

# unit 1

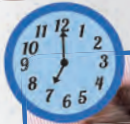
# Wake Up!

1:02



1 Listen, look and say.

Monday 13<sup>th</sup> May



1 wake up



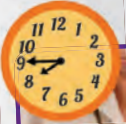
2 eat breakfast



6 go to the park



7 play football



3 get dressed



4 go to school



8 do my homework



9 play video games



5 go home



10 watch TV

1:03



2 Listen, find and say.

3

Play a game.

Listen and sing. Does Kate eat breakfast?



**Hurry, Kate!**

It's Monday, 7:30.

Kate has to wake up.

Her mum sees the clock and says

Wake up sleepy head.

**Go, go, go! Hurry, Kate!**

**Hurry, Kate! You can't be late!**

Kate eats breakfast, she gets dressed.

It's 7:45.

It's time to go to school.

And she can't be late!

**Chorus**

Kate's got her backpack

And she's got her lunch.

What time is it now?

Oh, no, it's time to go!

**Chorus**



5 Read, match and say. Ask and answer.

- |        |                    |
|--------|--------------------|
| 1 7:00 | a seven forty-five |
| 2 7:30 | b seven fifty-five |
| 3 7:45 | c seven o'clock    |
| 4 7:55 | d seven thirty     |
| 5 4:45 | e five twenty-five |
| 6 4:00 | f four forty-five  |
| 7 8:15 | g four o'clock     |
| 8 5:25 | h eight fifteen    |

When does she wake up?

She wakes up at seven o'clock.



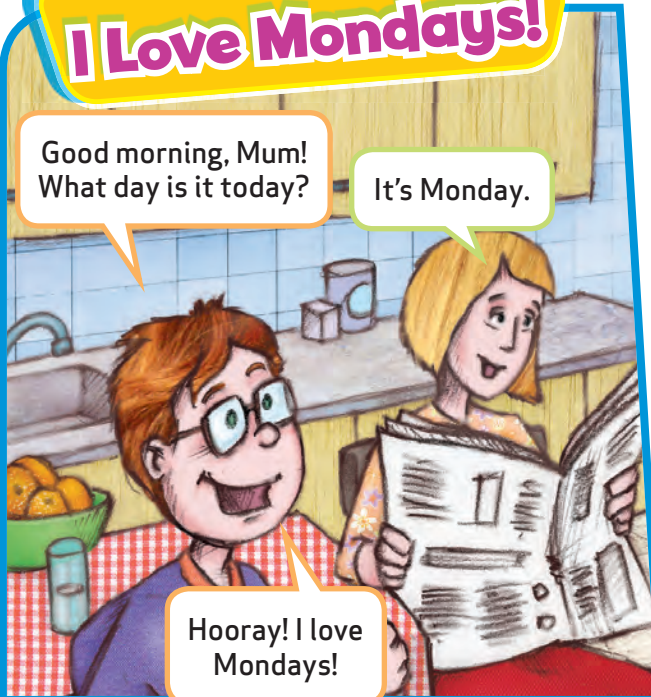
**THINK BIG**

Which activities do you do inside? Which do you do outside?



Listen and read. What does Luke do after school?

## I Love Mondays!



Good morning, Mum!  
What day is it today?

It's Monday.

Hooray! I love  
Mondays!

1 Luke wakes up and goes into the kitchen.



Before lunch, at eleven ten, I've got Art. Art is fun!

But...

2 Before school, Luke always eats breakfast.



We draw pictures.  
We paint. It's great!

But today...

3 After breakfast, he brushes his teeth. Then he washes his face.



After lunch, at two fifteen, we've got English. I love English!

But Luke...

4 He gets dressed.



After school, we play football or basketball...

LUKE!

5 He puts on his shoes. He's ready for school.



What, Mum?

Today's a holiday!  
There's no school!

6 But there's no school today!

7 Read and say **before school** or **after school**.

- 1 Luke eats breakfast.
- 2 Luke gets dressed.
- 3 Luke plays football.
- 4 Luke puts on his shoes.
- 5 Luke wakes up.
- 6 Luke plays basketball.

**THINK  
BIG**

Do you like Mondays? Why/Why not?  
What different things do you do on different days?

# Language in Action

1:08

8

Listen and look at the sentences. Help Luke and Amy make more.

get dressed do my homework

7:20 2:15 in the morning/afternoon/evening

When does he go to school ?

He goes to school at 8:10 .

When does she go home ?

