



Unit 5 Part 2

Learning Goals:
















- ▶ Describe a typical day
- ▶ Talk about schedules
- ▶ Grammar:
 - ▶ Adverbs of frequency;
 - ▶ Describing a daily routine;
 - ▶ Third person -S ending simple present.



Warm-up

WHAT DO YOU DO IN YOUR FREE TIME?







Free Time

				
STAY HOME	EAT OUT	GO TO THE MOVIES	GO OUT TO DINNER	GO TO THE GYM
				
GO ON THE INTERNET	RELAX	RENT MOVIES	HAVE DINNER TOGETHER	SLEEP LATE
				
READ	TALK TO FRIENDS	GO SHOPPING	WATCH VIDEOS	PLAY SPORTS

Free Time Activities

English Vocabulary

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ENGLISH

 Watch TV	 Go to the movies	 Play video games
 Listen to music	 Read	 Surf the internet
 Play an instrument	 Go shopping	 Do/Play sport
 Spend time with the family	 Go out with friends	 Study

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www.woodwardenglish.com

www.vocabulary.cl



Grammar

Adverbs of frequency

%	Adverb of Frequency	Example
100%	Always	I always study after class
90%	Usually	I usually walk to work
80%	Normally / Generally	I normally get good marks
70%	Often / Frequently	I often read in bed at night
50%	Sometimes	I sometimes sing in the shower
30%	Occasionally	I occasionally go to bed late
10%	Seldom	I seldom put salt on my food
5%	Hardly ever / Rarely	I hardly ever get angry
0%	Never	Vegetarians never eat meat

Subject + Adverb + Main Verb

Daniel always passes his exams.

Subject + BE + Adverb

He is always happy.

Let's Practice

PUT THE ADVERBS IN THE CORRECT POSITION:

1. He listens to the radio. (**often**)
He often listens to the radio.
2. They read a book. (**sometimes**)
They sometimes read a book.
3. Pete gets angry. (**never**)
Pete never gets angry.
4. Tom is very friendly. (**usually**)
Tom is usually very friendly.
5. I take sugar in my coffee. (**sometimes**)
I sometimes take sugar in my coffee.
6. Ramon and Frank are hungry. (**often**)
Ramon and Frank are often hungry.
7. My mother goes for a walk in the evening. (**always**)
My mother always goes for a walk in the evening.
8. Walter helps his father in the kitchen. (**usually**)
Walter usually helps his father in the kitchen.



Listening & Pronunciation

Daily routine - Descriptions

DAILY ROUTINES



Let's Practice

Describe your daily routine.



Daily Routines



Wake up



Get up



Take a shower



Get dressed



Comb hair



Have breakfast



Go to work



Have lunch



Cook dinner



Have dinner



Watch TV



Go to bed

Pronunciation: Final -S third person

Pronunciation of S

Plural Nouns - Verbs in Third Person

The pronunciation of words ending in S depends on the final consonant (sound). There are three ways to pronounce the S:

/iz/

SIBILANT

C races
S buses
X boxes
Z prizes
SS kisses
CH watches
SH dishes
GE changes

Sibilant Sound
a hissing or
buzzing sound

/s/

VOICELESS

P sleeps
K books
T hats
F cliff
PH graphs
TH myths

Voiced Sound
uses the vocal cords
and it produces a
vibration or humming
sound in the throat

/z/

VOICED

B crabs
D words
G bags
L deals
M dreams
N fans
NG sings
R wears
V gloves
Y plays

Let's Practice

RULES FOR THE 3RD PERSON SINGULAR (HE / SHE / IT)

In general + s	Verbs ending in conson. + y y + ies	Verbs ending in -o, sh, tch, x, ss + es
work → works	stud <u>y</u> → studi <u>es</u>	go → go <u>es</u>
eat → eat <u>s</u>	cry → cri <u>es</u>	wash → wash <u>es</u>
play → play <u>s</u>	try → tri <u>es</u>	watch → watch <u>es</u>
swim → swim <u>s</u>	spy → sp <u>ies</u>	mix → mix <u>es</u>
write → writ <u>es</u>	fly → fl <u>ies</u>	kiss → kiss <u>es</u>

USE THE THIRD PERSON:

1. We go to work every morning. (He)
He goes to work every morning.
2. I always exercise. (She)
She always exercises.
3. They eat a lot of meat. (It)
It eats a lot of meat.
4. You watch movies on weekends. (He)
He watches movies on weekends.



Reading & Writing

It's good for you

Walking: It's Good for You

Let's face it—our lives are busy. After a long day of work or classes, it's very easy to skip exercise. Gyms are expensive and crowded. You need other people to play soccer or basketball. Some sports use special equipment. So why not walk for exercise? Walking has important benefits, and it's easy to do.

First, walking improves your physical health. About thirty percent of deaths worldwide are from heart disease. Walking lowers your heart rate and blood pressure. It protects you against heart disease. It also helps to prevent some forms of cancer. And it makes your muscles and bones stronger. It can also help you lose weight.

Second, walking is good for your mental health. When older people walk, they remember better. It also helps your sleep. And walking improves your mood. People who walk are happier.

Third, walking doesn't cost a lot of money. You don't need anything special to walk - just some good walking shoes and comfortable clothes. If you walk at night, wear light colors or carry a light. Some people use a pedometer (something that counts your steps). A good goal is to walk 10,000 steps, or about 8 km, every day. If you walk, you save money on a gym membership.

It's easy to start a walking program. If you don't exercise now or you're not very healthy, see your doctor first. If you're healthy, you can just start walking. After you get dressed and put on your walking shoes, warm up by walking slowly for a few minutes. Then walk quickly for ten to 20 minutes. Swing your arms and stand up straight. At the end of the walk, you can cool down by walking slowly.

As you can see, walking is safe, easy, and healthy. You can save money on the gym and on doctor's bills. You can lose weight and feel happy. So don't wait—start walking!

Let's Practice

TALKING ABOUT THE TEXT:

1. What are the benefits of walking?

Walking improves your physical health, walking is good for your mental health and walking doesn't cost a lot of money.

2. What equipment do you need to have before walking?

I need some good walking shoes and comfortable clothes. If you walk at night, wear light colors or carry a light.

3. Why do people walk instead of going to a gym?

Because gyms are expensive and crowded.

4. What exercises do you do?

(Free answer)

Recap

- ▶ Do you remember the goals for this lesson? Let's check them again.
- ▶ Let's quickly recap what we have studied today:
 - ▶ Adverbs of frequency;
 - ▶ Describing daily routine;
 - ▶ Third person -s ending simple present;

Practice in My Time English platform

- ▶ Now you've finished this lesson you're able to do the following activities on the My Time English platform - Level 2, Unit 5:

- ▶ Lesson 5: Grammar D
- ▶ Lesson 6: Listening;
- ▶ Lesson 7: Reading & Writing;
- ▶ Lesson 8: Video;

- ▶ Remember to practice and write down any questions you might have;
- ▶ Use IPA's channels to get the necessary help;

Unit 4: Home

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References

- ▶ Keeping your progress in mind we have selected some activities and extras materials;
- ▶ As extras we have the following videos:
 - ▶ <https://www.youtube.com/watch?v=np7aNqutabl>
(Advertisement of a channel called Ethnic Neighborhood)
- ▶ Remember to practice your English as much as possible!
If you need any further help, please let us know!
- ▶ Keep up the good work!!

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