Week 1, Day 1 — Monday

Talking About Your Day

Focus: Present Simple + Subject Pronouns

Warm-up: What time do you usually wake up on a work day?

Use the present simple for routines and habits. Every sentence needs a subject — English does NOT drop 'I / you / he / she / it / we / they' the way Spanish does.

- I wake up at seven o'clock.
- She works in an office.
- It rains a lot in Germany in autumn.

DURING THE LESSON — Guided Practice

1. I ___ (wake up) at 7 o'clock.

2. She ___ (work) from Monday to Friday.

3. We ___ (have) lunch at 1 pm.

4. He ___ (go) to the gym on Tuesdays.

5. ___ you ___ (drink) coffee in the morning?

6. They ___ (live) near the city center.

DURING THE LESSON — Speaking Practice

1. Describe your typical weekday, hour by hour, starting from when you wake up.

2. What is different about your routine on the weekend?

Watch out: Don't drop the subject. 'Is a teacher' → 'She is a teacher.' Always say who you are talking about.

PRACTICE AT HOME — After the Lesson

1. Write 6 sentences about your daily routine using the present simple.

2. Write 2 sentences about someone in your family and their routine (he/she).

Write your answers below (or on a separate page):

Self-check: Read your homework sentences out loud. Do they sound natural? Circle any sentence you're unsure about and we'll review it together next time.