

A BUSY DAY

1 Listen and sing.  7 

I'm busy, so busy. I'm busy, busy, busy.
I'm busy, so busy!

Get up quick, it's Monday morning.
Take a shower, I'm still yawning.
Time for breakfast. That tastes great!
It's eight thirty. Don't be late!

Now it's time to go to school
With all my friends, it's really cool!
I love school, I'm there all day.
After lunch there's time to play.

I go home. Say Hi to Mom.
Let's have dinner. Yum! Yum! Yum!
Go to bed, turn off the light.
Don't forget to say goodnight!



2 Listen and repeat.  8 Then listen and say.  9 

PICTURE
DICTIONARY



get up



go home



go to bed



go to school



have breakfast



have dinner



have lunch



take a shower

3 Mime and say. 



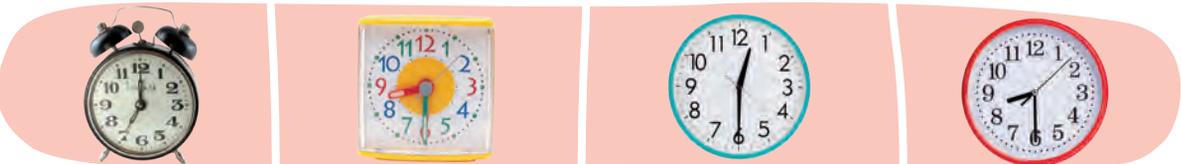
Get up!



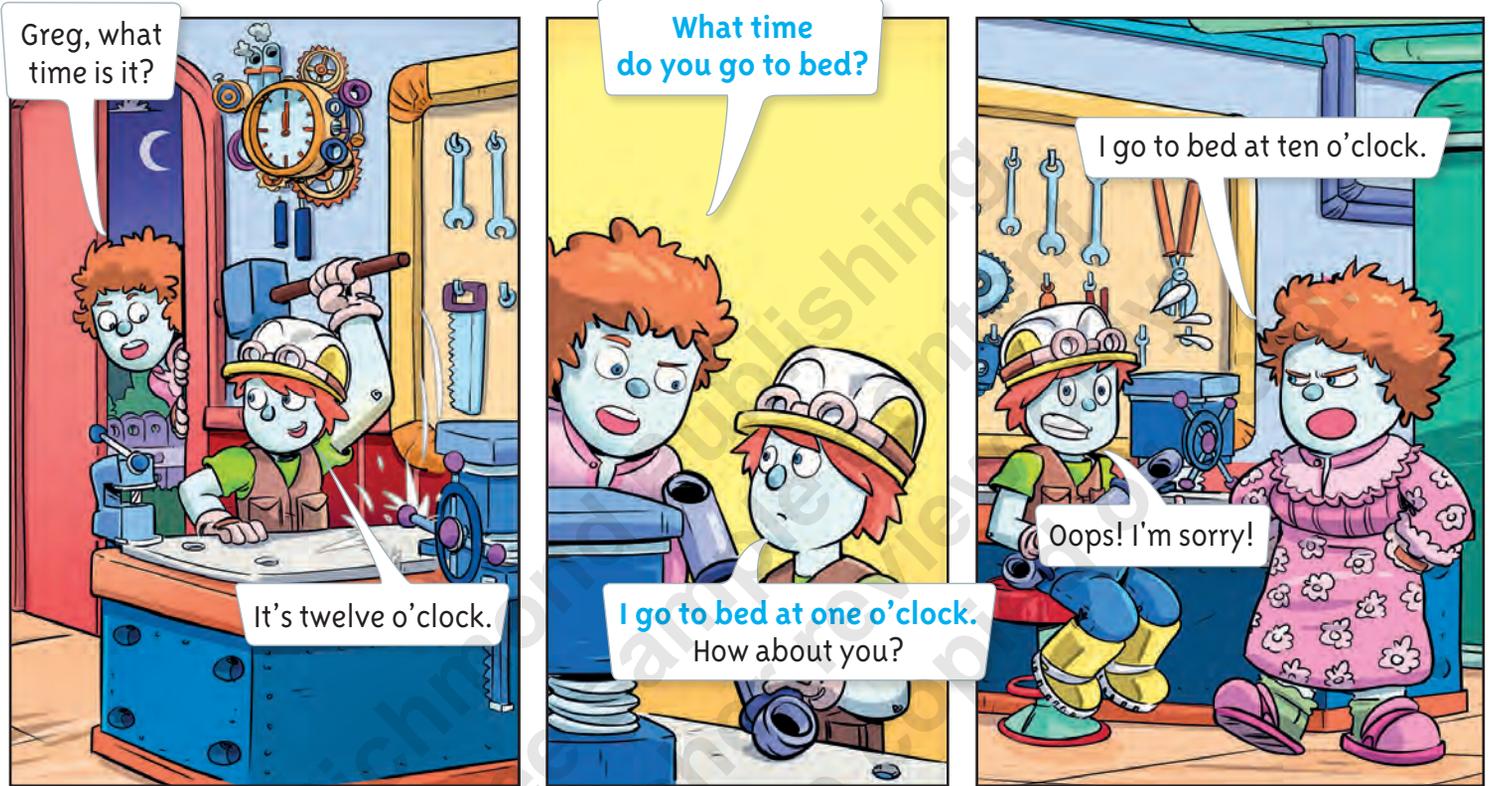
1 Listen and read. Then say in pairs.   



