



4rd YEAR - 1st TERM 2025 EDITION

HELLO, DEAR STUDENTS!

Welcome to 4th year!

Lots of new things are waiting for you.

The first term project is called A week in the life of...

In this project, you will get to know the routine of kids from all over the world and also talk about your own routine in English. You will watch videos, listen to audio records, read texts about the theme and then write about your routine, describing a week in your life. It is going to be awesome!



In addition to that, you will study a great American author called Shel Silvestein. He wrote amazing poems and books, such as The Giving Tree and The Missing Piece.



We are very happy to have you in the fourth year! Let's learn English and have fun!

READING

(compreensão escrita)

- Ler e compreender as ideias principais de textos sobre a rotina de outras crianças.
- Identificar informações pontuais e explícitas nos textos lidos apoiandose em palavras-chave, palavras conhecidas e características do texto.
- Ler e compreender perguntas, frases e enunciados em atividades do projeto.

LISTENING

(compreensão oral)

- Compreender informações explícitas e específicas em vídeos e áudios em inglês apoiando-se em palavras-chave, palavras conhecidas, linguagem corporal e situação comunicativa.
- Compreender as falas, instruções e explicações durante as aulas.

WRITING

(produção escrita)

- · Produzir textos em inglês que comuniquem a sua rotina.
- Escrever corretamente as estruturas de linguagem trabalhadas no trimestre.

SPEAKING

(produção e

interação oral)

- · Comunicar-se em inglês usando o vocabulário relacionado ao projeto Week in the life of...
- Apresentar oralmente a sua rotina para outras crianças.

LANGUAGE **STUDIES**

(Vocabulário e estruturas)

- days of the week
- parts of the day
- telling the time
- adverbs of frequency
- simple present
- routine/daily activity expressions

Literature/ **Community of**

Readers

- Participar ativamente em inglês das leituras obras do autor Shel Silverstein, lendo poemas e livros.
- Comentar as histórias lidas usando palavras e frases simples em inglês apoiando-se em modelos.

ENGAGEMENT

- Participar das discusses e atividades coletivas do projeto.
- (atitudinal)

Colaborar com o bom andamento das aulas.

USEFUL EXPRESSIONS

GREETINGS:

- · Hello, teacher! / Hi, teacher!
- Good morning!
- Good afternoon!
- · How are you?
 - I am fine, thanks.
 - · Not so good, because...



WHEN YOU NEED SOMETHING:

- May I go to the restroom, please?
- · May I drink some water, please?
- May I borrow your pencil, eraser, pen,..., please?
- Stop, please!
- Thank you very much! / Thanks!
- You're welcome!
- What's the page?
- How can I spell...? How can I say...?
- What's the meaning of ...?

A WEEK IN THE LIFE OF...

DAYS OF THE WEEK:

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEBRUARY 2025

S	М	Т	W	т	F	S
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	1

MARCH 2025

S	М	т	w	т	F	S
23	24	25	26	27	28	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

MORNING



AFTERNOON



EVENING



NIGHT



APRIL 2025

$\overline{}$							
	S	М	Т	W	т	F	S
	30	31	1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30	1	2	3

Daily Routine

Read the texts below about the routine of two different children and complete the glossary at the end of the exercise.

	10M	NTH / _	DAY /	YEAR
monday O	TUESDAY	wednesday O	THURSDAY O	FRIDAY O
Text 1				

A week in the Life of Ben

My name is Ben and I am from Australia. I am 10 years old and I live in Sydney. Today, I am going to tell you guys about my weekly routine.

I usually **wake up** at 7 'clock. I **get dressed** and **have breakfast** with my parents and siblings. I have one brother and two sisters. We go to the same school, so we always take the bus together at around 8 o'clock.

My classes start at 8:30. I have a snack at 10:30 and I have lunch at school everyday at 12:30. On Mondays, Wednesdays and Fridays, I have Math and Science classes. On Tuesdays and Thursdays, I have English and Physical Education classes. I love sports and my favorite sport is volleyball. On Fridays, we go to the library and read books and stories there.

My classes finish at 3 o'clock. On Monday and Wednesday afternoons, I have swimming classes. On Tuesday and Thursday afternoon, I study Spanish with my very nice teacher, Señor Costa.

When I arrive home, I play games with my brothers. Sometimes, when it is very hot, we go to the beach. At 6:30 my family and I have dinner. I take a shower, read a book and at around 9 o'clock I go to bed.



