

Федеральное государственное бюджетное учреждение
профессиональная образовательная организация
«Брянское государственное училище (колледж) олимпийского резерва»

КОМИССИЯ ДИСЦИПЛИН
СОЦИАЛЬНО-ГУМАНИТАРНОГО ЦИКЛА

МЕТОДИЧЕСКАЯ РАЗРАБОТКА ПО АНГЛИЙСКОМУ ЯЗЫКУ



Брянск 2022

Рекомендована методическим Советом ФГБУ ПОО «БГУОР»

Протокол методического Совета № ____ от « ____ » _____ 20 ____ г.

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Материалы методической разработки адресованы студентам колледжей, училищ, а также учащимся школ и всем, кто заинтересован в изучении английского языка.

Настоящее учебное пособие имеет целью помочь студентам выработать навыки устной и письменной речи на основе тематически подобранных текстов, которые расширяют возможность работы над темой «Мой рабочий день».

Пособие состоит из разделов, включающих тематические тексты, лексику, подлежащую активному усвоению, и упражнения, способствующие развитию навыков монологической и диалогической речи.

Данное пособие может быть использовано как в аудитории для выполнения заданий под руководством преподавателя, так и для самостоятельной работы студентов

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Glossary

MY DAILY ROUTINE

wake up – просыпаться

get up - вставать

have a shower - принимать душ

shave - бриться

dry yourself - вытираться

brush your teeth - чистить зубы

wash your face - умываться

rinse your face - ополоснуть лицо

get dressed - одеваться

comb your hair - расчесываться

put on make-up - наносить макияж

have breakfast - завтракать

have a cup of coffee - выпить чашку кофе

go to work - идти на работу

watch (TV) - смотреть (телевизор)

listen to the radio - слушать радио

read (the paper) - читать (газету)

have a bath - принимать ванну

brush your hair - расчесываться

go to bed - ложиться спать

sleep – спать

get undressed - раздеваться

put on a dress - надеть платье

take off a dress - снять платье

cook/make breakfast- готовить

read the news - читать новости

surf the Internet - сидеть в интернете

drink coffee - пить кофе

eat vegetables - есть овощи

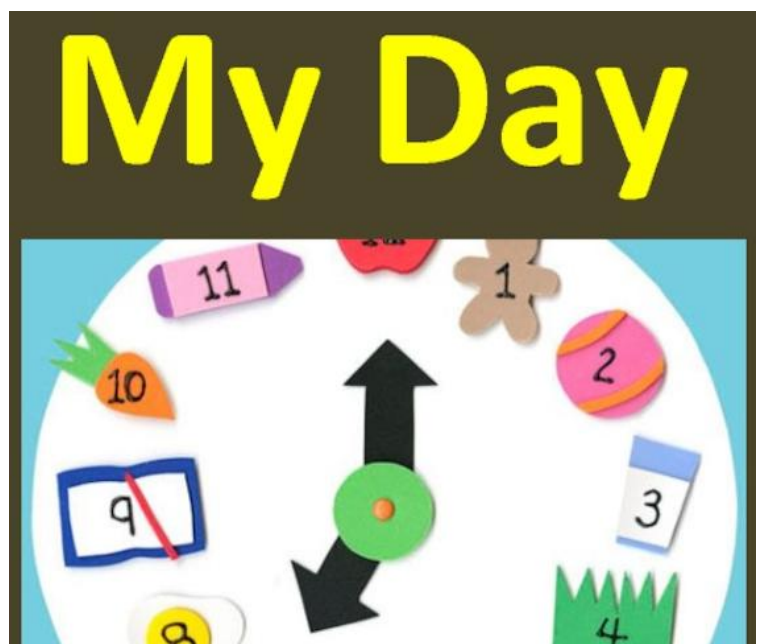
go to work/school – идти на работу, в школу

drive a car - водить машину

get to work - приезжать на работу



start work – начинать работу
talk to clients - разговаривать с клиентами
go to the gym – ходить в тренажерный зал
go shopping – ходить по магазинам
go home – идти/ехать домой
get home - приходить домой
do homework – делать уроки, домашние задание
do housework – делать работу по дому
chat with friends - болтать с друзьями
meet friends - встречаться с друзьями
visit relatives - навещать родственников
feed the dog - кормить собаку
take the dog for a walk - выгуливать собаку
set the alarm-clock for 7 o'clock - заводить будильник на 7 часов
fall asleep – засыпать
have a rest — отдыхать
go to see smb – навещать кого-либо