2 Listen and say who. Then say in pairs.  



1 Listen and read.   



Simple Present questions with time		
What time	do you	go to bed?

Simple Present answers		
I go to bed	at	nine o'clock.

2 Ask in pairs. 

What time do you get up?

 I get up at eight o'clock. How about you?



HAVE A HEALTHY DAY

1 Listen and read.  13 



Exercise is good for you

- Exercise every day. At school, run and play at recess.
- Dance, ride a bike, or do sports!
- Don't have too much sofa time.

Eat healthy food

- Eat fruit and vegetables every day.
- Your body needs water. Drink six glasses of water every day.
- Don't **eat candy** every day.



Be clean

- **Brush your teeth** before you go to bed.
- **Wash your hands** before you eat.
- Take a shower every day.



Sleep is important

- When you are tired, it's difficult to pay attention in school.
- Sleep nine to ten hours at night.
- Don't **look at screens** before bed.

2 Ask in pairs. 

- 1 Do you exercise every day?
- 2 Do you brush your teeth before you go to bed?
- 3 Do you eat fruit and vegetables every day?
- 4 Do you sleep nine to ten hours every night?
- 5 Do you look at a screen before bed?
- 6 How many glasses of water do you drink every day?

FUN FACT

In Japan, children exercise every morning in class.



GO ONLINE

What's the 5-a-day rule?



THE LOST LUNCH BOX

PRE-READING
How do you go to school?