A week in the Life of Andrea

I'm Andrea Crespo, and I'm 11 years old. I live in Madrid with my mother and grandmother. I learn English and Spanish in school.

I wake up at 8 a.m. I watch TV and then have breakfast. For breakfast, I usually have bread, milk and fruit. Sometimes I have an apple, cookies and chocolate milk. After breakfast, I brush my teeth and get dressed.

At 9 a.m. my mother and I go to school by car. At school, I play with my friends in the schoolyard until it is time to go inside. There are 29 students in my class. My homeroom teacher, Miss Elvira, teaches class in Spanish.

We always have lunch at school between 11:30 and 12:00. Some people take a snack to eat. Then we go back to class for more lessons taught in Spanish. Depending on the day, it might be history or geography.

After lunch, we play outside. I like to play soccer or basketball. Most of my friends are boys. At 2 p.m., we start our afternoon classes, which are all in English. On Fridays, we have arts classes. I love arts class! Around 4:30 p.m., my mother picks me up and we walk home. Some days we go to the sports center, where I play soccer, basketball, rugby or baseball.

On sports days, I get home late at around 7 p.m. Otherwise, I'm home by 5:30. After I do my homework, I take a shower. For dinner, I usually have a ham sandwich or an omelet. While I'm eating, I like to watch TV.

I go to bed at 10 p.m. On the weekends, I get to stay up a bit later. Sometimes I go to my uncle's house and sometimes I stay home and just relax.

Glossary of the texts: A in week in the life of Ben and A week in the life of Andrea

Now that you read the texts, list the vocabulary you consider important to talk about a person's routine and write its meaning. Highlight these expressions and words in the texts.

	WORD	MEANING
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		

	MONTH		DAY	YEAR
	-	/	/	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
\cap	\cap	\circ	\cap	\circ

Daily Routine - PART I

Last class you read a text
about Ben's and
Andrea's routine.
Do you remember the
vocabulary used by these
kids to talk about their day?
Let's check!

1. Check your vocabulary: picture matching

Write the correct verb phrase in the box below the picture.

go to bed brush your teeth

do homework wake up

get up have a shower

have breakfast go to work have lunch go home

have dinner go to school













go to bed brush your teeth do homework wake up get up have a shower have breakfast go to work have lunch go home have dinner go to school













MONTH DAY YEAR

/ _____/

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

0

Daily Routine - PART II

Look at the pictures

1. Look at the pictures

0

0

What can you see? Tell your partner.





0

0









Write the missing words.

ı	••••••	up at 7 o' clock
I		a shower.
I		breakfast.
ı	•••••	to college.
ı	•••••	TV.
ı		to bed.

Read the sentences. Write the number.

I have shower.	
I go to bed.	
I watch TV.	
I get up.	
l ara ka sarada	
I go to work.	
I have breakfast	

Match the words to make sentences.

•••••	••••••
1. I get	breakfast.
	•••••
2. I have	TV.
	•••••
3. I have	to college.
4. I go	up at 7 o' clock.
•••••	•••••
5. I watch	to bed at 11 o' clock.
•••••	•••••
6. I go	a shower.

	МОМ	MONTH		YEAR
		/	/	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0	0	0	0	0

Tina's day

Tina's day

I wake up at 6:30 a.m. I take a shower, brush my teeth and get dressed for school. I have breakfast at 7:30 with my parents and brothers. I always eat cereal and milk for breakfast. I go to school on foot because I like to exercise in the morning. My classes start at 8:30 am. At 12 o'clock I have lunch at the school canteen with my friends. I really like English and Science classes. I go home at 4:30. On Tuesdays and Thursdays. I have swimming classes at 5:30pm. In the evening I do my homework, play video games with my brothers, have dinner with my family and then I listen to music. Usually I go to bed at 10:15 pm.

Now answer the questions about Tina's day

A. What time does Tina wake up?	
B. What does she eat for breakfast?	
C. When does she have swimming classes?	
D. What does she do in the evenings?	
E. How does she go to school?	

TRUE OR FALSE?

- O She goes home at 4:30.
- O She plays video games in the morning.
- O She has lunch at home.

