

# 14 Describing your week

You can talk about your usual weekly activities using the present simple with time phrases. Time phrases are often formed using prepositions and days of the week.

 **New language** Days and prepositions

 **Aa Vocabulary** Days of the week

 **New skill** Talking about your weekly routine

## 14.1 VOCABULARY DAYS OF THE WEEK

weekend



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



## 14.2 KEY LANGUAGE PREPOSITIONS AND DAYS OF THE WEEK



Use "on" before the day of the week to say the day you do something.

I go to work **on Mondays**.



I work **from Monday to Friday**.

Use "from" to say the day you start doing something.

You can add "-s" to the day of the week to show that the thing happens regularly on that day.

### TIP

In US English, you can also leave out "go to" and the preposition when saying what day you work: "I work Mondays."



I watch TV **{on at} the weekend**.

"On the weekend" is more common in the US.

"At the weekend" is more common in the UK.





### 14.3 FILL IN THE GAPS TO COMPLETE THE SENTENCES

Sharon wakes up at 5am on Mondays.

- 1 We eat lunch at 3pm on the weekend.
- 2 She goes to bed at 1am on the weekend.
- 3 I go to work on Monday to Wednesday.
- 4 They eat dinner at 9pm on the weekend.
- 5 We finish work at 3pm on Fridays.
- 6 I eat breakfast at work on Mondays.



### 14.4 VOCABULARY ACTIVITIES



go to the gym



go swimming



play tennis



play soccer



read the newspaper



take a bath



### Aa 14.5 FILL IN THE GAPS TO COMPLETE THE SENTENCES



She plays tennis on Mondays.

- 1 He runs on Tuesdays and Fridays.

- 2 They swim on Thursdays.

- 3 He plays soccer on Wednesdays.

- 4 I take a bath on the weekend.

- 5 You read the newspaper on Saturdays.



### 14.6 SAY THE SENTENCES OUT LOUD, FILLING IN THE GAPS



I play tennis on Wednesdays.



1 I watch TV on Sundays.



2 I take a bath at 7pm every day.



3 I go to bed at 10 o'clock on Sundays.



4 I get up at 8am on Monday to Friday.



## 14.7 VOCABULARY FREQUENCY PHRASES

Use frequency phrases to say how often something normally happens.



once a week



twice a week



three times a week



every day



## 14.8 HOW TO FORM USING FREQUENCY PHRASES

The frequency phrase usually goes at the end of the sentence.

PRESENT SIMPLE

I go to the gym

FREQUENCY

twice a week.

## 14.9 FURTHER EXAMPLES FREQUENCY PHRASES

He goes to work **three times a week**.



We eat dinner at 7:30pm **every day**.



She goes swimming **four times a week**.



They watch TV **five times a week**.



## 14.10 LISTEN TO THE AUDIO AND ANSWER THE QUESTIONS

Angela wakes up at 5:30am every day.

True  False

1 Fred works from 8am to 6pm five times a week.

True  False

2 Scott has dinner at 6am.

True  False

3 Linda has a shower every morning.

True  False

4 Jennifer watches TV on the weekend.

True  False

5 Tim's daughter goes to bed at 7:30pm on Sundays.

True  False