1. Прочтите и переведите стихотворение:

I go shopping on Monday,
I do the cooking on Tuesday,
I do the washing on Wednesday,
I do the ironing on Thursday,
I clean the flat on Friday,
By the end of the week I am tired.
I have a rest on Saturday and Sunday
And I am good and full of life by next Monday.

2. Read and translate the text. (Прочтите и переведите текст):

My Daily Routine

THIS IS MY DAY :)



We all have some things we do every day or almost every day in a particular order. They are called “daily routine”. Let me tell you about my daily routine.

My typical day is quite busy, it begins at 6 o'clock in the morning when I wake up. When my alarm goes off, I turn it off, get up and make my bed. Then I take a shower, brush my teeth and do my morning workout. I do not exercise much in the morning, just a few simple exercises such as push-ups.

Usually, my mom makes breakfast for all of us, which is my parents and I. My older brother is a student and he lives in a dormitory. I have breakfast with my family. My father usually walks our dog, but when I have enough time, I like walking the dog myself.

After breakfast I go to school. I do not walk there because it is too far. I take a bus and get off by the school. It takes the bus about 15 minutes to get there, so I usually play games on my phone or watch YouTube videos. My classes start at 8 a.m. After the third lesson we have a break. My classmates and I go to the cafeteria where we have a cup of tea with a sandwich and chat.

After school, I take a bus home. Sometimes my friend's father picks him up, and they give me a ride. At home I have lunch, then do the dishes. My mom works part-time and spends the morning hours at home. Usually, she goes to work at 2 pm. When my parents are at work I do the chores. I clean up the kitchen and my room, the living room if necessary, then I do the vacuuming in the hallway and feed the dog.

Then I just rest and do whatever I like. I go to the gym three times a week with my friends. So if it is a gym day, I go there. If it is not, I just watch TV or surf the Internet.

When my mom comes home, we cook together. While we are cooking, she might ask me about my day at school. My father returns from work a bit later. We have dinner together, then I do my homework. If I have enough time, I might watch a show, read a book or play a videogame. Sometimes we watch TV together. I am not a very outgoing person but once or

twice a week I might go out with my friends. We love hanging out in the local part which is right next to the building where I live.

Normally, I do not stay up late, and go to bed at 10 or 11 o'clock in the evening. That is my daily routine.

3. True or False (Верно/неверно):

- 1) We all have some things we do every day or almost every day in a particular order.
- 2) My typical day is quite busy, it begins at 7 o'clock in the morning when I wake up.
- 3) I do a lot of sports in the morning, just a lot of simple exercises, such as push-ups.
- 4) My father usually walks our dog, but when I have enough time, I like walking the dog myself.
- 5) After breakfast I go to school. I do not walk there because it is too far.
- 6) My classes start at 8.30 a.m.
- 7) After the second lesson we have a break. My classmates and I go to the cafeteria where we have a cup of tea with a sandwich and chat.
- 8) We love hanging out in the local part which is right next to the building where I live.

4. Выпишите из текста следующие слова и выражения:

Определённый порядок, распорядок дня, напряжённый, просыпаться, выгуливать собаку, идти пешком, готовить, делать домашнюю работу.

5. Выпишите из текста 5 глаголов и составьте с ними 5 предложений.

6. Поставьте к тексту 5 вопросов.

7. Составьте диалог, опираясь на текст. (не менее 18 реплик)

MY DAILY ROUTINE (2)

8. У каждого человека есть свой обычный распорядок дня — daily routine. Это те дела, которые мы делаем ежедневно или очень часто. Жирным шрифтом выделены фразы, используя которые вы можете составить свой собственный рассказ о распорядке дня.

