



Course Book

Teacher Book



T1

You are going to listen to someone talking about a typical day. Look at the vocabulary in the box below.

T2

a) Listen to the recording and number the words in the order that you hear them from the list in your Practice Book.

T3

wake up play football make the bed do gymnastics
do yoga go skiing arrive at work listen to music
catch the bus watch TV surf the internet leave work
have a shower cook dinner read a book

T4



T5



T6

GP

Practice Book

A

B



Listen to the person talking about a typical day and number the words below in the order that you hear them.

Wake up	Play football	Make the bed
Do gymnastics	Do yoga	Go skiing
Arrive at work	Listen to music	Catch the bus
Watch TV	Surf the internet	Leave work
Have a shower	Cook dinner	Read a book



00:00



- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____



T1

T2

T3

T4

T5

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Practice Book

A

B



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00:00



- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____



Course Book

Teacher Book



T1

Use the Grammar Key below to help you complete the rules in your Practice Book for tasks a) and b).

T2

Grammar Key

Present Simple - Adverbs of Frequency

Frequency adverbs with the present simple tell us how often we do things, or how often things happen.

Never	Sometimes	Usually	Always
0%	Not often	Often	100%

T4

The adverb normally goes before the verb.

- They **always** drink coffee at breakfast.
- We **sometimes** go to France on holiday.
- She **doesn't usually** drink Coke.

T6

We put the adverb after the verb be.

- I'm **often** cold in winter.
- We're **never** first at athletics.

GP

Practice Book

A

B



Look at the Grammar Key in your Course Book and complete the rules.

1) We place the frequency adverb (never, sometimes, often etc.) the verb in a positive sentence.

☐ before☐ after

2) When using the verb be, we put the frequency adverb the verb.

☐ before☐ after