1 Listen and read.  14  

1 Fred and Rosie go to school at eight o'clock.



2 Today is the first day of school.

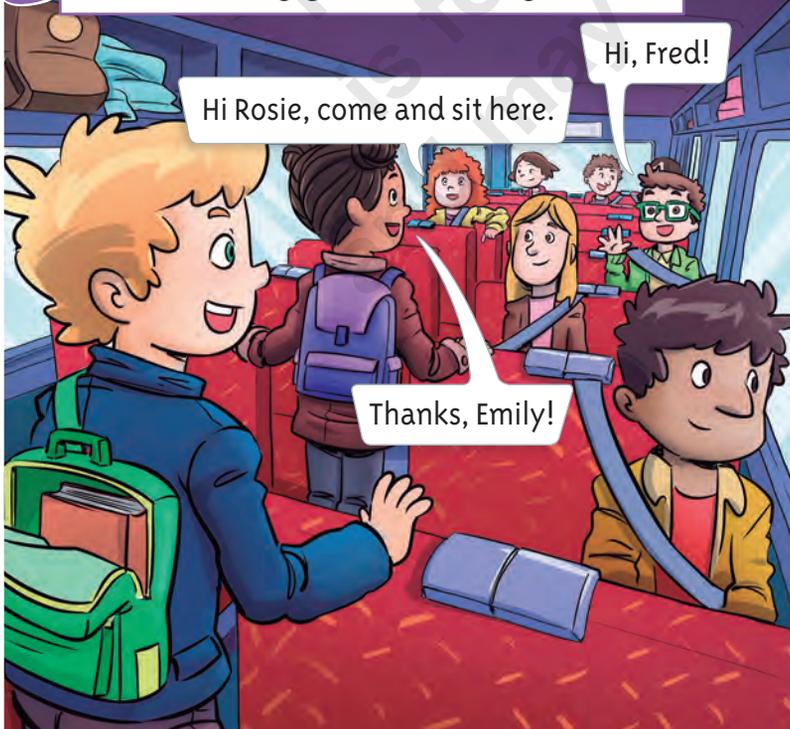


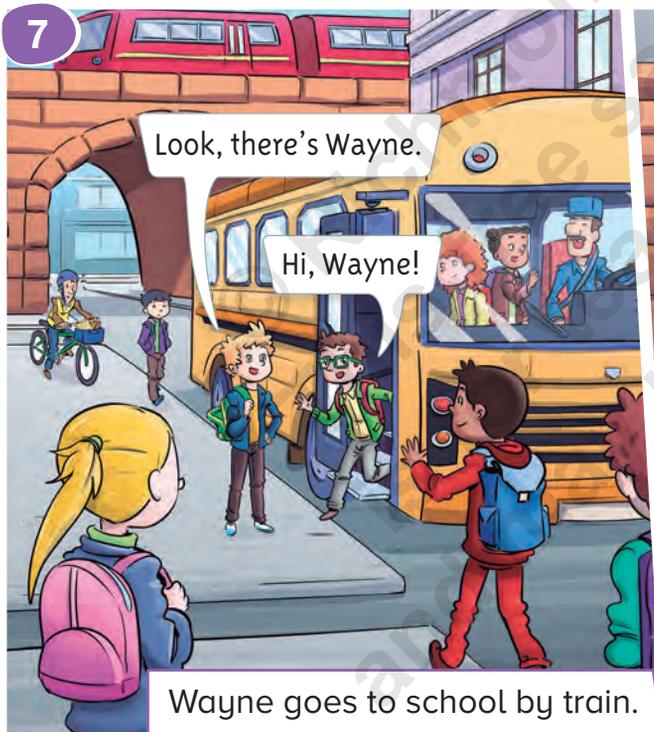
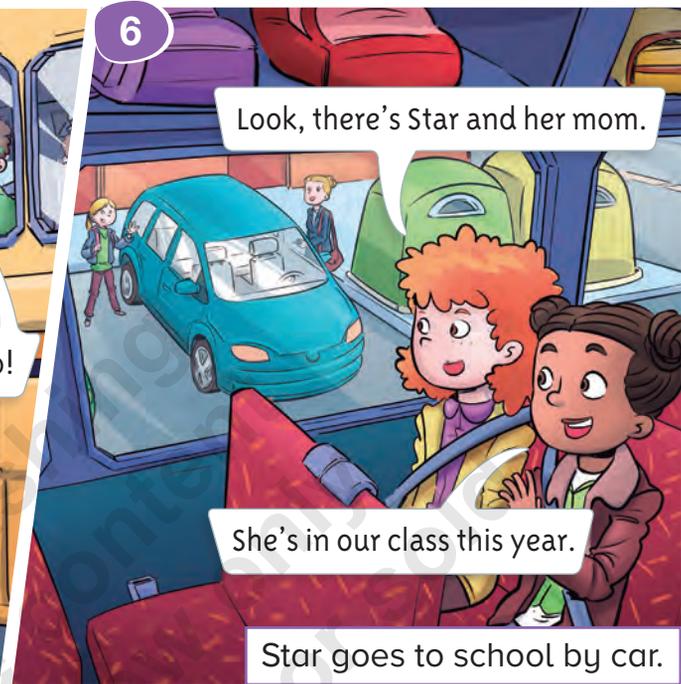
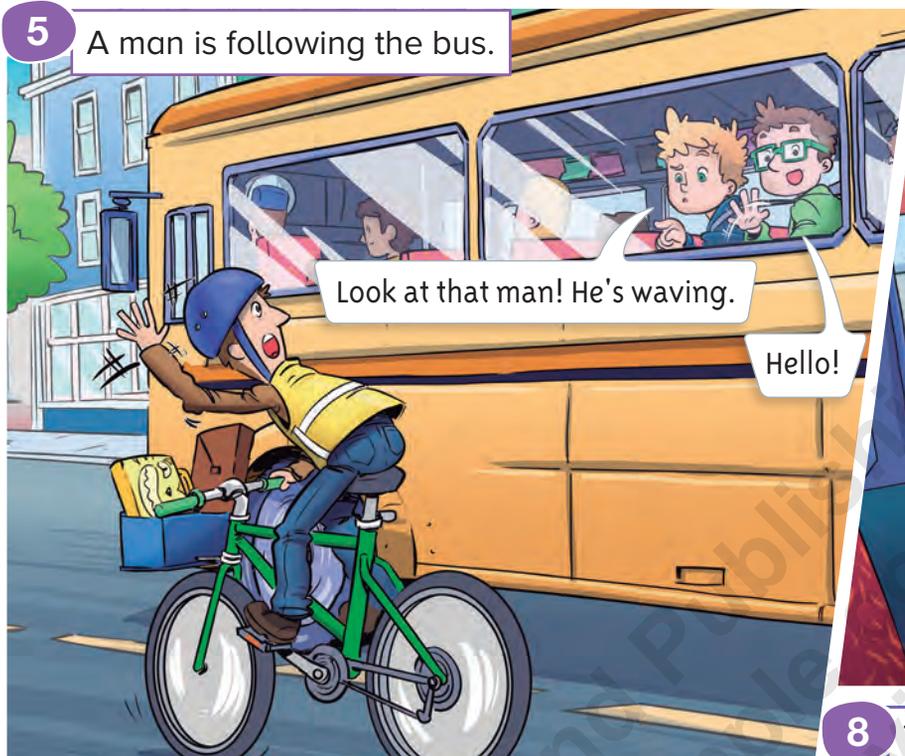
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We have a new teacher this year.