My daily routine 1



We all have our own daily routine. I want to talk about my typical day. Every morning I **get up** at 7 o'clock and **make my bed**. Then I **go to the bathroom** where I **wash my face**, **have a cool shower** and **brush my long hair**. My brother has short hair so he **combs his hair**. Then I **do some exercises** to feel great all day. I usually **watch music clips**

on TV while I **have breakfast**. For breakfast, I like scrambled eggs and sandwiches with a cup of tea. Sometimes I **put on some make-up**. Then I **take my school backpack** and **leave the house**. My school is not far from home, so I go there **on foot**.

Our lessons begin at 9 o'clock and finish at around two or a little later. My friend and I love to chat a bit before going home. When I come home, I walk and feed my dog at first. Then

I **have lunch** and rest for a while. I like reading books about teenagers, especially fantasy books. After that, I **do my homework, tidy up the room,** and **go for a walk** with friends. In the evening I like **playing computer games.** I also **check emails, chat with friends, surf the internet** or **watch a movie.**

After my parents return home, we **have dinner** together and talk about the events of the day and plans for tomorrow. We dream about the weekend when we can escape the daily routine. I **go to bed** at eleven, but my parents love to **chill out on the sofa** and **read books.**

1) Дополните предложения:

- Every morning I **get up** at _____
- Then I **go to the bathroom** where _____
- Then I **do** _____
- I usually **watch** _____
- I **take my** _____

2) Вставьте пропущенные слова:

1. . My school is not far from home, so I go there ____ 2. When I come ____, I walk and feed ____ at first. 3. I ____ my homework, ____ the room, and ____ a walk with friends. 4. After my parents ____ home, we ____ together. 5. I go to ____ at eleven.

do, bed, return, on foot, tidy up, have dinner , home, my dog,

3. Выпишите из текста время и напишите его словами.

My daily routine 2

On weekdays, I usually **get up** at 6:30. I like to get up early **to do my jogging** in the park, so I **get my pyjamas off** and **put on my sportswear**. There is a very beautiful and quiet park not far from my home and I **go jogging** there every day, even on weekends. Then I **go back home** and **have a shower**. Then I **get dressed** and **go to the kitchen for breakfast**. My mother usually **cooks breakfast**, but sometimes I do it myself. I prefer a large **cup of coffee** and a sandwich, but my mother often **cooks porridge**. She believes that the porridge is the most healthy and useful breakfast for the whole day.

Then I **shine my shoes** and call my friend who lives next door and we **go to school** together. The school is quite close to our house. Lessons start at 9 o'clock and finish at two or three, it depends on the schedule. Then I come home and **have lunch**. After lunch, I **have a little rest** and then I start **doing my homework**. Usually, the homework takes me two hours. If mom asks me, I **take the rubbish out** or go grocery shopping for supper or do another simple daily routine.

Then I **go for a walk** with my friend and his dog. We go to the park and throw a ball, and the dog brings it back to us.



In the evening I **have dinner** with my family. We all get together, joke, have fun, discuss our family affairs.

I usually **go to bed** around eleven o'clock.

Прочтите и переведите текст. Ответьте на вопросы по тексту:

- 1) When does the author's working day start?
- 2) What does the author of the text do in the park every morning?
- 3) What does the author of the text eat for breakfast?
- 4) What time do the author's classes start?
- 5) How long do the classes of the author of the text last?
- 6) What time does the author go to bed?



My daily routine (3)

Every day I usually do the same things such as **going to school, tidying up the flat, preparing food, washing clothes** and do some other daily routines. In the morning at 7 o'clock, the alarm **wakes me up** and I **go to the bathroom**. I **have a shower, brush my teeth**, then **dry my hair**. Then I **make my bed and put on my school uniform**. Usually, at this time I listen to my favourite

music.

My mother normally cooks breakfast for the whole family. It can be porridge, spaghetti with sausages or just sandwiches. I also **have a cup of coffee** with milk. At eight o'clock I **take my school bag and go to school**. Classes begin at 8:30, and finish at about 3 pm. During breaks, we play and chat with friends.

