

Unit 3: Tell me about your day! Daily routine and telling the time

I get up at seven. I go to school at eight. Use the present simple to describe a regular day, then add times and words such as before, after and then. In English 1AC Unit 3, Tell me about your day!, you will ask about routines, tell the time and invite a friend to an activity after school.

Anglais 1AC - Supplementary practice - Updated 27/10/2026

Learning goals

- Describe daily routines in the present simple
- Use do and does in questions and negatives
- Read numbers to 100 and tell the time
- Order activities with before, after and then
- Make and answer a simple invitation

1. How do you describe your daily routine in English?

Activity	Example
wake up	I wake up at seven.
get up	I get up at seven.
brush my teeth	I brush my teeth in the morning.
take a shower	I take a shower.
get dressed	I get dressed before breakfast.
have breakfast	I have breakfast at half past seven.
go to school	I go to school at eight.
have lunch	I have lunch at one.
go home	I go home after school.
do my homework	I do my homework at five.
have dinner	I have dinner in the evening.
go to bed	I go to bed at half past nine.



Describe a routine in the present simple: I get up at seven. I do my homework at five.

Read the picture from left to right, then continue on the second row. It shows an imaginary day: getting up at 07:00, breakfast at 07:30, school at 08:00, homework at 17:00, reading at 20:00 and bed at 21:30. Your routine may be different. Practise expressing your own times.

Wake up means stop sleeping. Get up means leave your bed. You can wake up before you get up! Learn go home without to, but go to school and go to bed with to.

2. How do you form the present simple?

Present simple

Use the present simple for habits and regular actions. With I, you, we and they, use the base verb. With he, she and it, usually add s in a positive statement.

Base verb	With I	With she	Spelling note
get up	I get up.	She gets up.	Add s
play	I play.	She plays.	Keep y after a vowel
watch	I watch.	She watches.	Add es after ch
brush	I brush my teeth.	She brushes her teeth.	Add es after sh
study	I study.	She studies.	Consonant + y changes to ies
go	I go.	She goes.	Learn goes
have	I have breakfast.	She has breakfast.	Learn has

When changing I to she, check possessives too: I do my homework becomes She does her homework. Do not add s with they: They play football. Compare He plays football.

3. How do you use do and does in questions and negatives?

PRESENT SIMPLE



She walks to school.



She does not ride a bike.



Does she walk to school?
Yes, she does.

does + base verb

She walks, but Does she walk? After does or does not, use the base verb.

Subject	Negative	Question	Short answer
I / you / we / they	I don't watch TV.	Do you read?	Yes, I do. / No, I don't.
he / she / it	She doesn't watch TV.	Does she read?	Yes, she does. / No, she doesn't.

Check this

After does or doesn't, use the base verb: Does she walk? She doesn't walk. Do not write Does she walks? Be has its own pattern: She isn't tired, not She doesn't be tired.

4. Questions about an activity, time or place

Question	Example answer
What do you do after school?	I do my homework.
What time do you get up?	I get up at seven.
When does he read?	He reads in the evening.
Where do they play?	They play in the playground.

Ask about a starting time

She starts school at eight.

1. Use does with she in the question.
2. Change starts back to the base form start.
3. Ask What time does she start school? Answer She starts school at eight.

5. How do you write numbers from 20 to 100?

Number	Word	Another example
20	twenty	21: twenty-one
30	thirty	32: thirty-two
40	forty	43: forty-three
50	fifty	54: fifty-four
60	sixty	65: sixty-five
70	seventy	76: seventy-six
80	eighty	87: eighty-seven
90	ninety	98: ninety-eight
100	one hundred	A hundred is also possible

Use a hyphen in numbers such as twenty-five and forty-eight. There is no u in forty. Practise the pairs thirteen/thirty and fifteen/fifty with your teacher. When counting separately, the main stress is usually on teen in thirteen and on the first syllable in thirty.

6. How do you tell the time in English?

Ask What time is it? Start the answer with It's. You can read the hour and minutes directly: It's seven thirty. You can also use past and to. A quarter is fifteen minutes; half an hour is thirty minutes.



