

Activity #1

Wednesday July 15th, 2026

Dialogue

Topic: Introducing Yourself and Your School

Student 1: Good morning, everyone!

Student 2: Good morning! Today we are going to talk about ourselves and our school.

Student 1: My name is Samuel. I am 14 years old, and I am in sixth grade.

Student 2: My name is Ross. I am 15 years old, and I am in seventh grade.

Student 1: My favorite subject is social studies because I like learning about countries.

Student 2: My favorite subject is Science because I enjoy doing experiments.

Student 1: In my free time, I like playing soccer and listening to music.

Student 2: I like reading books and drawing pictures.

Student 1: We study hard, respect our teachers, and help our classmates.

Student 2: We are proud of our school because it is a great place to learn and make friends.

Student 1: Thank you for listening!

Student 2: Do you have any questions?

Homework

Practice the dialogue

WEEK #2

July 22nd, 2026

Activity #2

Topic

My Daily Routine

Vocabulary

- Daily activities
- School routine
- Household chores
- Free-time activities

Examples:

- Wake up
- Get dressed

1. Warm-up

"Guess My Routine"

act out one by one.

Examples:

- ☐ Wake up
- ☐ Have breakfast
- ☐ Go to school
- ☒ Play soccer
- ☐ Do homework

Teacher asks:

- What time do you wake up?
- Do you eat breakfast every day?
- What do you usually do after school?

Grammar Focus

- Present Simple (affirmative, negative, and questions)
- Time Expressions (at, in the morning, in the afternoon, in the evening, every day, on weekdays)

- Have breakfast
- Brush my teeth
- Go to school
- Attend classes
- Have lunch
- Do homework
- Play soccer
- Use my phone
- Help my parents
- Watch TV
- Take a shower
- Go to bed

2. Vocabulary Presentation

Students repeat pronunciation.

Then classify them into:

Morning

- Wake up
- Brush my teeth
- Get dressed
- Have breakfast

Afternoon

- Have lunch
- Attend classes
- Do homework
- Play sports

Evening

- Have dinner

- Watch TV
- Read a book
- Go to bed

3. Grammar Focus

Present Simple Review

Affirmative

I wake up at 6:00 a.m.

She wakes up at 6:30 a.m.

He studies English every day.

Negative

I don't watch TV in the morning.

She doesn't play video games before school.

Questions

What time do you wake up?

Do you help your parents?

Does your brother play soccer?

Time Expressions

at 6:30

every day

on weekdays

in the morning

after school

before dinner

at night

Controlled Practice

Complete the sentences.

Example:

1. I _____ (wake) up at 6:00.
2. She _____ (have) breakfast at 7:00.
3. They _____ (go) to school by bus.
4. He _____ (not watch) TV before school.
5. _____ you do your homework every afternoon?

4. Reading Activity

Reading

Sophia's Busy Day

Sophia is thirteen years old. She wakes up at 5:45 every weekday. She brushes her teeth, gets dressed, and has breakfast with her family. At 6:30, she goes to school by bus. She studies English, Science, and Math. After school, she has lunch and does her homework. In the evening, she practices volleyball and reads a book before going to bed at 9:30.

Reading Comprehension

Answer:

1. What time does Sophia wake up?
2. How does she go to school?
3. What does she do after school?
4. What sport does she practice?
5. What does she do before bed?

5. Speaking Activity

Find Someone Who...

Students walk around asking classmates:

Do you...

- wake up before 6:00?
- play sports every week?
- help your parents?
- read books?
- do homework after lunch?
- go to bed before 10:00?

Students write classmates' names.

Then report:

Juan wakes up before six.

Laura plays basketball every weekend.

6. Writing Activity

Students write a paragraph (80–100 words).

Model

My Daily Routine

I wake up at 6:00 every morning. First, I brush my teeth and get dressed. Then, I have breakfast with my family. I go to school at 6:45. After school, I have lunch and do my homework. In the evening, I play soccer with my friends. Before going to bed, I read a book or listen to music. I usually go to bed at 9:30 because I need enough sleep for school.