Daniella's day

	МОІ	NTH	DAY	YEAR
		//	/	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0	0	0	0	0

Daniella's day

I get up at 7 o'clock, then I get dressed for school. I have breakfast with my sister and my mother everyday and I like to have tea, eggs and white rice for breakfast. At 8 o'clock my mom takes me to school by car. My classes start at 8:30 am. I always have lunch at school with my friends. After lunch, I usually practice sports. My favorite sport is volleyball, but I also like to play soccer. I do my homework when I get home at 5:15 p.m. I have dinner with my family at 6:30 and then we watch TV together. We like to watch series and cartoons. On Fridays, I have dinner with my grandmother. Usually I read a book and then go to bed at 10 o'clock pm.

Now answer the questions about Daniella's day

A. What time does Daniella get up?
B. What does Daniella eat for breakfast?
C. What time do her classes start at school?
D. When does she have dinner with her grandmother?
E. How does she go to school?

TRUE OR FALSE?

- O Her favorite sport is basketball.
- O She watches TV in the morning.
- O She reads a book before going to bed.

What do you do every day?

Listen to the song "what do you do every day?" and make a list of things the characters from the video do every day.						
Now write other things that you do every day.						

School Routine		MONTH ,		DAY /	YEAR
Together with your group, write about your school routine. What classes and activities do you have on each day?	monday O	TUESDAY	WEDNESDAY O	THURSDAY	FRIDAY O
		EVERY	DAY:		
MON	IDAY:				

		TUESDAY:	
_			
	WEDNESDAY:		
		THURSDAY.	
		THURSDAY:	
	FRIDAY:	THURSDAY:	

Frequency words and expressions

	MONTH		DAY	YEAR
		//	/	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	/ FRIDAY
0	0	0	0	0

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

EVERY DAY

FOUR TIMES A WEEK

THREE TIMES A WEEK

TWICE A WEEK

ONCE A WEEK

Week in the life - Expressions about your routine

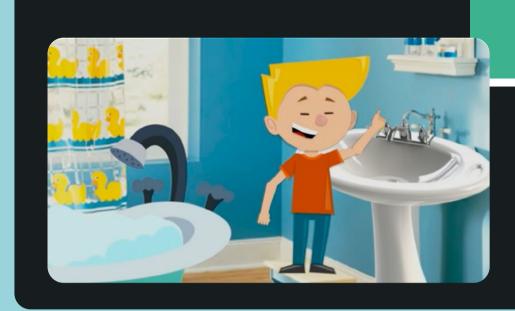
Listen to your teacher, write the expression and illustrate it.

1	2
7	
	/ _
3.	4
J.	4
3.	4
J	4.
J.	4.
J.	4.

Routine: Let's think about your routine!

Along the week, take notes of the activities you do. It is going to help you write your text very soon.

Night		Afternoon		Morning	
					Monday
					Tuesday
					Wednesday
					Thursday
					Friday
					Saturday
					Sunday



DAILY ROUTINE



Daily routine and telling the time WATCH THE VIDEO AND MATCH

He gets up at	•	8:00 PM.
He eats breakfast at	•	3:00 PM.
He goes to school at	•	8:00 AM.
He eats lunch at	•	1:00 PM.
He goes home at	•	9:00 PM.
He eats dinner at	•	7:00 AM.
He watches TV at	•	7:30 AM.
He takes a bath at	•	6:00 PM.
He sleeps at	•	6:30 PM.

Now complete the sentences and then match the sentences with the pictures

a. _____ up

b. _____ my face

c. _____ dressed

d. _____ my hair

e. _____ breakfast

f. _____ my teeth

g. _____ the bus









Telling the time

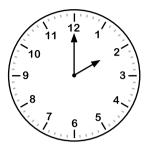
MONTH

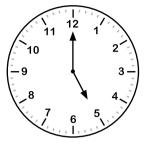
DAY

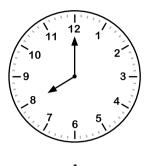
YEAR

First write the numbers and then the sentences

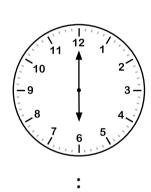
MONDAY O TUESDAY O WEDNESDAY O THURSDAY O FRIDAY

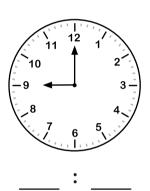


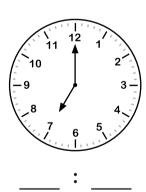


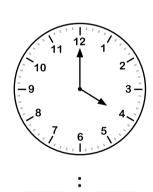


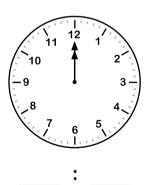












-	lt's	two	0'	clocl
1.	IL S	LVVO	U	CIOCI

2.

