

1 Get going!

Lesson 1 Vocabulary 1

1 Find and circle six actions. Then write.



get dressed wake up have a shower brush my teeth wash my face make my bed

In the bathroom, I ...



1 brush my teeth



2 _____



3 _____

In my bedroom, I ...



4 _____



5 _____



6 _____

2 Look, unscramble the words and write.



1 teg pu



2 rbuhs
ym irha



3 upt no ym
ohses



4 ckap ym
gab



5 yitd pu



6 indrk uicje

In the morning, I ¹ get up at seven o'clock
and I get ready for school. I ² _____ and
³ _____. Then I ⁴ _____
and I ⁵ _____. I ⁶ _____
in the kitchen, then I go to school.



1 Unscramble the sentences.



Adam: 1 I always make my bed in the morning.
always / I / my bed / make



Emma: 2 Me too, but _____!
makes / never / my sister / her bed

Adam: 3 _____ in the evening.
usually / My dad and I / tidy up

Emma: 4 _____ at the weekend.
tidy up / sometimes / I

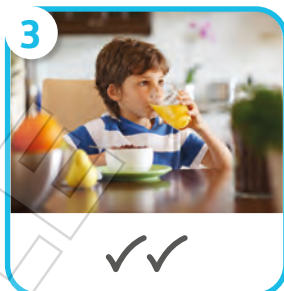
2 Look and complete the sentences.

always ✓✓✓

usually ✓✓

sometimes ✓

never ✗



1 My brother always gets up at seven o'clock.

2 My sister _____ in the morning.

3 My dad and I _____ for breakfast.

4 I _____ after lunch.

5 We _____ before school.

3 Write sentences about your morning.

I _____ wake up _____ .
I _____ have a shower _____ .
I _____ make my bed _____ .
I _____ pack my bag _____ .

Lesson 3 Say and spell

1 Listen. Circle the letters you hear. Write the words.



1 r o b o t



2 _____

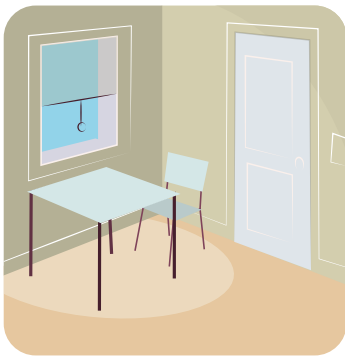


3 _____

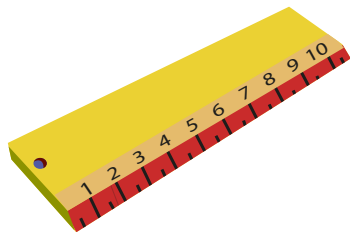


4 _____

2 Read and circle the correct spellings.



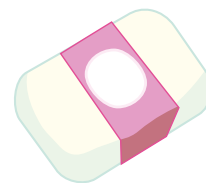
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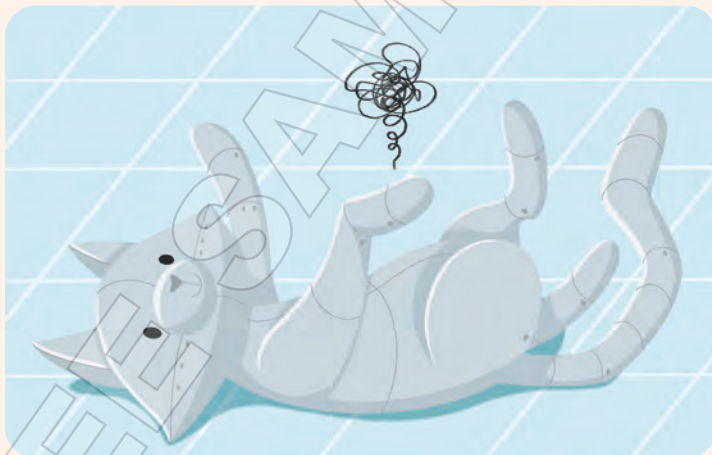
wr
ubber

3 Complete the words. Then listen and say the tongue twister.

What's ¹ wr ong with my ² obot?

