

Hello my dear student! In this class you will revise how to express information related to personal preferences, routines, habits, and hobbies. You need your copybook, your dictionary and your pencil case. Let’s start!

- **Topic:** Present Simple / Adverbs of frequency
- **I) Instructions:** Complete the gaps below with the adverbs from the box

never - always – rarely – usually – seldom – generally – occasionally – frequently – sometimes

- 100% _____ I _____ study after class.
- 90% _____ She is _____ at home on Fridays.
- 80% Normally / _____ We _____ normally _____ get good marks in English.
- 70% Often / _____ He _____ reads in bed at night.
- 50% _____ I am _____ very tired after school.
- 30% _____ They _____ go to bed late.
- 10% Hardy ever / _____ I _____ get angry.
- 0% _____ It _____ eats meat.

- **II) Instructions:** Read the text and answer the questions.

A generation of couch potatoes

Lots of teenagers have posters of their sports hero on their bedroom wall. But do they follow the healthy examples set by these athletes? British parents are often worried that young people are not as fit and healthy as in the past. Why is this?

According to the British Heart Foundation, 13 to 15 year olds are usually spending too much time doing sedentary activities such as watching TV or playing computer games. A special report describes a generation of **couch potatoes**, young people sitting around at home, growing up in their bedrooms, travelling by car and in serious danger of heart disease as they get older. Is this their fault? Are young people lazy?

Many parents normally don’t allow their children to play outside or walk to school by themselves. “I ring my Dad on my mobile and he always picks me up from the station. It’s 10 minutes’ walk from home but he thinks it is dangerous,” says 14 year old Carrie. Some teenagers blame their over protective parents for making them unfit. It is certainly becoming more difficult to encourage young people to have an active life and protect their hearts. In recent years schools have spent less time on sports. “My Mum did lots of hockey and netball at school but we didn’t have time for that this year because we had so many exams to prepare,” says Ben, 16.

1. How would you define “couch potato” in your own words? Provide an example.

2. Why do younger generations spend more time in sedentary activities compared to generations in the past?

3. In the world’s current situation, we are restricted to stay much time at home. How do you think people/teenagers can keep active during quarantine? Think of three possible actions to carry out.

- **III) Instructions:** In the reading there are four sentences which follow a special pattern. Two of them follow SUBJECT+ADVERB+VERB and two others follow SUBJECT+BE+ADVERB. Find and write them in the chart below.

SUBJECT + ADVERB + VERB	SUBJECT + BE (is, are, am) + ADVERB

- **IV) Instructions:** Following the previous pattern, provide your own examples using the given verbs and adverbs.

	spend / usually
1.	
	wake up / seldom
2.	
	BE (is, are, am) / rarely
3.	
	BE (is, are, am) / never
4.	

What did the activities make you remember?
 What difficulties did you have developing the activities?
 How did you overcome those difficulties?



Don't forget to reinforce other skills!

Skill 1 / Listening

- **Instructions:** You will work with listening from PET part 1

There are seven questions in part 1. For each question there are three pictures and a short recording. Choose the correct picture.

Steps

1. Listen to the recording twice
2. Answer the questions and add the key word that helped you
3. If your answer is wrong, please listen again until you find the correct one

https://virtuaule.com/index.php?option=com_content&view=article&id=623:pet-listening-t1-p1&catid=153&Itemid=1175

Part 1 / answers

Question	Your answer	Correction / key information
1.		
2.		
3.		
4.		
5.		
6.		
7.		

WRITING

Draft 1: Planning

Our lives are a bit different now, but we continue working and studying. Tell me about your new daily routine.

In draft 1 you just **make sentences** to describe a normal weekday.

- ✓ Minimum 10 sentences
- ✓ Use adverbs of frequency
- ✓ If you want me to help you or check your sentences, send an email to laliaga@colegioingles.com

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____