英语 A1 第 5 单元：我的日常作息

日常作息动词、报时和星期；与 he / she / it 连用的一般现在时（-s、-es、-ies、has、doesn't、Does ...?），含 do / does 的 Wh- 疑问句，at / in / on 以及频率副词。9 张练习纸，附参考答案。

ENGLISH A1 · UNIT 5

My Daily Routine

After this unit you can:

- ☐ I can tell the time and say the days of the week.
- ☐ I can describe my daily routine and say at what time I do things.
- ☐ I can ask and answer about another person's routine (What time does she get up?).
- ☐ I can say how often I do things.

9 printable worksheets · answer keys included

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ENGLISH A1 · UNIT 5 · VOCABULARY Name: _____ Date: _____

Daily routine verbs

Focus: daily routine verbs: get up, have a shower, go to work, cook dinner, go to bed ...

DAILY ROUTINE VERBS

get up **wake up** **have a shower** **get dressed** **have breakfast** **go to work** **start work** **have lunch** **finish work** **go home** **cook dinner** **have dinner** **watch TV** **go to bed** **brush my teeth** **check emails** **make coffee** **relax** **go shopping** **listen to music**

1 Put the words in the correct column.

Example: a shower → have a shower

a shower **to work** **up** **breakfast** **dressed** **lunch** **to bed** **dinner** **shopping**

have ...	go ...	get ...

2 Complete the sentences with a verb from the box.

Example: I _____ breakfast at seven. → I have breakfast at seven.

1. I _____ up at six and get up at seven.
2. I _____ a shower in the morning.
3. I start work at nine and _____ work at five.
4. I _____ my teeth after breakfast.
5. After work I listen to music and _____.
6. After dinner we _____ TV.
7. I _____ my emails at work.
8. I _____ dressed after my shower.
9. I _____ coffee for my husband.

ANSWER KEY

1 have ...: a shower, breakfast, lunch, dinner | go ...: to work, to bed, shopping | get ...: up, dressed **2** 1 wake, 2 have, 3 finish, 4 brush, 5 relax, 6 watch, 7 check, 8 get, 9 make

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ENGLISH A1 · UNIT 5 · VOCABULARY Name: _____ Date: _____

Time and days of the week

Focus: o'clock, half past, quarter past / to, a.m. / p.m.; days of the week; morning, afternoon, evening, night

TELLING THE TIME

7:00 It's seven **o'clock**. · 7:05 It's **five past** seven. · 7:15 It's **quarter past** seven.
7:30 It's **half past** seven. · 7:45 It's **quarter to** eight. · 7:50 It's **ten to** eight.
a.m. = in the morning · **p.m.** = in the afternoon / evening · 12:00 at night = **midnight**

1 Match the times.

1. 8:30	a. eleven o'clock
2. 4:50	b. quarter past six
3. 6:15	c. half past eight
4. 11:00	d. five past nine
5. 2:45	e. ten to five
6. 9:05	f. quarter to three

2 Choose the correct word.

Example: Monday, _____, Wednesday. (Tuesday / Thursday) → Tuesday

1. Wednesday, _____, Friday. (Tuesday / Thursday)
2. Saturday and Sunday are the _____. (weekend / week)
3. 7 a.m. is in the _____. (morning / afternoon)
4. 9 p.m. is in the _____. (morning / evening)
5. Sixty minutes is one _____. (hour / minute)
6. I get up at 5 a.m. That's _____. (early / late)

3 Put the words in order.

Example: past / it's / seven / half → It's half past seven.

1. quarter / it's / past / nine

_____

2. is / today / it / what / day / ?

_____

ANSWER KEY

1 1 c, 2 e, 3 b, 4 a, 5 f, 6 d **2** 1 Thursday, 2 weekend, 3 morning, 4 evening, 5 hour, 6 early **3** 1 It's quarter past nine. | 2 What day is it today?

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ENGLISH A1 · UNIT 5 · GRAMMAR Name: _____ Date: _____

Present simple: he, she, it

Focus: present simple he / she / it: -s, -es, -ies, has; doesn't; Does he ...? Yes, he does.

GRAMMAR

he / she / it + verb + **-s**: works, gets up, lives. **-es** after ch / sh / s / x / o: watches, finishes, goes, does.
Consonant + y → **-ies**: study → studies. Irregular: have → **has**.
Negative: She **doesn't** work at night. Question: **Does** he work at night? Yes, he **does**. / No, he **doesn't**.

1 Complete the table with the he / she / it form.

I / you / we / they	he / she / it
work	works
watch	_____
go	_____
study	_____
have	_____
finish	_____

2 Complete the sentences with the verb in brackets.

Example: Anna _____ (get) up at six. → Anna gets up at six.