Students should include:

✓ Time expressions

✓ Sequencing words (First, Then, After that, Finally)

✓ At least 8 daily activities

7. Oral Presentation

Students present their paragraph without reading every sentence.

Teacher asks follow-up questions:

- What is your favorite part of the day?
- What do you do after school?
- Do you help at home?
- What time do you usually go to bed?

Homework

"A Week in My Life"

Create a **weekly routine schedule** for **Monday to Sunday**.

Requirements

- Write **one complete sentence for each day** (7 sentences total).
- Use the **Present Simple**.
- Include **at least one time expression** in every sentence.
- Use **at least two sequencing words** (e.g., *First*, *Then*, *After that*, *Finally*) somewhere in your work.
- Add **one picture or drawing** for each day (or printed images).

Example

- **Monday:** I wake up at 5:50 a.m. and go to school at 6:40 a.m.
- **Tuesday:** After school, I do my homework and play basketball.

- **Wednesday:** I help my parents in the evening.
- **Thursday:** I study English after dinner.
- **Friday:** I watch a movie with my family at night.
- **Saturday:** I ride my bike in the morning.
- **Sunday:** I visit my grandparents and prepare for the new school week.

Challenge: Write **five additional sentences** describing **how your weekend routine is different from your weekday routine** using words such as **because, but, usually, always, and sometimes.**

WEEK #3 English Class

July 29th, 2026

Unit: Healthy Habits and Lifestyle

Grammar: Adverbs of Frequency

Vocabulary: Food, Exercise, Healthy Habits

1. Warm-up Guess the Habit!

Examples:

- Drinking water
- Eating vegetables
- Playing soccer
- Sleeping late
- Eating hamburgers
- Running
- Watching TV all day
- Brushing teeth

Students classify them into:

Healthy ✓

Unhealthy ✗

Teacher asks:

- Is it healthy?
- Why?
- Do you do it?

Expected answers:

- Yes, I do.
- No, I don't.
- It's healthy.
- It's unhealthy.

2. Vocabulary Presentation

Healthy Habits

- eat vegetables
- drink water

- exercise
- sleep eight hours
- brush your teeth
- wash your hands
- eat fruit
- play sports

Unhealthy Habits

- eat junk food
- drink soda every day
- stay up late
- play video games all night
- skip breakfast
- eat too much candy

3. Grammar Presentation Adverbs of Frequency

Adverb	Frequency
Always	100%
Usually	80%
Often	60%
Sometimes	40%
Rarely	20%
Never	0%

Explain:

Subject + adverb + verb

Examples:

- I always eat breakfast.

- She usually drinks water.
- We often play soccer.
- They sometimes eat pizza.
- He rarely drinks soda.
- I never smoke.

Teacher highlights:

The adverb goes before the main verb.

Example:

- I always drink water.
- I usually eat fruit.
- I often play basketball.
- I sometimes eat pizza.
- I rarely drink soda.
- I never skip breakfast.

Homework

4. Guided Practice

Students complete the sentences.

1. I _____ drink water.
2. I _____ eat vegetables.
3. I _____ play sports.
4. I _____ eat fast food.
5. I _____ brush my teeth twice a day.

Create a table in your notebook and complete it for 7 days.

Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Drink 8 glasses of water						
Eat fruit						
Exercise						
Sleep 8 hours						
Brush teeth twice a day						

Homework

Healthy Habits Poster

Students create a colorful poster titled:

Healthy Lifestyle

Include:

Drawings

✓ Fruits

✓ Water

✓ Sports

✓ Sleep

✓ Hygiene

Write **6 complete sentences** using adverbs of frequency.

At the bottom, write **8 sentences** using adverbs of frequency.

Example:

- I always brush my teeth twice a day.
- I usually eat fruit.
- I often exercise after school.
- I sometimes eat fast food.
- I rarely drink soda.
- I never skip breakfast.
- I usually sleep eight hours.
- I always drink plenty of water.