A1

CLASS NOTES

EVERYDAY ENGLISH

How do busy people organise their day?

Reading + Grammar: **the present simple for routines**

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1 KEY VOCABULARY

wake up	*v.*	despertarse
have breakfast	*v.*	desayunar
exercise	*v.*	hacer ejercicio
repair	*v.*	reparar
experiment	*n.*	experimento
meeting	*n.*	reunión
sleep	*v.*	dormir
every day	*adv.*	todos los días
a week	*phr.*	a la semana
plan	*n. / v.*	plan / planear

2 USEFUL PHRASES & EXPRESSIONS

- **I wake up at 6:00.** → *Me despierto a las 6:00.*
- **She has a meeting every morning.** → *Ella tiene una reunión todas las mañanas.*
- **Astronauts exercise every day.** → *Los astronautas hacen ejercicio todos los días.*
- **I don't work on Sundays.** → *No trabajo los domingos.*
- **What time do you start work?** → *¿A qué hora empiezas a trabajar?*
- **How many hours do you sleep?** → *¿Cuántas horas duermes?*

6 EVERYDAY LIFE INSIGHT

★ **Routines help busy people**

People with very busy jobs, like astronauts, plan their day hour by hour. A clear routine — fixed times for work, exercise, meals and sleep — helps you stay healthy and do more.

3 THE KEY POINT

Use the **present simple** for routines and habits. With **he / she / it**, add **-s** or **-es** to the verb.

+ I wake up at 6:00. → She **wakes** up at 6:00. (have → **has**)
– I **don't** work on Sundays. → He **doesn't** work on Sundays.
? **Do** you sleep eight hours? → **Does** she sleep eight hours?

4 QUICK PRACTICE

Complete with the correct form of the verb in brackets.

1. An astronaut ___ (exercise) every day.
2. I ___ (not / have) breakfast at work.
3. ___ she ___ (start) work at 8:00?
4. My boss ___ (have) a meeting every Monday.

5 ANSWERS & EXPLANATION

Answers: 1 exercises · 2 don't have · 3 Does … start · 4 has

With he / she / it, add **-s** (exercises) and use **doesn't / does** in negatives and questions — then the verb has no -s. *Have* is irregular: **has**.

Today's resource: A day in the life of an ESA astronaut (European Space Agency) · https://www.esa.int/About_Us/Careers_at_ESA/ESA_Astronaut_Selection/A_day_in_the_life_of_an_ESA_astronaut

> *Small habits, repeated every day, build big results.*



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