3 Gus and Emily go to school by bus too.





2 Say the names and how they go to school.



VALUE

Say "Thank you."

1 Listen and sing.  15 

How do you go to school?

By bus or bike, train or car?

Do you walk? Is it far?

How do you go to school?

My name's Gus.

I go to school **by bus**.

My name's Mike.

I go to school **by bike**.

My name's Wayne.

I go to school **by train**.

My name's Star.

I go to school **by car**.

My name's Jay.

I **walk to school** every day.

I see my friends on the way,

When I go to school.

By bus or bike or train,

By car or walking too!

This is how we go to school.

How about you?

Simple Present questions with *How*

How do you go to school?

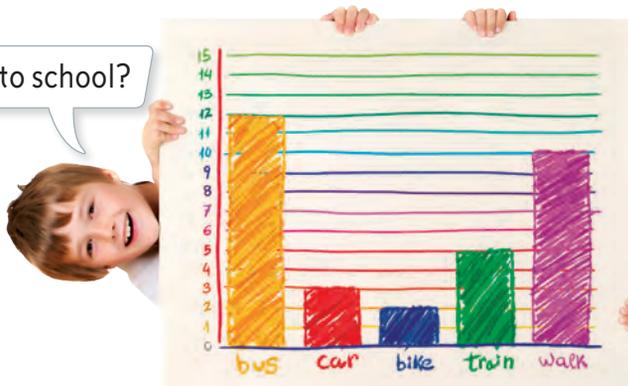
Simple Present answers

I go to school by bus.

I walk to school.

2 Listen and say *True* or *False*. Then ask your friends and make a graph.  16 

How do you go to school?



Look at the bar graph for our class!



Then CONNECTS TWO SENTENCES.

1 Listen and read. Then copy and complete. 17



Then



I get up at seven o'clock.
Then I take a shower.



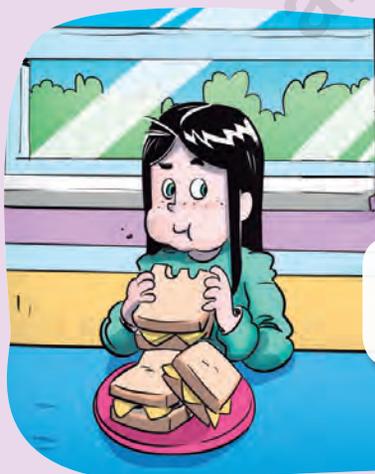
... at eight o'clock.
... I go ...



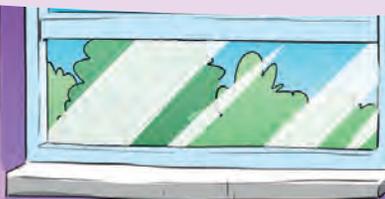
I ... at nine o'clock.
... I ...

PHONICS

2 Listen and say. 18



Jean eats three cheese sandwiches.
Lee eats meat and green ice cream.



GO AROUND THE WORLD

GOING TO SCHOOL IN SCOTLAND



1 Listen and read.  19 



Hello! My name's Logan. I'm from Scotland. Scotland is a beautiful country. I live on an island, and I have a long trip to school. I get up at six thirty.

Then I have breakfast with my dad.



I go to school at seven thirty every morning. First, I ride my bike. Look! I'm wearing my helmet.



Then I go by ferry. I like the ferry. I can see a lighthouse.



At eight thirty, I go by bus with my friends. Then I start my day at school. Do you like my trip?

2 Copy and correct the words in red. 

- 1 I get up at **eight** thirty.
- 2 I have **lunch** with my dad.
- 3 I go to school by **car**, ferry, and **train**.
- 4 On the ferry, I can see a **castle**.
- 5 I go by bus at **eight o'clock**.

YOUR GO!

Would you like to live on an island?

What time do you go to school?

TAKE A LOOK

- ✓ go to school
- ✓ go to bed
- ✓ go home

1 Listen and read.  

Then listen again and say the missing words.  

Joe

I like Saturday. I get up at nine o'clock, and I have breakfast at nine thirty. Then I go to karate club with my friends. Karate is my favorite sport. I go home at one o'clock, and I have lunch at one thirty. In the afternoon, I read books, and I play the guitar.



Amy



My favorite day is Sunday. I get up at ten o'clock, and I have breakfast at ten thirty. Then I go to the park with my dad. I ride my bike. I go to Grandma's house with my family. I have lunch at one thirty. In the afternoon, I play computer games, and I read books.

2 Read and say *Joe, Amy, or Joe and Amy.*  

- | | |
|------------------------------------|-----------------------------------|
| 1 I get up at ten o'clock. | 4 I have lunch at one thirty. |
| 2 I have breakfast at nine thirty. | 5 In the afternoon, I read books. |
| 3 My favorite sport is karate. | 6 I play computer games. |