She goes home in the afternoon .

9

Read and match. Make sentences with a partner.

- 1 Sam eats breakfast at 7:30
  - 2 Jack wakes up at
  - 3 Paula gets
  - 4 Tim does his homework in
  - 5 Sandra plays video
  - 6 Alice watches
- a games at 5:00 in the afternoon.
  - b in the morning.
  - c TV at 8:00 in the evening.
  - d dressed at 7:50 in the morning.
  - e 6:45 in the morning.
  - f the afternoon.

10

Look at 9. Ask and answer.



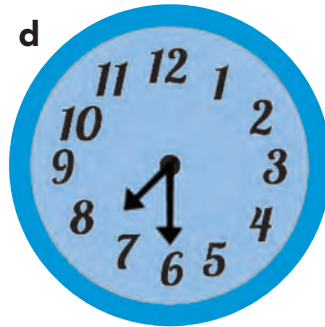
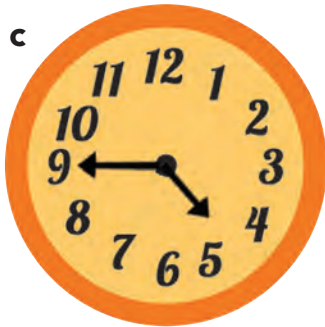
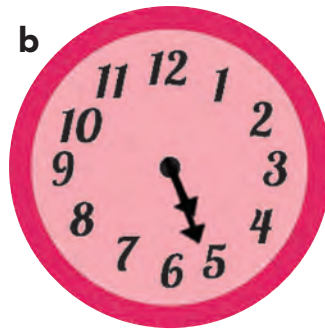
When does Paula get dressed?

She gets dressed at seven fifty.





1:09 Listen and find the clocks.



12 What does Claudia do before and after school? Make sentences.

### Claudia's Schedule

- 6:30 wake up
- 3:20 go home
- 7:00 get dressed
- 6:45 get up
- 3:30 ride my bike
- 5:30 play football
- 4:45 do my homework
- 7:15 eat breakfast
- 6:30 eat dinner
- 7:30 go to school

13 Look at 12. What does Claudia do in the morning, afternoon and evening?



Claudia wakes up at 6:30 in the morning.

She plays football in the afternoon.





1:17 **Look, listen and repeat.**

bacteria cough decay germs healthy ill sneeze



1:12 **Listen and read. What are bacteria?**

# Keep It Clean!

Washing your hands, showering and brushing your teeth are three easy things you can do each day to keep yourself clean and healthy.



## Have a shower

When your parents tell you to have a shower, they are giving you good advice. Wash your face, behind your ears and under your arms. Make sure you wash your whole body well. Use warm water and soap to wash away bacteria. Bacteria are tiny living things that can make you ill.

## Brush your teeth

To keep your teeth strong and healthy, make sure you brush them twice a day. Brush them in the morning after breakfast. And brush them at night before you go to sleep. Brushing your teeth cleans away bacteria that can cause tooth decay. It's important to brush your teeth for two minutes.

## Wash your hands

Every day, our hands pick up millions of germs that can make us ill. It's important to wash your hands with soap and water for at least 20 seconds. Wash your hands before you eat, after you go to the toilet, after you cough or sneeze and any other time your hands get dirty.



**What other things can you do to stay healthy?  
Where can we learn about staying healthy?**

16 Read and say **true** or **false**.

- 1 Have a shower to wash away bacteria.
- 2 Bacteria can make you ill.
- 3 Brush your teeth only once a day.
- 4 Brushing your teeth causes tooth decay.
- 5 Our hands pick up germs that make us healthy.
- 6 Wash your hands after you cough or sneeze.

17 Ask and answer.

brush/teeth? comb/hair? have/shower? take/bath? wash/hands?



When do you brush your teeth?

I brush my teeth after breakfast and before I go to sleep.



PROJECT

18 Make a **Keep it Clean** poster. Then present it to the class.



*Eat healthy food.*



*Brush your teeth after you eat sweets.*

I eat healthy food.



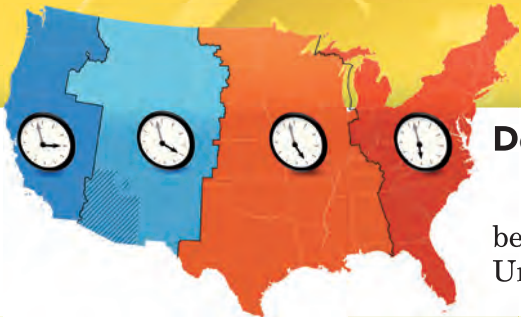


1:13

19



Listen and read. It's twelve fifteen in Texas, what time is it in California?

