?

I go to bed  
*at* 10:00pm

## Activity 5 Writing

Write down your partners routine

Time	Activity
5:30	<i>Sam wakes up.</i>
6:45	Sam <b>takes</b> a shower
7:00	She <b>eats</b> breakfast