It can't ³ ite

Or ⁴ un around the ⁵ oom.



Spelling Bee Challenge

- Close your books.
- Ask a friend to test you.

How many words beginning with *r* or *wr* can you spell?

Spell 'red'.

r-e-d



After you read

1 Read the story on Pupil's Book pages 12–13 again. Then number the pictures in the correct order.



Adam says sorry to Charlie.



Charlie isn't happy.



Adam gets a cool birthday present.



Adam takes his birthday present to the club.

2 **Exam practice** Look at the pictures and read. Write some words to complete the sentences.



My Club Page

This is my new toy. It's a robot cat. It was my birthday present from my mum. It's a great present. It can't talk, but it can run, jump and climb. You press the red button to start it. I sometimes take my robot to school or to our club because my friends like playing with it too.

This is Charlie. He's my cat. He usually comes with me to the club, but he doesn't like dogs or robots. Charlie is my real friend because I love him and he loves me. I like playing with Charlie in the evening, after school.



Like



Share



Comment



Adam's new toy is a robot cat.

- 1 The new toy was a _____ from his mum.
- 2 Adam's friends _____ with his new toy.
- 3 Charlie doesn't like _____ or _____.
- 4 Charlie is Adam's real _____.

3 **Read, circle and write.**

I like / don't like _____ in the story.

This is because _____.

1 Classify the phrases.

go to bed early drink fizzy drinks eat sweets do exercise go to bed late eat healthy snacks



Good for you



Bad for you

2 Look and complete.



2/week



1/week



3/week



2/day

1 How often does he go to bed early?
 He goes to bed early twice a week.

2 How _____ she eat sweets?
 She eats sweets once a week.

3 How often do they do exercise?
 They _____ exercise _____.

4 How often does she eat healthy snacks?
 She _____ healthy snacks _____.

3 Answer the questions. Then ask a friend.

me

my friend

How often do you drink juice? _____

How often do you ride a bike _____

How often do you eat chips? _____



After you read

- 1 Read the instructions on Pupil's Book pages 16–17 again. Complete the activity names. Then write the instructions in the correct order for each activity.

Put your feet on the wall. Catch the ball with the other hand. Run and jump.
Throw the ball up with one hand. Kick your legs up. Put your hands on the floor.



stand

1 *Put your hands on the floor.*

2

3



Ball

1

2

3

- 2 Answer the questions.

1 What parts of your body is gymnastics good for?

Your bones and your muscles.

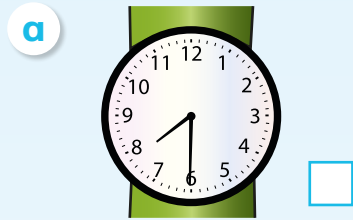
2 Do you need a teacher?

3 Where can you do gymnastics?

4 Would you like to go to a gymnastics club? Why / Why not?

1 1.3 **Exam practice** Listen, look and tick (✓) the box.

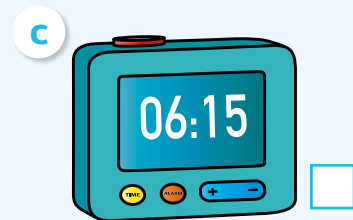
1 What time does Giulia usually go to bed?



2 What time does Giulia usually go to bed on Saturdays?



3 What time does Giulia get up on school days?



2 Read and match.

- | | |
|-----------------|---------------------------|
| 1 Can I ask you | a you. |
| 2 Yes, of | b course. |
| 3 Thank | c great. |
| 4 That's | d some questions, please? |

3 1.4 Listen and complete the dialogue. Then listen again and check.



Can I ¹ ask you a question, ² _____ ?

Yes, ³ _____ course.

Thank ⁴ _____. How often do you clean your teeth?

I clean my teeth twice a day.