# Time Zones



## Do You Know What Time It Is?

Is it the same time everywhere in the world? No, it's not. That's because the world is divided into time zones. Look at the map of the United States. It's got four different time zones.

		two hours later	five more hours later
 <b>New York</b>	It's 1:15 in New York and Manuel and his friends are finishing their lunch.	Now it's 3:15 in New York and school is over. Manuel is playing video games.	It's 8:15 at night now in New York and Manuel is finishing his homework.
 <b>Texas</b>	In Texas, it's 12:15 and Maria is just finishing a Maths lesson.	In Texas, it's 2:15 and Maria is still in school.	In Texas, it's 7:15 and Maria is eating dinner.
 <b>Montana</b>	John, in Montana, is hungry and is thinking about lunch. He looks at the clock. It's only 11:15 in the morning!	It's 1:15 in Montana and John is finishing his lunch.	In Montana, it's 6:15 now and John is playing basketball with friends.
 <b>California</b>	And for Kara, in California, it's only 10:15 in the morning.	Kara, in California, looks at the clock and it's 12:15. Hooray! It's lunchtime!	In California, Kara is playing with her sister. It's 5:15.

20 Look at 19 and make false sentences, then correct.

It's three fifteen and Manuel is playing football.

No, he's playing video games.

**THINK BIG** It's ten o'clock in the morning where you are. Find out what time it is in Buenos Aires, Cairo and Sydney.

**21 Read and find.**

A sentence has got a **subject** and a **verb**.  
**She eats** breakfast before school.

- 1 I ride my bike to school.

**22 Find the subjects and verbs. Compare with your partner.**

- 1 Andrew eats lunch at 12:30.
- 2 Marcia goes to school at 8:05.
- 3 We go home at 3:50 in the afternoon.
- 4 My brother does his homework at 4:30.
- 5 You eat dinner with your family in the evening.

**23 What's missing, subject or verb? Make new sentences and compare with a partner.**

- 1 Bridget ? at 6:45 in the morning.
- 2 ? eats breakfast at 7:00.
- 3 Her ? goes to the park with friends.
- 4 Beth ? after school with her family.
- 5 ? get dressed in the morning.

**24 Read about Jack's day. Change all the information in blue and red. Write a new paragraph.**

Jack **wakes up** at six ten in the morning. **He has a shower** and gets dressed before school. **He** rides a bike to school and gets there at eight o'clock. **His brother** gets to school at eight ten. **Jack plays football** after school in the park. **He does his homework** at five fifteen. The family eat dinner together and then they **watch TV**.

**25 Write four sentences about your day. Read them to your partner.**



26

Listen, read and repeat.

1 a\_e

2 i\_e

3 o\_e



27

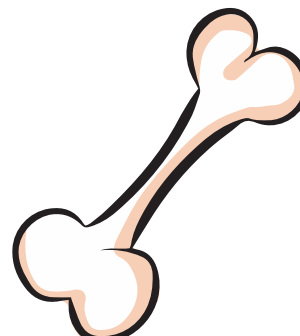
Listen and find. Then say.



face



bike



bone



28

Listen and blend the sounds.

1 g-a-me game

2 c-a-ke cake

3 t-i-me time

4 n-o-te note

5 h-o-me home

6 sh-a-pe shape

7 r-i-de ride

8 l-i-ke like



29

Read aloud. Then listen and chant.

What time is it?  
It's time to play a game.  
What time is it?  
It's time to eat cake.  
What time is it?  
It's time to ride a bike.  
What time is it?  
It's time to go home.



30 Choose the correct answer.

**When/What** does Mia wake up on Friday? She **wakes/wake** up at seven fifteen because she has a shower, gets dressed, eats breakfast and brushes her teeth **before/after** school. She goes to school **at/in** eight o'clock. School finishes at three thirty in the **morning/afternoon**. When **do/does** she do her homework? At four fifteen. Then she goes **to/at** the park and **plays/playing** baseball with her friends.

31 Make three sentences about things you do before school and three for after school.

32 Play the **Silly Sentences** game.



### I Can

- talk about what people do before and after school.
- talk about different times of the day.
- talk about keeping clean.
- find and use subjects and verbs.