



A BUSY DAY

1 Listen and sing.  1.7 

I'm So Busy!

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

Get up quick, it's Monday morning.
Have a shower, I'm still yawning.
What's the time? Half past eight!
Quick! Have breakfast. Don't be late!

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

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.



2 Listen and repeat.  1.8 Then listen and say.  1.9 

PICTURE
DICTIONARY



get up



go home



go to bed



go to school



have a shower




have breakfast





have dinner



have lunch

3 Mime and say. 



1 Listen and read.  1.10 

Good morning, Rosie! **What time do you get up?**

I get up at half past four.

I have breakfast at five o'clock.

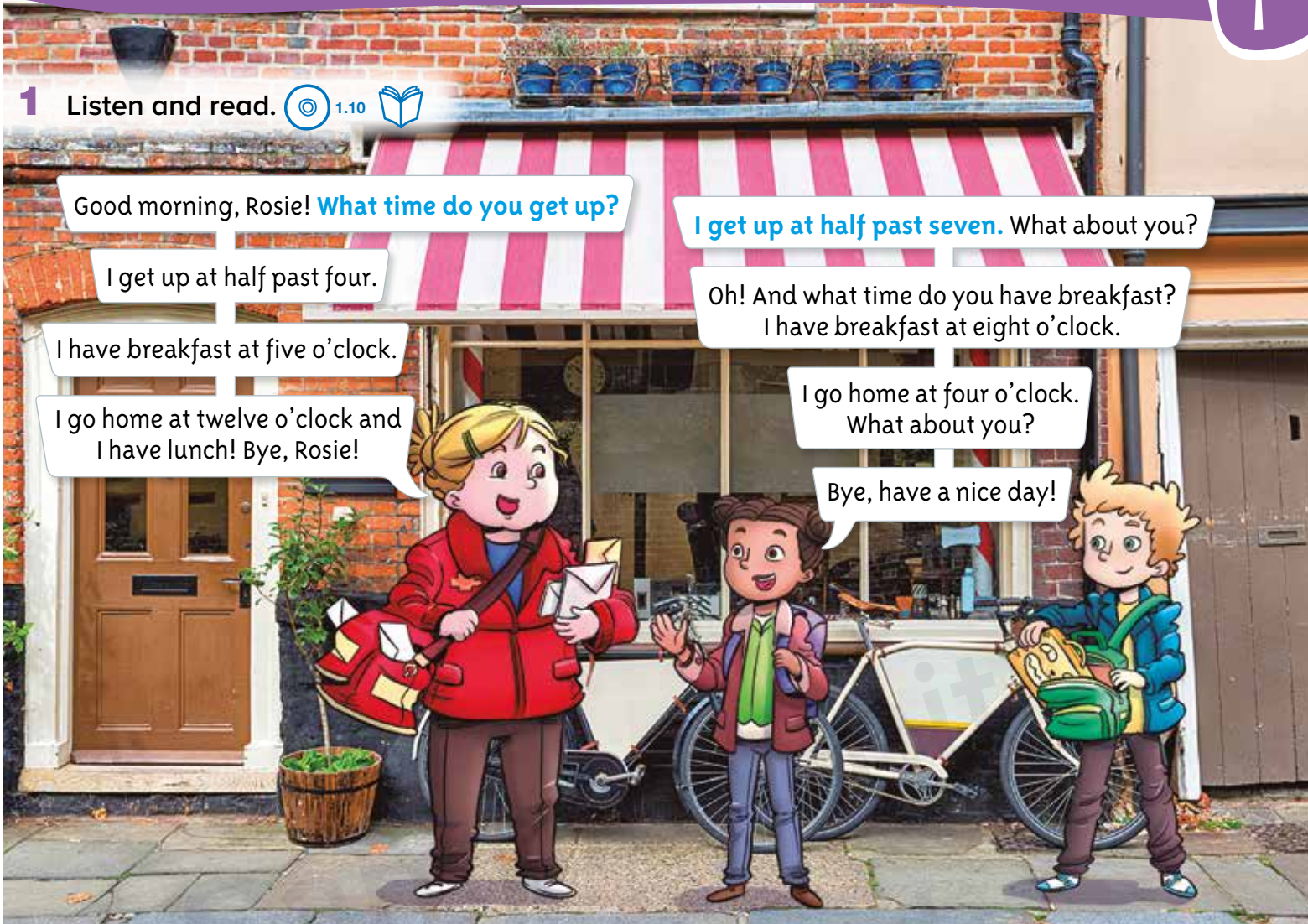
I go home at twelve o'clock and I have lunch! Bye, Rosie!



