



UNIT 4A · GENERAL A1

I get up at seven

Class Book and Workbook · one complete unit

By the end you will...

- Talk about your daily routine with present simple verbs
- Use present simple (I/you/we/they) correctly in positive sentences
- Tell the time and use prepositions of time: at, in, on
- Describe a typical day from morning to night
- Ask a friend about their daily routine

Warm-up · My morning

Think about this morning. Answer with short sentences.

- What time do you get up on a normal day?
- What is the first thing you do every morning?
- Do you have breakfast at home or on the way to work?

1. Lead-in · Put the morning in order

Put these morning actions in the normal order, from first to last.

ITEMS (SHUFFLE IN YOUR HEAD)

- have breakfast
- get up
- leave home
- have a shower
- wake up
- start work

Is your order different? Say two actions in your real order.

2. Reading · A day in three lives

Sara is a nurse. She gets up at six o'clock and she starts work at seven. She works in a big hospital in the city. She finishes work at three and then she rests at home.

Tom is a teacher. He gets up at seven and he has breakfast with his children. He starts school at eight thirty. In the evening, he checks homework and he watches TV.

Lin and Marco are students. They get up late, at nine o'clock! They study in the morning and they meet friends in the afternoon. On Sundays, they don't study — they relax.

Comprehension

What time does Sara start work?

Who has breakfast with children?

What do Lin and Marco do on Sundays?

2b. Words in the text

Match the word with the meaning.

- get up
leave your bed in the morning
- start work
begin your job

- finish
stop an activity
- relax
rest and do nothing busy

2c. Talk about the texts

Answer in one or two sentences.

- Is your day more like Sara's, Tom's or Lin and Marco's?
Answer key: Model: My day is like Tom's day. I get up at seven and I start work at nine.
- What time do you finish work or school?
Answer key: Model: I finish work at five o'clock.

Why Some Cities Start Work Later

Source: Apex English · graded news-style report · Original text written for Apex English (A1 graded reader)

A short report about work start times in different cities.

In many cities, people start work at nine o'clock. But in some places, the day starts later. In Madrid, some offices open at ten o'clock, not nine.

Why? Doctors say the body needs more sleep in the morning. 'People sleep late and get up late,' says one doctor. 'A later start is healthier for many workers.'

Not everyone agrees. Some managers say a later start means a later finish, at seven or eight in the evening. 'I like my early mornings,' says Carlos, a teacher. 'I finish work at three and I have a long afternoon.'

1. READ FOR GIST

- What is the text about?
Answer key: Different start times for work in different cities.
- Why do some doctors like a later start?
Answer key: Because it is healthier — people need more sleep.

2. READ FOR DETAIL

- What time do some offices in Madrid open?
Answer key: At ten o'clock.
- What do some managers say about a later start?
Answer key: It means people finish work later, at seven or eight.
- What time does Carlos finish work?
Answer key: At three o'clock, because he starts early.

3. GLOSSARY

start work

begin the working day

healthier

better for your health

a manager

a person who leads a team at work

4. DISCUSS IN PAIRS

- What time do you start and finish work or school?
- Do you prefer an early start or a late start? Why?

3. Vocabulary · Daily routine

SET A

get up / wake up

leave your bed / open your eyes

have breakfast / lunch / dinner

eat a meal

go to work / school

travel to your job or class

have a shower

wash your body

go to bed

lie down to sleep

brush your teeth

clean your teeth

SET B

What time do you get up?

ask about someone's routine

I usually...

talk about a habit

At the weekend, I...

talk about Saturday and Sunday

It depends.

say the answer changes

Practice

Complete with ONE word.

- I get up at seven every day.
- We have breakfast at half past seven.
- They go to school by bus.
- I have a shower every morning.
- I brush my teeth after breakfast.

3b. When do you do it?

Match the activity with the usual time of day.

- have breakfast
in the morning

- have lunch
at midday
- have dinner
in the evening
- go to bed
at night
- start work
in the morning

4. Grammar · Present simple (I/you/we/they)

Use

We use present simple for routines and habits: I get up at seven every day.

Form

I / you / we / they + base verb: I work, you study, we live, they play.

Time expressions

every day, usually, always, on Mondays, at the weekend.

Prepositions of time: at

at seven o'clock, at night, at the weekend.

Prepositions of time: in

in the morning, in the afternoon, in the evening.

Prepositions of time: on

on Monday, on Saturdays, on my birthday.

Word order

Subject + verb + time: We start work at nine o'clock.

4a. Complete with the verb

Complete with the correct present simple form.

- I ___ (get up) at six thirty.
Answer key: get up
- We ___ (start) work at nine.
Answer key: start
- They ___ (live) near the school.
Answer key: live
- You ___ (finish) class at four.
Answer key: finish
- I ___ (go) to bed at eleven.
Answer key: go

4b. at, in or on?

Complete with at, in or on.