After school, I **go home, have lunch and rest for a while**. We always **have a lot of homework**, so I try to do it faster. As a rule, it takes me about two hours to finish my homework. Sometimes I **do some housework such as vacuuming, sweeping, washing, or hanging the clothes out** to dry. Fortunately, nowadays we have many modern appliances that help us do our daily routine.

My parents return home at about seven o'clock. We always **have supper** together. We share all the news and I tell about the school and my friends. In my house, I usually **do the dishes** after supper.

Three times a week I go to the swimming pool. When I do not go to the swimming pool, I stay at home and **play my favourite computer games** or read books. In the evening I usually **go for a walk** with friends. At eleven o'clock I **go to bed** and usually fall asleep very quickly.

1. Найдите в тексте следующие предложения и выпишите их:

- 1) Утром в 7 часов меня будит будильник и я иду в ванную.
- 2) Моя мама обычно готовит завтрак для всей семьи.
- 3) Я также выпиваю чашку кофе с молоком.

4) Занятия начинаются в 8:30 и заканчиваются около 15:00.

5) Три раза в неделю я хожу в бассейн.

2. Напишите 1 абзац текста в 3 лице единственного числа Present Simple.

3. Выпишите из текста 7 существительных и образуйте множественное число.

4. Выпишите из текста время и напишите его словами.

Лексические упражнения по теме «My daily routine»

Exercise 1. Вставьте слова **get / go / have / come / iron / watch / buy / do / listen / take / read**, так чтобы получились фразы, при помощи которых можно описать свой распорядок дня на английском, переведите получившиеся фразы.

1. _____ the laundry	9. _____ a book
2. _____ up	10. _____ to music
3. _____ dinner	11. _____ a shower
4. _____ to bed	12. _____ shopping
5. _____ TV	13. _____ a newspaper
6. _____ home	14. _____ the clothes
7. _____ breakfast	15. _____ dressed
8. _____ to work	16. _____ lunch

Exercise 2. Распределите предложения, описывающие распорядок дня с профессиями людей. Первое предложение уже сделано:

1. I work in a hospital.

2. I speak with people from different countries.

3. I speak three languages.

4. I sell things.

5. I work in a shop.

6. I help sick people.

7. I translate things.

8. I work in a newspaper office.

9. I work with doctors.

10. I look after money.

11. I write a lot.

Exercise 3. Сопоставьте слова и выражения с их переводом:

Do the laundry	Стирать
Get up	Вставай
Have dinner	Обедать
Go to bed	Идти спать
Watch TV	Смотреть телевизор
Come home	Возвращаться домой
Have breakfast	Завтракать

Go/ come to work	Идти / приходить на работу
Read a book	Читать книгу
Listen to music	Слушать музыку
Take a shower	Принимать душ
Do / go shopping	Ходить по магазинам
Read a newspaper	Читать газету
Iron the clothes	Гладить одежду
Get dressed	Одеваться
Have lunch	Обедать

Exercise 4. Прочитайте и переведите фразы, описывающие распорядок дня. Заполните данными фразами таблицу.

I do this every day	I often do this	I rarely do this	I never do this

- | | |
|-----------------------------|-----------------------------|
| 1. wake up | 14.go shopping |
| 2. get up | 15.do the morning exercises |
| 3. leave school | 16.watch TV |
| 4. have lunch | 17.have a shower |
| 5. make the bed | 18.wash (my) face |
| 6. have dinner | 19.brush (my) teeth |
| 7. read an interesting book | 20.get dressed |
| 8. read a comic | 21.have breakfast |
| 9. sleep well all night | 22.go to school |
| 10.work hard | 23.come home |
| 11.listen to music | 24.play with (my) brother |
| 12.do (my) homework | 25.read a newspape |
| 13.read a magazine | |

Exercise 5. Поставьте фразы из первой колонки предыдущего упражнения в хронологическом порядке, то есть в порядке того, как вы делаете это в течение дня. Начните с **wake up!**

1. Every day I
2.

Грамматические упражнения

по теме **Daily Routine + Present Simple**

Exercise 1. Раскройте скобки, используя **Present Simple**.