07:15 is a quarter past seven, 07:30 is half past seven and 07:45 is a quarter to eight.

Time	Direct reading	With past or to
07:00	seven o'clock	seven o'clock
07:15	seven fifteen	a quarter past seven
07:30	seven thirty	half past seven
07:45	seven forty-five	a quarter to eight
08:10	eight ten	ten past eight
08:50	eight fifty	ten to nine

Past counts minutes after the hour. To counts minutes before the next hour. At 07:45, fifteen minutes remain before eight: a quarter to eight. Use o'clock only for an exact hour, such as seven o'clock.

Read a time accurately

1. Identify the hour and the minutes.
2. At :15 use a quarter past; at :30 use half past.
3. At :45 use a quarter to and name the next hour.
4. If unsure, read the hour and minutes directly: seven forty-five.
5. For an activity, add at: I leave at a quarter to eight.

Make the part of the day clear: seven in the morning is 07:00; seven in the evening is 19:00. AM covers the hours from midnight to before noon; PM covers noon to before midnight. For 12:00, noon means midday and midnight means the middle of the night.

7. How do before, after and then organise a routine?

Word or phrase	Meaning in the example	Example
before	Earlier than	I have breakfast before school.
after	Later than	I go home after school.
first	The starting activity	First, I get up.
then	The next activity	Then, I get dressed.
in the morning	The first part of the day	I study in the morning.
in the evening	The later part of the day	I read in the evening.
at night	During the night	I sleep at night.

Before and after show order, not an exact time. I read after dinner tells us that reading follows dinner. Add a time if needed: I read after dinner, at eight. Remember at seven but in the morning.

8. How do you invite a friend to an activity?

Purpose	Useful expression
Suggest an activity	Let's play football.
Ask about interest	Do you want to read with me?
Ask if someone can come	Can you come to the park?
Accept	Sure! / Sounds great!
Decline politely	Sorry, I can't.
Give a time	At five, after school.

Use a base verb after Let's and can: Let's play. Can you come? Use to before the verb after want: Do you want to read? Practise a short invitation with a clear activity and time.

9. Reading: two different routines

My name is Yasmine. On school days, I get up at seven. I have breakfast at half past seven. My brother gets up at a quarter past seven. We go to school at eight. After school, I do my homework. My brother reads a book. In the evening, we have dinner together. I don't watch TV before school.

Who gets up first? Yasmine, at seven; her brother gets up at 07:15. What does he do after school? He reads a book. What time do they have dinner? The text does not say. Use the information given instead of inventing an answer.

10. Mini-project: my day and my partner's day

Build a six-sentence routine

1. Choose six activities and a time for each.
2. Write sentences with I and the present simple.
3. Use before, after or then to show the order.
4. Ask a partner two questions about their routine.
5. Report one of their habits with he or she. Check the verb ending.
6. For listening practice, let your partner read three sentences while you note the activities and times.

Remember

- Use the present simple for routines: I get up at seven.
- Add s or es with he/she/it in positive statements; learn has and goes.
- Use do/don't or does/doesn't plus a base verb in questions and negatives.
- 07:15 is a quarter past seven; 07:30 is half past seven; 07:45 is a quarter to eight.
- Use at with a time, before for an earlier activity and after for a later one.
- Invite someone with Let's + verb and decline politely with Sorry, I can't.

Practice - Try before checking

Answer in your notebook. Use evidence from the examples and check your sentences.

Exercise 1. Complete the routine phrases

Complete with up, breakfast, school or bed: get ...; have ...; go to ... in the morning; go to ... at night.

Exercise 2. Change I to she

Change the subject: I get up. I play. I watch TV. I study. I have breakfast.

Exercise 3. Write the numbers

Write 30, 40, 50, 75 and 100 in words.

Exercise 4. Match the times

Match 07:00, 07:15, 07:30 and 07:45 with half past seven, seven o'clock, a quarter to eight and a quarter past seven.

