Lesson 1

1 Follow the footprints.

- Wake up
- Get up
- Get dressed
- Have breakfast
- Go to school
- Have break
- Have lunch
- Go home
- Do your homework
- Have dinner
- Get undressed
- Go to bed

2 Listen and sing the song.

I wake up and get up in the morning
I get dressed and have breakfast, hey, hey, hey
I go to school and I see my friends
I’m happy it’s another day!

I work and have break in the morning
I play and have lunch, hey, hey, hey
I go home and I see my mum and dad
I’m happy it’s another day!

I do my homework in the evening
I watch TV and have dinner, hey, hey, hey
I get undressed and I go to bed
It’s the end of another day!

3 Ask and say.

Do you have breakfast in the morning?
Yes, I do!
Lesson 2 Language input and story.

At Davina’s house

1. Sam, Jack and Emily have breakfast. They read Davina’s card and decide what to do.

Do you want to go to Davina’s house?

Yes, I do!

So do I! Come on! Let’s find the magic emerald!

2. Sam, Jack and Emily go to Davina’s house.

Look! There’s Davina!

Well, Suki. Freddie and I have got the magic emerald. We’re millionaires now!

3. Suddenly the phone rings.

Hello, Freddie. We need to talk urgently. Let’s meet.

4. What time do you have lunch?

Fine. Let’s meet at 12 o’clock then. Bye.

I always have lunch at 12 o’clock.

What’s that noise? Aha, I know. It’s that dog and those children! Come on, Suki. Let’s find them!

5. 6585_Pupil's_Book_3V11.indd 7

19/1/09 15:27:28

6. Oh, no! Here’s Davina!

Quick! Hide!

Be quiet, Rusty, please!

7. Look at Davina! She’s wet!

Phew! A lucky escape!

Yes! But what time is Davina meeting Freddie for lunch?

Count the flowers in Davina’s garden to find the answer!
Lesson 3

5 Look and say.

seven o’clock  half past nine  half past twelve  ten o’clock

6 Listen and say the grammar rap.

What time do you have breakfast?
At half past eight.
I always have breakfast at half past eight.

What time do you have lunch?
At half past twelve.
But I sometimes have lunch at one o’clock.

When do you have dinner?
At seven o’clock.
And I never have dinner at half past six.

7 Ask and say.

What time do you have breakfast?  At seven o’clock.
When do you go to school?  At half past eight.

8 Look and learn.

<table>
<thead>
<tr>
<th></th>
<th>do you</th>
<th>wake up?</th>
<th>At</th>
</tr>
</thead>
<tbody>
<tr>
<td>When</td>
<td></td>
<td></td>
<td>seven o’clock.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>get up?</td>
<td>half past seven.</td>
</tr>
</tbody>
</table>

I

always  have lunch  half past twelve.
sometimes  go to bed  at  nine o’clock.
never  do my homework  three o’clock.
Lesson 4

9 Listen, look and repeat.

- = never  = sometimes  = always

1 Listen and say.

I always wake up at six o’clock.

I don’t believe you!

11 Listen and say.

Say the tongue twister!

I sometimes cycle to school with my sister on Saturday.

Lesson 4 Communication, grammar and pronunciation
Lesson 5

12 **Read, listen and answer.**

Sleep
Everybody needs sleep – babies, children, teenagers, adults and old people. When you sleep, you rest. Sleep gives you energy for the next day. Sleep helps you pay attention, remember what you learn and think of new ideas. Sleep also helps you grow and stay healthy. When you have enough sleep, you feel in a good mood. When you don’t have enough sleep, you feel tired and in a bad mood. It is difficult to concentrate or play sport when you are tired.

13 **Guess, listen and say.**

How many hours of sleep a day do they need?