Roberto (1) _____ (start) his day at 8.00. He (2) _____ (have) breakfast in the kitchen with all the family. Roberto (3) _____ (like) orange juice, toast and milk. He always (4) _____ (have) an apple. After breakfast Roberto (5) _____ (make) his bed and (6) _____ (tidy) up his bedroom. He (7) _____ (get) ready for lessons. He mustn't be late, as mother (8) _____ (be) very strict. At 9.00 the Hanson kids (9) _____ (start) their lessons. At midday they (10) _____ (have) lunch. Then it's sport time: they (11) _____ (love) playing basketball, in-line skating and skate-boarding. Roberto and his brothers (12) _____ (not/have) dinner with their parents as their father is always late. Their mother (13) _____ (not/like) it very much. So, at weekends they (14) _____ (be) always together.

Exercise 2. Раскройте скобки, используя **Present Simple**.

Mary (1) _____ (wake) up at 7.00. Then she (2) _____ (get) up at 7.30 and she (3) _____ (go) to the bathroom. She (4) _____ (have) a shower, (5) _____ (brush) her teeth and (6) _____ (comb) her hair. Afterwards she (7) _____ (have) breakfast. Ten minutes later she (8) _____ (take) her bag, (9) _____ (kiss) her mother and (10) _____ (catch) a bus to school with her friend Diana. They (11) _____ (start) school at 9.00. They (12) _____ (not/have) lunch at the school canteen. At three o'clock they (13) _____ (return) home. In the afternoon, she (14) _____ (study) her lessons and (15) _____ (ride) her bicycle. In the evening she (16) _____ (help) her mother prepare the dinner. After dinner she (17) _____ (watch) TV, her mother (18) _____ (read) a magazine and her father (19) _____ (go) to bed earlier since he (20) _____ (be) always the first in the family to get up.

Exercise 1. Прочтите и переведите текст:

Greg's Daily Routine

Greg is an American boy. He lives in Arlington, Texas. He lives with his family in a modern house. He is eleven years old and he has got an older brother, Alex, and a younger sister, Emma.

He starts his day at about half past six. He gets up, goes to the bathroom, takes a shower, brushes his teeth and get dressed. Then he has breakfast and at a quarter to seven he leaves home and catches the bus to school.

Classes begin at half past seven. He usually has lunch at the school canteen at half past twelve. After school, at a quarter past five, he goes home. There he does his school



homework and when he finishes it he helps his Mum laying the table. At half past seven the family dines together.

Greg is a very helpful boy, so he helps his mother cleaning up everything after dinner.

He usually watches TV for a while after dinner and at about ten o'clock the most he brushes his teeth again, puts on his Spider Man pajamas and goes to bed. His parents always kiss him good night before he gets asleep. Greg is a very happy boy!

Exercise 2. True or False. (верно/неверно)

1. Greg is an American boy.
2. Greg lives in a modern flat.
3. Greg is eleven years old.
4. Greg has got two brothers.
5. Greg wakes up at eight o'clock.
6. Greg walks to school.
7. Greg classes begin at half past eight.
8. Greg and his family have dinner at half past seven.

Exercise 3. Match the antonyms: (найдите антонимы)

modern	enters
older	alone
starts	end
leaves	old-fashioned
begin	unhappy
together	younger
helpful	finishes
happy	unhelpful

Exercise 4. Answer the questions (ответьте на вопросы)

1. Where does Greg live?
2. What's his sister's name?
3. What time does he wake up?
4. Does he have breakfast at home?
5. What time does he leave home?
6. Where does he have lunch?
7. When does he return home?
8. Does he do his homework at school or at home?
9. Is he a helpful boy?

Exercise 5. What about you? What's your daily routine like? (опишите свой день)

Упражнение 1. Используя следующие карточки, расскажите о распорядке дня Джейми, Мелани, Анны, Джессики и Паула.