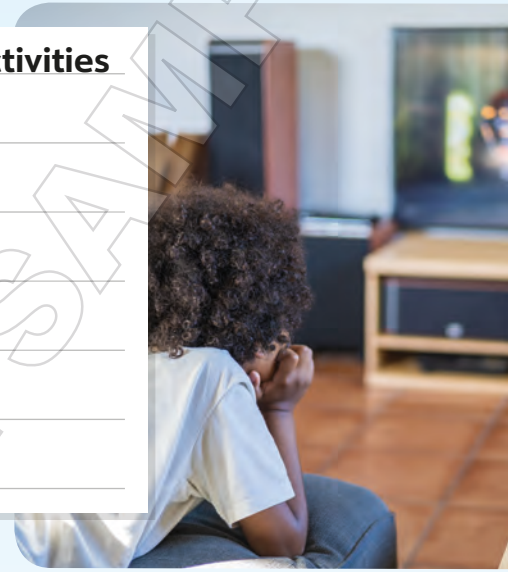
⁵ _____ great.



Plan Think about what you do in the evening. Write two lists. 



| Healthy evening activities | Unhealthy evening activities |
|----------------------------|------------------------------|
| <i>play football</i> | <i>watch TV</i> |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |



Write  Write instructions for a healthy evening routine. 

How to have a **healthy evening** routine

- 1 Do / Play / Eat / Go / Drink _____.
It's good for your body.
- 2 _____
- 3 _____
- 4 _____
- 5 Don't _____

Check  Read and check your work with a friend. 

I don't use the words *I*, *you*, *he* or *she* at the start of each instruction.

I use a capital letter for the first word of each instruction.

I say why each activity is healthy.

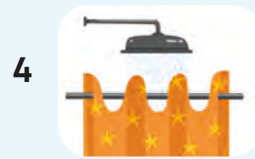
Review

1 Look and complete.

My morning routine



brush my
teeth



_____ a





_____ my

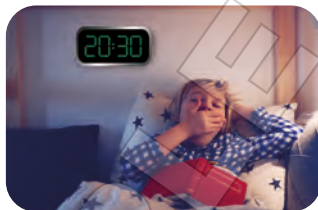


_____ my



my _____

2 Look at the pictures and classify.



| up | eat | drink | go |
|---------|-----|-------|----|
| wake up | | | |
| | | | |

3 Complete the words in the dialogue.



Can I ask you some questions?
How ¹o _____ do you do exercise?

I do exercise ²o _____
a day. I ride my bike to school.

How often ³d _____ you eat sweets?

Er ... well ... I eat sweets three ⁴t _____ a week.

Thank you, Adam. That's great.



4 Look at the questionnaire and complete the sentences.

✓✓✓ = always ✓✓ = usually ✓ = sometimes ✗ = never



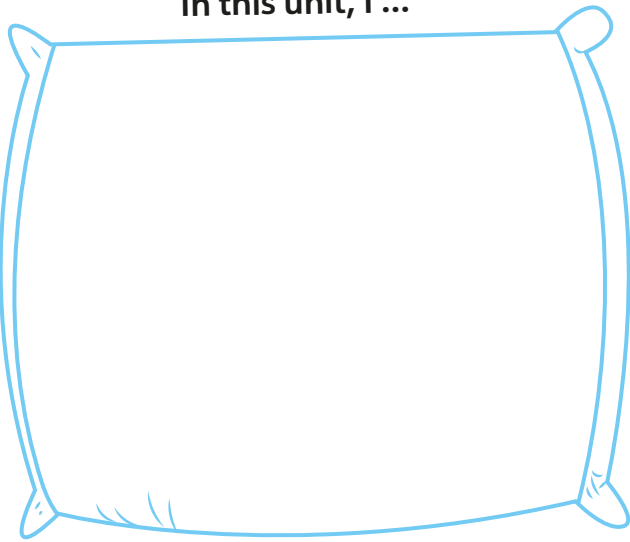
| | | morning | evening |
|---|--|---------|---------|
| 1 | | ✓ | ✗ |
| 2 | | ✓ | ✓✓ |
| 3 | | ✓✓ | ✓✓ |
| 4 | | ✓✓✓ | ✓✓✓ |

- Liam _____ *never makes his bed* _____
in the evening.
- He _____
in the morning.
- He _____
in the evening.
- He _____
in the morning.