1. My sister _____ (watch) TV in the evening.
2. Elena _____ (not / work) on Sundays.
3. _____ (do) Omar have lunch at home?
4. The bank _____ (open) at half past nine.
5. David _____ (go) to bed late.
6. She _____ (not / have) breakfast at home.
7. Ken _____ (study) English in the evening.
8. Does Anna cook dinner? No, she _____ (not).

ANSWER KEY

1 1 watches, 2 goes, 3 studies, 4 has, 5 finishes **2** 1 watches, 2 doesn't work, 3 Does, 4 opens, 5 goes, 6 doesn't have, 7 studies, 8 doesn't

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ENGLISH A1 · UNIT 5 · GRAMMAR Name: _____ Date: _____

Wh- questions with do and does

Focus: present simple, all persons: What time / When / Where / How + do / does + subject + verb

GRAMMAR

I / you / we / they **work** · he / she / it **works** · I **don't** work · she **doesn't** work · **Do** you work? · **Does** he work?

Question word + **do / does** + subject + verb:

What time do you get up? · **When does** she start work? · **Where do** they have lunch? · **How does** he go to work?

1 Choose do or does.

Example: Where _____ you work? (do / does) → do

1. What time _____ Sara finish work? (do / does)
2. Where _____ your parents live? (do / does)
3. How _____ Ali go to work? (do / does)
4. When _____ we have lunch? (do / does)
5. What _____ your husband do? (do / does)
6. What time _____ the shops open? (do / does)

2 Put the words in order and write the questions.

Example: does / when / start / she / work ? → When does she start work?

1. time / do / what / you / go / to / bed / ?

_____

2. where / does / lunch / Tom / have / ?

_____

3. how / they / do / go / to / work / ?

_____

4. does / what / Lena / do / at / the / weekend / ?

_____

5. your / when / does / day / start / ?

_____

ANSWER KEY

1 1 does, 2 do, 3 does, 4 do, 5 does, 6 do **2** 1 What time do you go to bed? | 2 Where does Tom have lunch? | 3 How do they go to work? | 4 What does Lena do at the weekend? | 5 When does your day start?

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ENGLISH A1 · UNIT 5 · GRAMMAR Name: _____ Date: _____

At, in, on and adverbs of frequency

Focus: at / in / on with times, parts of the day and days; always, usually, often, sometimes, never and their position

GRAMMAR

at seven o'clock, at night, at the weekend · **in** the morning / afternoon / evening · **on** Monday, on Sundays · every day

always (100%) · **usually** · **often** · **sometimes** · **never** (0%)

Before the main verb: I **usually** get up at six. After be: He **is always** late.

1 Choose at, in or on.

Example: I go to bed _____ night. (at / in / on) → at

1. We have lunch _____ two o'clock. (at / in / on)
2. Maria works _____ Saturdays. (at / in / on)
3. I check my emails _____ the morning. (at / in / on)
4. They go to bed _____ midnight. (at / in / on)
5. The shop opens _____ Monday. (at / in / on)
6. Omar watches TV _____ the evening. (at / in / on)

2 Correct the mistake in each sentence.

Example: I get up always at six. → I always get up at six.

1. She goes to work in Monday.

2. We never are late for work.

3. Tom cooks sometimes dinner on Friday.

3 Put the words in order.

Example: late / is / David / often → David is often late.

1. usually / I / coffee / make / at / seven

2. always / Lena / is / early

ANSWER KEY

1 1 at, 2 on, 3 in, 4 at, 5 on, 6 in **2** 1 She goes to work on Monday. | 2 We are never late for work. | 3 Tom sometimes cooks dinner on Friday.
3 1 I usually make coffee at seven. | 2 Lena is always early.

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ENGLISH A1 · UNIT 5 · READING Name: _____ Date: _____

Reading: A night at the hospital

Focus: reading: a night-shift nurse's routine with clock times, present simple he / she, at / in / on, adverbs of frequency

A night at the hospital

Sara is a nurse. She works at night in a big hospital. She usually gets up at four p.m. Then she has a shower. At half past five she has dinner with her husband. She starts work at eight o'clock in the evening. At night she often helps the doctors.

She finishes work at six in the morning. Then she goes home and has breakfast at seven. She never watches TV. She goes to bed at half past eight. She doesn't work at the weekend.

1 Read the text. True or false?

1. Sara works in a small hospital. ☐ T ☐ F
2. She gets up in the afternoon. ☐ T ☐ F
3. She has dinner at half past five. ☐ T ☐ F
4. She starts work at eight in the morning. ☐ T ☐ F
5. She goes to bed in the morning. ☐ T ☐ F
6. She works on Saturday and Sunday. ☐ T ☐ F

2 Answer the questions about the text.

Example: What is Sara's job? → She is a nurse.