I get up at half past seven. What about you?

Oh! And what time do you have breakfast?
I have breakfast at eight o'clock.

I go home at four o'clock.
What about you?

Bye, have a nice day!



2 Listen and say who. Then ask and answer.  1.11 



Albert



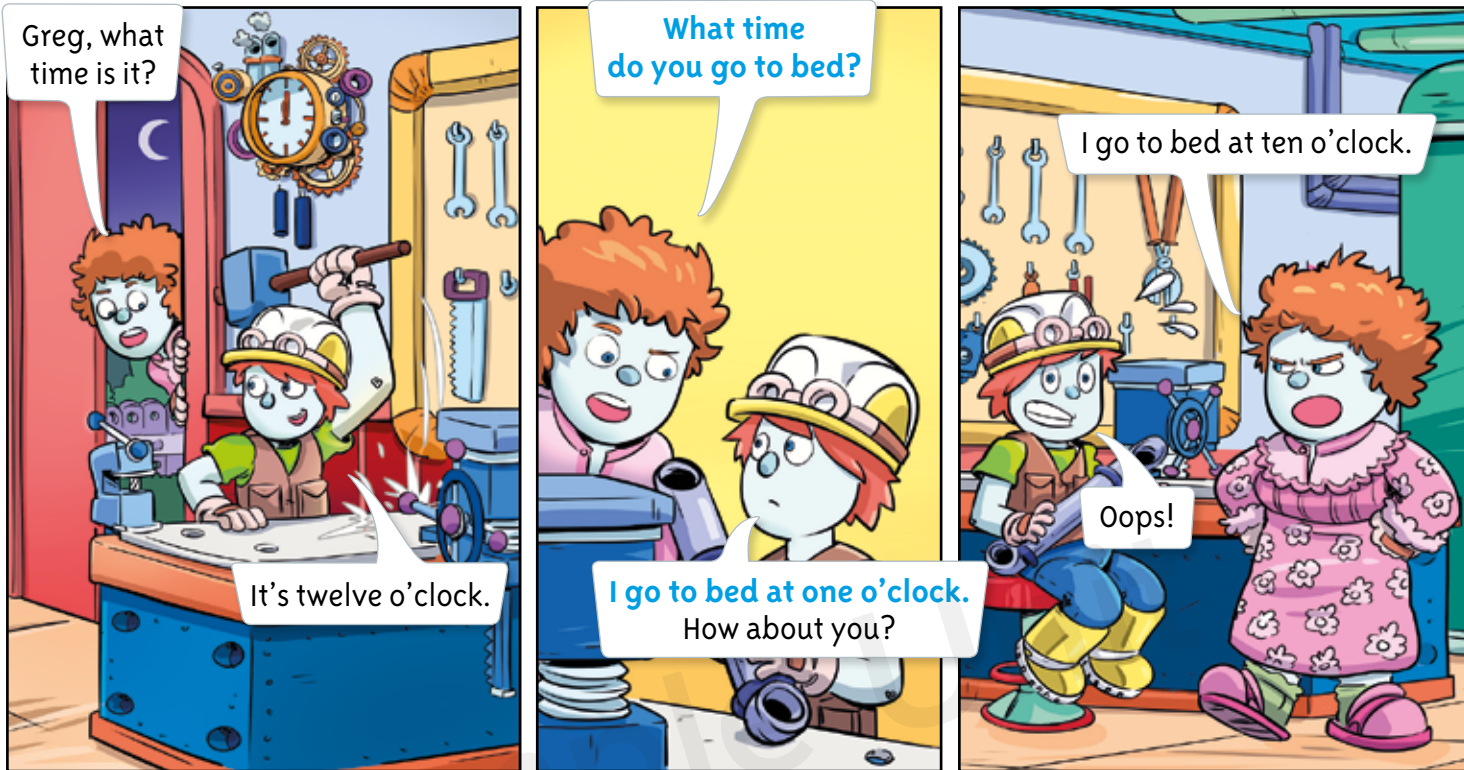
Bobby



Lucas



1 Listen and read.  1.12  




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

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



2 Make a clock. Then talk.  

What time do you get up?

 I get up at eight o'clock.