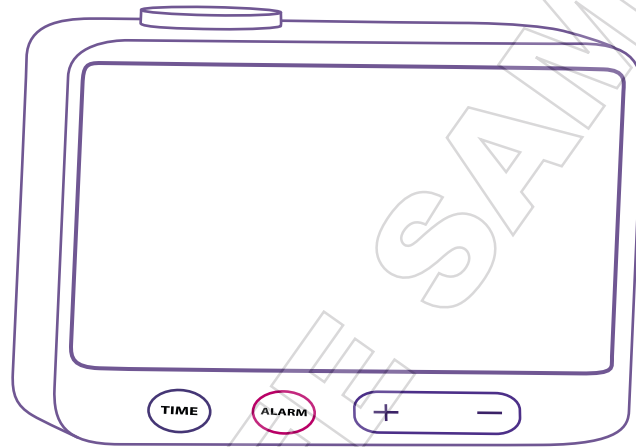
Think about Unit 1

Read. Write or draw, colour or circle and tick (✓) your answers.

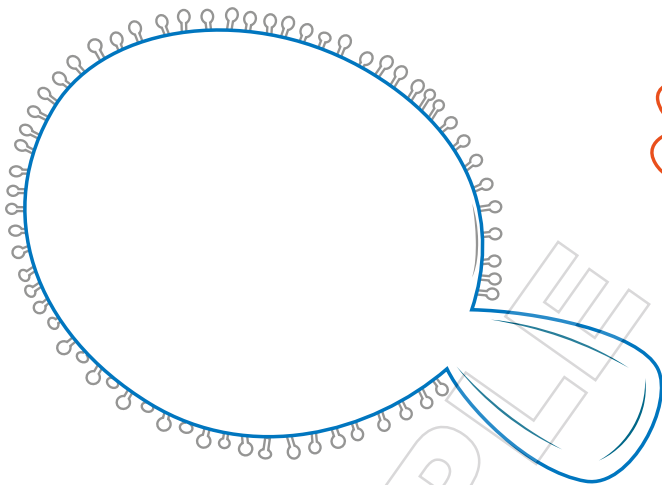
In this unit, I ...



Now I can ...



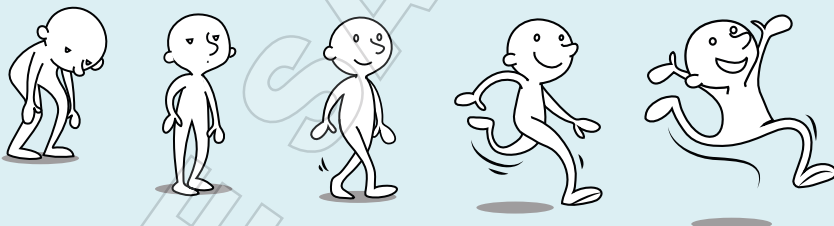
To learn I usually ...



My favourite part is ...



How I feel about my work in this unit:



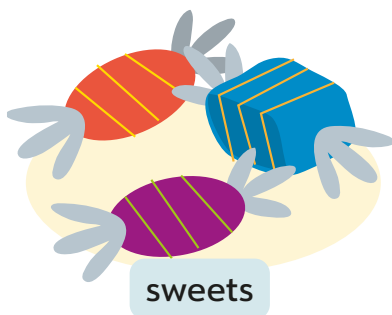
What can I do next?

- I can ...
- practise the new words.
 - read the story again.
 - sing the songs again.
 - ask my family about their routines.

Go to the map on pp.4-5 and draw your unit pass.



1 Look and read. Choose the correct words and write them on the lines.



sweets



the bathroom



brush my teeth



gymnastics



tidy up



my bedroom



a fizzy drink



a healthy snack

Example

You usually do this in the morning when you get up and in the evening before bed.

Questions

- 1 Never drink this before bed. It isn't good for you.
- 2 This is where you have a shower and brush your teeth.
- 3 You do this when your bedroom is a mess.
- 4 This is where you get up and get dressed.
- 5 This sport is very good for your muscles and your bones.

brush my teeth

Exam tip

Look at all of the pictures first. Which pictures show **rooms**? Which pictures show **things**? Which pictures show **actions**?



Look! = sweets, a fizzy drink, tidy up
 = candy, a soda, clean up

Can you think of examples in your language?