3

4.

5. _____

6. ______

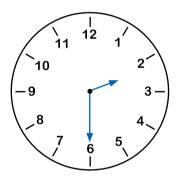
7.

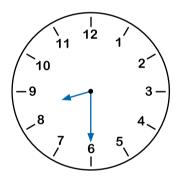
8. _____

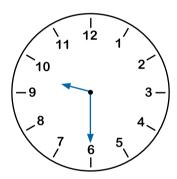
9. _____

Half past Activity

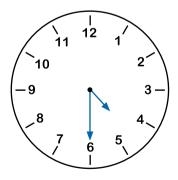
Write the correct time underneath each clock. The first one has been done for you.

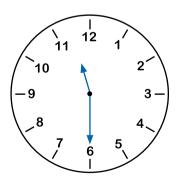


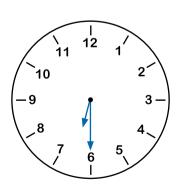




Half past two



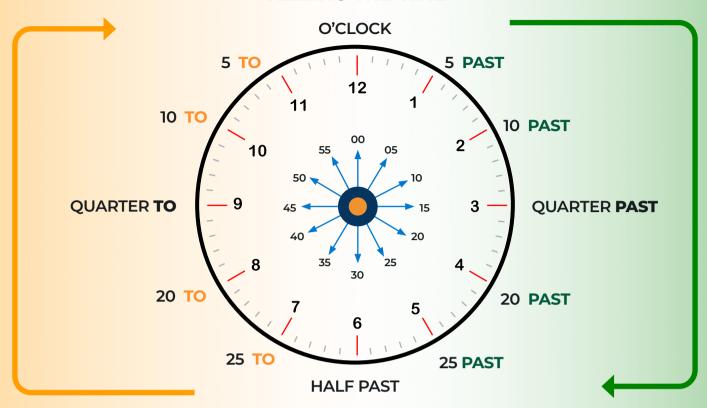




Complete the blanks with the correct time for you. Use numbers and words. Use the example to help you.

Ex. I do my homework at7_ : _00seven o'clock pm.
1. I wake up at :
2. I have breakfast at:
3. I have lunch at :
4. I go to school at :
5. I have snack at :
e indicate de constant
6. I take a shower at :
7. I have dinner at :
• Landa had at
8. I go to bed at:

TELLING THE TIME



Telling the time (week in the life)

1. Match the time.	2. What time is it? Write in numbers.
1. It's three o'clock. a) 10:3	0 1. It's seven thirty
2. It's a quarter past eight. b) 8:0	5 2. It's five to ten
3. It's ten thirty. c) 11:25	3. It's eight forty-five
4. It's five to five. d) 3:0	0 4. It's a quarter past three
5. It's nine tewenty five. e) 8:15	5. It's ten past eleven
6. It's twenty-five to eleven. f) 4:55	6. It's a quarter to three
7. It's eleven twenty-five. g) 10:3	7. It's four thirty-five
8. It's five past eight. h) 9:2	8. It's twelve o'clock

3. What's the time? Write sentences.
a. 1:00 -
b. 3:10
c. 11:55
d. 4:15
e. 5:20 -
f. 3:00 -
g. 7:30
4. Ask about the time. Use: know, time (2x), tell, what, please.
a. What's the ?
b time is it?
c. Do you have the , please
d. Could you me the time, please?
e. What's the time, ?
f. Do you what the time is?

Glossary - Week in the life

Write down the meaning of the words and expressions that we have used during the project A Week in the life of...

I wake up	
I do my homework	
I take a shower	
I go to school	
I have English class	
I have breakfast	
I have lunch	
I have dinner	
I go home	
I play with my friends	
I read a book	
then	
on the weekends	
at around	
usually	
Now write down 4 m	nore words that you have used and its meaning

	MONTH		DAY	YEAR
		/	/	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0	0	0	0	0

Sophie's routine



A week in the life of Sophie

Sophie is eleven years old and she lives in Brighton, England. She **usually** gets up at 7:15, she has a shower and gets dressed. After that, she goes downstairs to have breakfast. For breakfast she usually has milk, toast, and orange juice. Then she brushes her teeth and gets ready for school.