1. Расскажите о распорядке дня Джейми.

job: pupil

morning:

- gets up – 6:50
- goes to the bathroom
- puts on his clothes
- has breakfast
- goes to school by bus
- has seven lessons a day

afternoon:

- has lunch at school (packed)
- goes home – 3:45
- relaxes for 25 minutes
- does his homework – 4:15-5:15
- goes to the sports centre (plays football)

evening:

- has dinner – 7:00
- watches TV
- cleans his shoes
- brushes his teeth
- goes to bed – 9:30

JAMIE



2. Расскажите о распорядке дня Мелани.

job: pupil

morning:

- gets up – 7:10
- has a shower
- gets dressed
- has breakfast
- makes her bed
- her father drives her to school
- has six lessons a day

afternoon:

- has lunch at school canteen
- goes home – 3:30
- does her homework – 4:00-5:30
- helps her mother with the cooking

evening:

- has dinner – 6:30
- tidies her room
- brushes her teeth
- reads a book
- goes to sleep – 8:30

MELANIE



3. Расскажите о распорядке дня Анны

job: retired

morning:

- gets up – 5:30
- washes her face and teeth
- gets dressed
- makes breakfast
- cleans the house
- cooks lunch

afternoon:

- looks after her grandchildren
- prepares dinner for her daughter's family
- knits
- listens to the radio

evening:

- does the laundry
- irons the clothes
- has dinner
- reads magazines
- has a shower
- goes to sleep – 9:15

ANNA



4. Расскажите о распорядке дня Джессики.

job: student

morning:

- gets up – 5:00
- puts on her clothes
- goes cycling (15 km every morning)
- has a shower
- has breakfast
- goes to university – 7:45

afternoon:

- has lunch in the university canteen
- finishes her lessons – 4:00
- meets her friends
- arrives home – 6:00
- makes dinner

evening:

- studies
- meets her boyfriend
- has a shower
- goes to sleep – 10:15

JESSICA



5. Расскажите о распорядке дня Паула.

job: programmer

morning:

- gets up – 9:30
- has breakfast
- naps a little
- starts working at home – 11:00

afternoon:

- has lunch – 3:15
- gets dressed
- works on his computer
- has some snacks

evening:

- calls his mother
- orders a pizza
- has dinner
- chats with his friends
- has a shower
- goes to sleep – 2:30

PAUL



Упражнение 2. Ответьте на вопросы

1. What time do you get up?
2. Where do you have breakfast?
3. What do you have for breakfast?
4. Do you go to school in the morning or in the afternoon?
5. What time do you have lunch?
6. What do you do in the afternoon?
7. When do you do your homework?
8. Do you have a shower before going to bed?
9. Do you watch TV at night?
10. What is your favorite TV programme?
11. What time do you go to bed?

Упражнение 3. Используя карточку, расскажите о своем распорядке дня на английском.

job: _____

morning:

- getting up?
- having a wash?
- breakfast?
- going to school/work?

afternoon:

- lunch?
- going home?
- doing your homework?
- sports?
- meetings?
- housework?

evening:

- helping somebody?
- dinner?
- reading?
- watching TV?
- playing?
- going to bed?