1. baby
2. child
3. teenager
4. adult
5. old person

1. Who needs sleep?
2. What does sleep help you do?
3. When is it difficult to play sport?

14 **Ask and say.**

What time do you go to bed? At half past eight.
When do you wake up? At seven o’clock.
How many hours do you sleep? Ten and a half.
15 **Listen, read and answer.**

**Ideas to help you go to sleep**

It is sometimes difficult to go to sleep. Here are some ideas to help:

To sleep well, always:
- go to bed at the same time every day.
- do an activity to relax before you go to bed.
- keep your bedroom quiet and dark.

Just before you go to bed, never:
- eat a big dinner.
- drink cola or other fizzy drinks.
- play computer games.
- do sport.

16 **Play a game.**

![Image of children playing]

Play computer games! **Never!**

17 **Make and complete** *My Little Fact File of Sleep.* (AB p95)

**Before I go to sleep, I always read a book.**

**Before I go to sleep, I always have a warm shower.**

**My key words**

- rest
- concentrate
- energy
- good mood
- healthy
- bad mood
- relax
- pay attention
Lesson 7

Learn about their daily routines!

**Listen, read and answer.**

For many children in Britain the school day starts at 9 o’clock and finishes at 3.30. Many children have dinner at about 6 o’clock and go to bed at about 8.30.

1. Who has breakfast at 8 o’clock?
2. Who has lunch at 12 o’clock?
3. Who has dinner at 6 o’clock?
4. Who always goes to computer club?
5. Who sometimes plays football after school?
6. Who never wakes up in time?

_I always wake up at 7 o’clock. I get dressed and have breakfast at 7.30. I go to school at 8.30 and I go home at 3.30. I have dinner at 6 o’clock. I sometimes watch TV after dinner. I go to bed at 9 o’clock._

By Leo

_I never wake up in time! And I always have breakfast in a hurry! I go to school at 8 o’clock and I have lunch at 12 o’clock. I’m always hungry! I go home at 3 o’clock. After school I have dinner and do my homework and I sometimes play on my computer. I go to bed at 8.30._

By Daisy

_I get up and have breakfast at 8 o’clock every day. I go to school at 8.30. At school I always have morning break at 10.30, lunch at 12.30 and afternoon break at 2.30. I go home and have a snack at 4 o’clock. I sometimes play football after school._

By Oliver

_I get up at 7.30 and have breakfast at 8 o’clock. I go to school at 8.30. At school I have morning break at 11 o’clock, lunch at 1 o’clock and afternoon break at 3 o’clock. After school I always go to computer club. I go home at 4.30. I have dinner at 6.30 and go to bed at 8 o’clock._

By Amy

1. Who has breakfast at 8 o’clock?  
2. Who has lunch at 12 o’clock?  
3. Who has dinner at 6 o’clock?  
4. Who always goes to computer club?  
5. Who sometimes plays football after school?  
6. Who never wakes up in time?

Are children’s daily routines the same or different in your country?

Remember! Good daily routines help you to be healthy and happy!

Do you know that people in Britain drink 165 million cups of tea every day?

What two things can’t you have for breakfast? Lunch and dinner!
Lesson 8

19 **Listen, read and say.**

- What time do you get up?
  - I get up at half past seven.

- And when do you have breakfast?
  - I have breakfast at about eight o’clock.

- And what time do you have dinner?
  - Well, I sometimes have dinner at half past eight. And I sometimes have dinner at nine o’clock.

- When do you go to bed?
  - I always go to bed at half past eleven. I never go to bed at twelve o’clock.

20 **Listen and do the Footprints quiz.**

1. Name three daily routines.
2. Say what you always do.
5. What time do you go to bed?
6. When do you do your homework?
7. When do you have dinner?
8. Ask someone when they have breakfast.
9. Ask someone when they go home.
10. Who needs sleep?
11. What does sleep help you do?
12. How many hours do you sleep?
13. Say two ideas to help you go to sleep.
14. Say two things you always do before you go to sleep.
15. Say two things you sometimes do before you go to sleep.
16. Say two things you never do before you go to sleep.

Now act out your own dialogues!