She grabs her school bag and goes to the bus stop to catch the school bus. Classes start at 8:30 a.m. and finish at 04:30 p.m. She **normally** has lunch at the school canteen with her schoolmates at about 12 o'clock. Her best friend is Amy. Sophie **always** sits next to her at lunch.

After school she returns home and does her homework. She is a very hard working girl and she **never** misses a school task! After homework, she **usually** listens to music and watches television a bit.

At 7:30 p.m. it's time for dinner. **Sometimes** she reads a book after dinner. She loves reading books. Finally, she goes to bed at about 10 o'clock.

On the weekends she **usually** plays with her friends, goes to the mall or watches movies.

Glossário

always = sempre

often/frequently = frequentemente

normally = normalmente

usually = geralmente

sometimes = às vezes

never = nunca

1. Order Sophie's daily routine

She goes to bed at about ten o'clock.	
She gets dressed.	
She catches the bus to school.	
She has lunch at the school canteen.	
She listens to music.	
She gets up.	1
She does her homework.	
She has a shower.	
She has dinner.	

2. Answer the questions about the text.
a. At what time does Sophie get up?
b. What does she have for breakfast?
c. What does she do after breakfast?
d. How does she go to school?
e. At what time do classes start?
f. At what time do classes finish?
g. Where does Sophie usually have lunch?
h. Who is Sophie's best friend?
i. What does Sophie do on the weekends?

Answer the questions about the woman's routine

Listening Activity 1

Organize her morning routine

a. () at 9 o'clockb. () at 10 o'clockc. () at 11 o'clock

have breakfast	
dry hair	
wake up	1
take a shower	
leave home	
brush my teeth.	
do make up	

TRUE OR FALSE?

0	0	She watches TV in the	evening.
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O She finishes work at 5 o'clock.

Listening Activity 2			NTH / /	DAY /	YEAR
Answer the questions about the other woman's routine	monday O	TUESDAY O			FRIDAY O
1. At what time does she wake	up?				
a. () at 6 o'clock					
b. () at 7 o'clock					
c. () at 8 o'clock					
2. How does she go the center	to work?				
a. () by car					
b. () by bus					
c. () by train					
3. At what time does she finish	n working?				
a. () at 2 p.m.					
b. () at 3 p.m.					
c. () at 4 p.m.					
4. At what time does she go to	bed?				
a. () at 10 o'clock					
b. () at 11 o'clock					
c. () at 12 o'clock / midnigh	t				
Organize her daily routine	•				
take a shower/ brush teeth					
have breakfast					
wake up	1				
go to university					
do yoga					
start working					
have lunch					
read book/goes to bed					
TRUE OR FALSE?					
O O She has pizza f	or lunch.				

She reads a book in the morning.

She rides a bike.

0

0

0

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NOTES

NOTES

SELF - ASSESSMENT

	\bigcirc	
QUANDO NÃO ENTENDENDO ALGO, PERGUNTO PARA A PROFESSORA?		
PRESTO ATENÇÃO NA AULA E COLABORO COM OS MOMENTOS DE SILÊNCIO?		
ESCUTO A FALA DA PROFESSORA, ASSIM COMO A DOS MEUS COLEGAS?		
MANTENHO MEU MATERIAL DE INGLÊS ORGANIZADO, GUARDANDO O CADERNO E ATIVIDADES NA BURAQUEIRA?		
PARTICIPO DOS MOMENTOS DE ATIVIDADE COLETIVA, COMO DISCUSSÕES, LEITURAS E JOGOS?		
LEIO E ENTENDO FRASES E TEXTOS EM INGLÊS SOBRE A ROTINA DE OUTRAS PESSOAS?		
ENTENDO ÁUDIOS E VÍDEOS EM INGLÊS SOBRE A ROTINA DE OUTRAS PESSOAS?		
ESCREVO FRASES SOBRE A MINHA ROTINA EM INGLÊS?		
FALO DA MINHA ROTINA USANDO EXPRESSÕES E PALAVRAS EM INGLÊS?		
CONSIGO FALAR AS HORAS EM INGLÊS?		
PARTICIPO DAS LEITURA DAS OBRAS DO AUTOR SHEL SILVESTEIN?		
1. O que aprendi neste trimestre durante as aulas de inglês?		
2. O que foi mais desafiador durante o trimestre?		

Vila das Infâncias

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