HAVE A HEALTHY DAY

1 Listen and read.  1.13 



Do exercise

- Exercise is good for you. Run and play every day.
- Dance, ride a bike or play sports!

Eat healthy food

- Eat fruit and vegetables every day.
- Drink six glasses of water every day.



Be clean

- Brush your teeth before you go to bed.
- Wash your hands before you eat.



Sleep well

- Sleep nine to ten hours every night.



2 Ask and answer. 

- 1 Do you do 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?

FUN FACT

In Japan, children do 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.  1.14  

2 It's the first day of school.

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



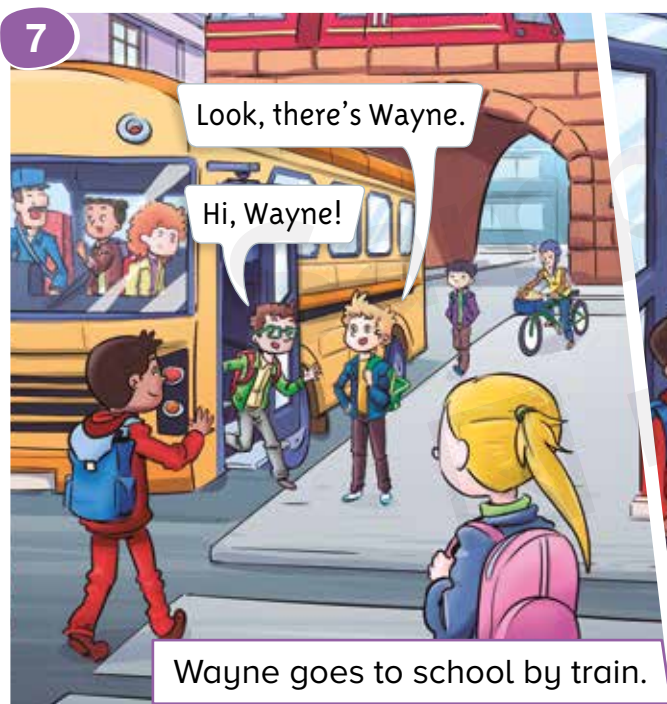
3 Gus and Emily go to school by bus too.



4

We've got a new teacher this year.





2 Say the names and how they go to school.



SEL

Reflect on the importance of being thankful.

1 Listen and sing.  1.15 

How Do You Go to School?

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.



Present Simple questions with *How*

How do you go to school?

Present Simple 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 chart.  1.16 

How do you go to school?



I go to school by car.



Then connects two sentences.

1 Listen and read. Then complete. 1.17



Then
→



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



→



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



→



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

PHONICS

2 Listen and say. 1.18



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.  1.19 



Hello! I'm Logan from Scotland.
I live on an island and I have a long journey to school.
I get up at half past six.
Then I have breakfast with my dad.



I go to school at half past seven.
First, I ride my bike.



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



At half past eight, I go to school by bus with my friends.
Then I start my day at school.

2 Read and correct the words in red. 

- 1 I get up at half past ~~eight~~ six.
- 2 I have ~~lunch~~ with my dad.
- 3 I go to school by ~~car~~, ferry and ~~train~~.
- 4 I go to school by bus at ~~eight o'clock~~.

YOUR GO!

Do you like Logan's journey?
What time do you go to school?

TAKE A LOOK

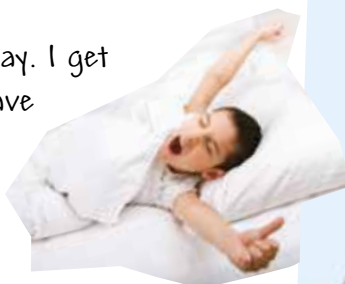
- ✓ go to school
- ✓ go to bed
- ✓ go home

1 Listen and read.  1.20 

Then listen and say *True* or *False*.  1.21 

Joe

My favourite day is Saturday. I get up at nine o'clock and I have breakfast at half past nine. Then I go to the karate club with my friends. I go home at one o'clock and I have lunch at half past one.



Amy



My favourite day is Sunday. I get up at ten o'clock and I have breakfast at half past ten. Then I go to the park with my dad. I ride my bike. I go to Granny's house with my family. I have lunch at half past one.

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

- 1 I get up at ten o'clock.
- 2 I have breakfast at half past nine.
- 3 I have lunch at half past one.
- 4 I ride my bike with my dad.

GO FURTHER!

Learning to learn, pages 78-79