Exercise 5. Choose the time word

Complete with at, in or on: ... seven; ... the morning; ... Monday; ... night.

Exercise 6. Make negatives

Make negative: I watch TV before school. She walks to school. They play in the morning.

Exercise 7. Ask about routines

Ask yes/no questions: You read after school. He gets up at six. They walk home.

Exercise 8. Give short answers

Answer: Do you study English? (yes) Does she walk home? (no) Do they read? (no)

Exercise 9. Read past and to

Write 08:10, 08:50 and 09:45 using past or to.

Exercise 10. Put activities in order

You get up, get dressed, then have breakfast. Write three sentences with first, then and after.

Exercise 11. Understand Yasmine's day

Use the reading. Who gets up at seven? What does her brother do after school? Does Yasmine watch TV before school?

Exercise 12. Listen for times

Ask a partner to read: I have breakfast at seven thirty. I start school at eight. I read at eight in the evening. Write the three activities and 24-hour times.

Exercise 13. Write an invitation

Write a four-turn conversation inviting a friend to read after school at five. Include an acceptance.

Exercise 14. Edit and extend a routine

Correct: She get up at seven. She doesn't watches TV. She go to school at eight. Add a question about her starting time.



Explained answers

Exercise 1. Complete the routine phrases

Get up; have breakfast; go to school; go to bed. Learn the small words with the activity.

Exercise 2. Change I to she

She gets up. She plays. She watches TV. She studies. She has breakfast. Check s, es, ies and the special form has.

Exercise 3. Write the numbers

Thirty, forty, fifty, seventy-five and one hundred. Forty has no u; seventy-five needs a hyphen.

Exercise 4. Match the times

07:00 is seven o'clock; 07:15 is a quarter past seven; 07:30 is half past seven; 07:45 is a quarter to eight.

Exercise 5. Choose the time word

At seven; in the morning; on Monday; at night. Practise each time expression as a complete phrase.

Exercise 6. Make negatives

I don't watch TV before school. She doesn't walk to school. They don't play in the morning. Use a base verb after don't or doesn't.

Exercise 7. Ask about routines

Do you read after school? Does he get up at six? Do they walk home? Gets becomes get after does.

Exercise 8. Give short answers

Yes, I do. No, she doesn't. No, they don't. Match do or does and the pronoun to each question.

Exercise 9. Read past and to

Ten past eight; ten to nine; a quarter to ten. With to, name the next hour, not the hour already started.

Exercise 10. Put activities in order

First, I get up. Then, I get dressed. I have breakfast after I get dressed. Other sentences are possible if they keep the same order.

Exercise 11. Understand Yasmine's day

Yasmine gets up at seven. Her brother reads a book after school. No, she doesn't watch TV before school. The text states each answer.

Exercise 12. Listen for times

Breakfast: 07:30. School: 08:00. Reading: 20:00. The phrase in the evening makes the last time 20:00.

Exercise 13. Write an invitation

Model: A: Do you want to read with me after school? B: Sure! What time? A: At five. B: Sounds great! The activity and time are both clear.

Exercise 14. Edit and extend a routine

She gets up at seven. She doesn't watch TV. She goes to school at eight. What time does she start school? Positive she forms take an ending; the verb after does or doesn't does not.

Frequently asked questions

What does English 1AC Unit 3 cover?

Tell me about your day! covers daily routines, the present simple, do/does, numbers to 100, telling the time, sequencing words and invitations.

How do I write about my daily routine in English?

Choose regular activities and add times: I get up at seven. I have breakfast at half past seven. I go to school at eight. Use before, after or then to connect activities.

What is the difference between do and does?

Use do with I, you, we and they. Use does with he, she and it. In questions and negatives, the next verb stays in its base form: Does she read?

How do I say 7:45 in English?

Say seven forty-five or a quarter to eight. To counts the minutes before the next hour, so the hour in this expression is eight.

Is half past seven 7:30 or 6:30?

Half past seven means 7:30. Past counts minutes after the named hour; half an hour is thirty minutes.



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