- I have breakfast ___ the morning.
Answer key: in

- We work ___ Mondays.
Answer key: on
- They go to bed ___ eleven o'clock.
Answer key: at
- I relax ___ the weekend.
Answer key: at
- She studies ___ the evening.
Answer key: in

4c. Write the sentence

Put the words in order to make a sentence.

- seven / get up / I / at
Answer key: I get up at seven.
- work / we / at nine / start
Answer key: We start work at nine.
- on Saturdays / they / play football
Answer key: They play football on Saturdays.
- in the evening / I / study English
Answer key: I study English in the evening.

Look at the picture and use the grammar you just studied

Look at the picture. Write 4–5 sentences about a typical morning. Use present simple and time expressions.

5. Listening · A busy family

Two friends, Kate and James, talk about their family's daily routine. Listen for the times and activities.

Two voices — no narrator introduction.

Before you listen

- What time do children usually get up?
- Who cooks breakfast in your family?

First listen — gist

- Who is talking?
Answer key: Kate and James, two friends.
- What is the topic?
Answer key: James's family's daily routine.

Second listen — detail

- What time do James's children get up?
Answer key: At seven o'clock.
- Who makes breakfast?
Answer key: James's wife, Anna, makes breakfast.
- What time does James start work?
Answer key: At half past eight.

- What do they do in the evening?

Answer key: They have dinner together at seven and then the children go to bed at nine.

5b. Useful language

Match the phrase with the use.

- What time do you usually...?
ask about a routine
- We always...
talk about a habit that never changes
- Sometimes we...
talk about a habit that isn't always the same
- That sounds busy!
react to someone's routine

6. Speaking · Our daily routines

Work in pairs. Ask and answer about your daily routine using present simple.

- Weekday routine
A: Ask your partner what time they get up and start work.
B: Answer with full sentences and times.
- Weekend routine
A: Ask what your partner does at the weekend.
B: Answer and say if it's different from the week.

6b. Talk together

Ask and answer in pairs.

- What time do you get up on a work day?
- What do you usually have for breakfast?
- What time do you start and finish work or school?
- Is your weekend routine different?

6c. Mini presentation · My typical day

Tell the class about your typical day in 4–5 sentences.

- Morning: what time you get up
- What you have for breakfast
- When you start work or study
- What you do in the evening
- One sentence about the weekend

7. Writing · My daily routine

Write 40–50 words about your typical day. Use present simple and at least four time expressions (at, in, on). Finish with one sentence about the weekend.

WORKBOOK · HOME PRACTICE

Unit 4A Workbook

Do this after class. Answers are marked for your teacher.

1. Vocabulary gap-fill

Complete each sentence with ONE word from the box.

- I get up at seven every morning.
- We have breakfast at half past seven.
- She starts work at nine o'clock.
- I brush my teeth after breakfast.
- He finishes work at five in the evening.
- They go to bed at eleven.

2. at, in or on?

Complete with at, in or on.

- I have breakfast ___ the morning.
Answer key: in
- We start work ___ nine o'clock.
Answer key: at
- They study English ___ Mondays.
Answer key: on
- She relaxes ___ the weekend.
Answer key: at
- He finishes school ___ the afternoon.
Answer key: in
- I go to bed ___ eleven o'clock.
Answer key: at
- We visit family ___ Sundays.
Answer key: on

3. Correct or incorrect?

Choose the correct sentence.

Choose the correct sentence:

Choose the correct sentence:

Choose the correct sentence:

Choose the correct sentence:

Choose the correct sentence:

4. Find and fix the mistake

Each sentence has ONE mistake. Write it correctly.

- I gets up at seven.
Answer key: I get up at seven.
- We have breakfast in eight o'clock.
Answer key: We have breakfast at eight o'clock.
- They study on the evening.
Answer key: They study in the evening.
- I finish work in five o'clock.
Answer key: I finish work at five o'clock.

- We go to bed at Sunday.
Answer key: We go to bed on Sunday.
- She have lunch at one.
Answer key: She has lunch at one.

5. Listening · Three routines

Three people talk about their daily routine. Listen for the times.

- Speaker 1: what time does he get up?
Answer key: At six o'clock, because he starts work at seven.
- Speaker 2: when does she study?
Answer key: In the evening, after dinner.
- Speaker 3: what does he do at the weekend?
Answer key: He gets up late and he relaxes with his family.

6. Writing · A perfect day

Write 40–50 words about your perfect day. Say what time you get up, what you do in the morning, afternoon and evening. Use at least three time expressions.

7. Reflection

Answer in one or two sentences.

- Which prepositions of time are difficult for you: at, in or on?
Answer key: Model: 'On' is difficult for me. I sometimes say 'in Monday' instead of 'on Monday'.
- Write three things you do every day, with times.
Answer key: Model: I get up at seven, I have lunch at one, I go to bed at eleven.