1. Where does Sara work?

_____

2. What time does she get up?

_____

3. Who does she help at night?

_____

4. What time does she go to bed?

_____

ANSWER KEY

1 1 F, 2 T, 3 T, 4 F, 5 T, 6 F **2** 1 She works in a big hospital. | 2 She gets up at four p.m. | 3 She helps the doctors. | 4 She goes to bed at half past eight.

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ENGLISH A1 · UNIT 5 · EVERYDAY ENGLISH Name: _____ Date: _____

Everyday English: What time is it?

Focus: everyday English: What time is it? What time do you ...? What day is it today? What do you do at the weekend?

USEFUL PHRASES

What time is it? – It's half past eight. / It's ten to five.
What time do you get up? – At seven o'clock. / I usually get up at seven.
What day is it today? – It's Tuesday. · **What time does the shop open?** – It opens at nine.
What do you do at the weekend? – I sometimes go shopping on Saturday.

Friday **have** **open** **opens** **past** **shopping** **usually**

1 At the office — Complete the dialogue with the words in the box.

Anna: Excuse me, Ken. What time is it?
Ken: It's quarter _____ twelve.
Anna: Thanks. What time do you _____ lunch?
Ken: I _____ have lunch at one o'clock.
Anna: And what day is it today?
Ken: It's _____. What do you do at the weekend?
Anna: I sometimes go _____ on Saturday.
Ken: What time does the shop _____ on Saturday?
Anna: It _____ at nine.
Ken: Great. See you at one!

2 Match the questions and the answers.

1. What time is it?	a. I get up at seven o'clock.
2. What day is it today?	b. I relax and read.
3. What time do you get up?	c. It opens at half past nine.
4. What do you do at the weekend?	d. It's Tuesday.
5. What time does the bank open?	e. It's ten to five.

ANSWER KEY
1 1 past, 2 have, 3 usually, 4 Friday, 5 shopping, 6 open, 7 opens **2** 1 e, 2 d, 3 a, 4 b, 5 c

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ENGLISH A1 · UNIT 5 · WRITING Name: _____ Date: _____

Writing: My typical weekday

Focus: guided writing: your weekday with times, adverbs of frequency and the days you work; then / after that

always **at** **In** **on** **Then**

1 Complete the sentences with the words in the box.

Example: I _____ get up at six. → I usually get up at six.

1. I _____ have breakfast at half past seven.
2. _____ I brush my teeth and get dressed.
3. I work _____ Mondays, Tuesdays and Thursdays.
4. I have lunch _____ half past twelve.
5. _____ the evening I cook dinner.

2 Write about your typical weekday (30–50 words).

MODEL

I'm a shop assistant. I work on Monday, Tuesday, Thursday and Friday. I always get up at seven. Then I have a shower and make coffee. I usually finish work at six. After that I go home and cook dinner. I never go to bed late.

- the days you work: I work on ...
- times and two adverbs of frequency: I usually get up at ..., At ... I ...
- Tip: capital letters for days (Monday); then / after that to put actions in order

Self-check: capital letters and full stops · subject + verb word order · this unit's grammar · this unit's words · the right length

ANSWER KEY

1 1 always, 2 Then, 3 on, 4 at, 5 In

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ENGLISH A1 · UNIT 5 · UNIT REVIEW Name: _____ Date: _____

Unit 5 review

Focus: review: present simple he / she / it, do / does, at / in / on, frequency adverbs, times, routine verbs

1 Choose the correct word.

1. _____ you work on Saturdays? (Do / Does)
2. Lena _____ work at the weekend. (don't / doesn't)
3. They have dinner _____ seven o'clock. (at / in)
4. We clean the house _____ Sundays. (on / in)
5. Ali _____ late for work. (never is / is never)
6. What time _____ the café open? (do / does)
7. Maria _____ English on Tuesdays. (study / studies)

2 Complete the table.

I / you / we / they	he / she / it	negative: he / she / it	question: he / she / it
work	works	doesn't work	Does he work?
go	_____	_____	_____ he go?
watch	_____	_____	_____ she watch?
have	_____	_____	_____ it have?

3 Complete the times.

Example: 3:30 – It's half _____ three. → past

1. 9:15 – It's _____ past nine.
2. 6:50 – It's ten _____ seven.
3. 2:00 – It's two _____.

4 Match the verbs and the words.

1. get	a. emails
2. brush	b. dressed
3. have	c. to music
4. check	d. my teeth
5. listen	e. a shower

ANSWER KEY

1 1 Do, 2 doesn't, 3 at, 4 on, 5 is never, 6 does, 7 studies **2** 1 goes, 2 doesn't go, 3 Does, 4 watches, 5 doesn't watch, 6 Does, 7 has, 8 doesn't have, 9 Does **3** 1 quarter, 2 to, 3 o'clock **4** 1 b, 2 d, 3 e, 4 a, 5 c

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