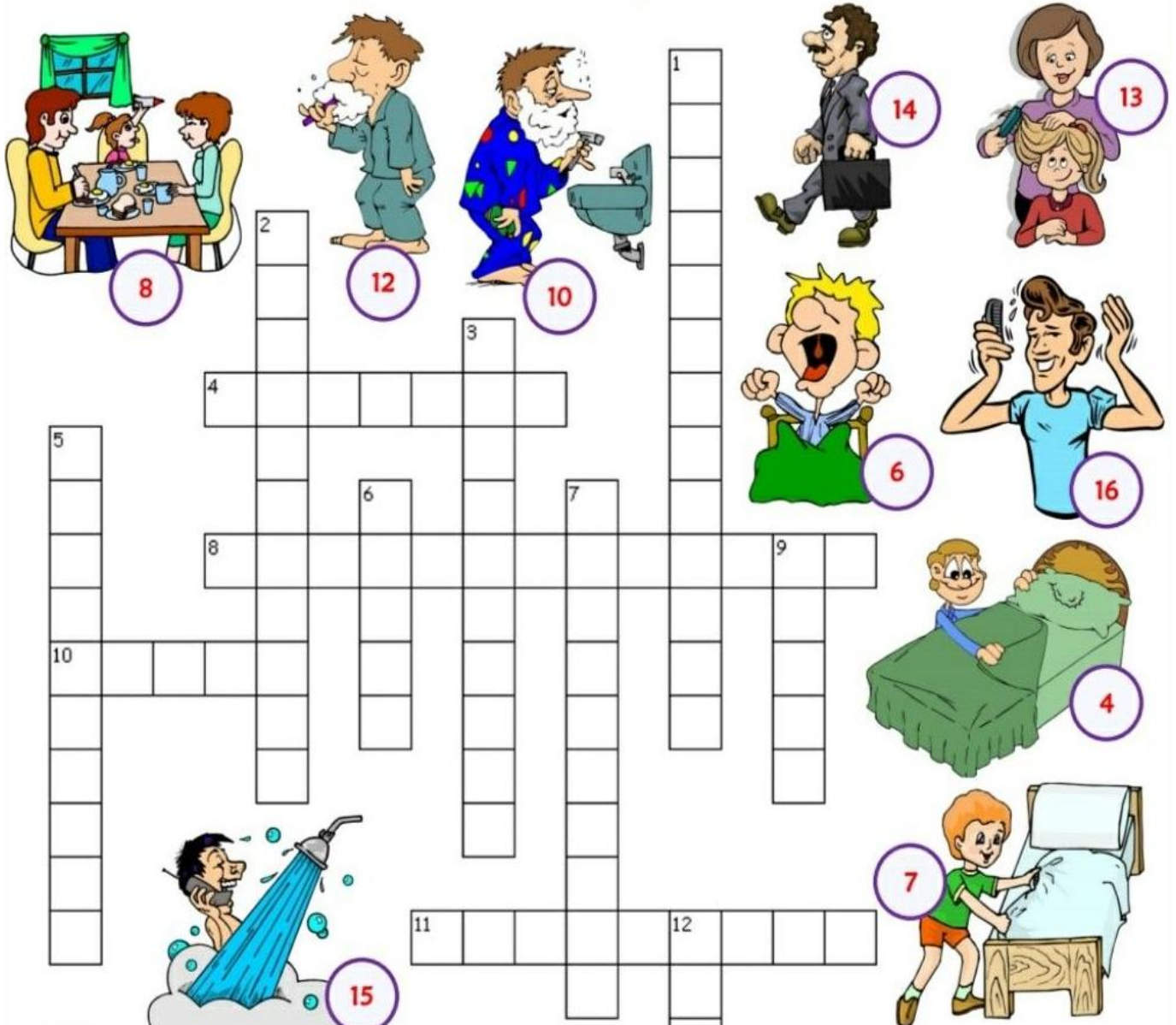
YOU



Appendices

DAILY ROUTINES CROSSWORD PUZZLE !

Look at the numbers on the pictures and write the daily routines vocabulary in the crossword puzzle





EVERYDAY
ACTIVITIES

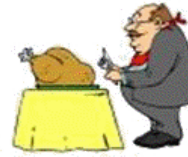


Fill in the crossword and find the hidden words.



ISLCollective.com

K H D G R R A U L S X U Z L R B R D
 Y X H H O U E F C O G O T O B E D E
 L D U C C H U W U U O H B J D Y M B
 B N U F N Q O F O F K H Y C E X O E
 R W H T Z U G M T H G B C Y I M T K
 U L T G S N L G E O S O P S R M C A
 S F E S S K X T C I A A H G O P D M
 H R E N N I D T A E F W E X M T X V
 H V T J S P G Q C E M E R K C V O E
 A E H B H E A T B R E A K F A S T G
 I W S X A M U A P U E K A W U T V I
 R B U K V M G G J S D F N N U U D W
 G H E O E J G E T D R E S S E D D S
 O F B P L R J M D O H O M E W O R K
 M E U W A S H F A C E N P G U W Q N



DAILY ROUTINES MISSING LETTERS IN WORDS !

Write the missing letters in the boxes to complete the daily routines vocabulary



g_t _p

t_k _ a s_o_e_



b_u_h t_e_h



s_a_e



b_u_h h_i_

h_v _ b_e_k_a_t



g_t d_e_s_d



p_t _n m_k_u_



m_k _ t_e b_d

h_v _ a b_t_



Sources

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