

Listen to the interview with a swimmer and do the exercises to practise and improve your listening skills.

### Preparation

**Do this exercise before you listen.** Write a number (1-5) to put these activities in the normal order in the day.

|       |                                 |
|-------|---------------------------------|
| ..... | Get dressed and have breakfast. |
| ..... | Have classes and lunch.         |
| ..... | Have dinner and watch TV.       |
| ..... | Wake up and have a shower.      |
| ..... | Go to bed.                      |

### 1. Check your understanding: true or false

**Do this exercise while you listen.** Circle *True* or *False* for these sentences.

|    |   |             |              |
|----|---|-------------|--------------|
| 1. | Dan gets up early.                                  | <i>True</i> | <i>False</i> |
| 2. | He has a small breakfast.                           | <i>True</i> | <i>False</i> |
| 3. | He's a student.                                     | <i>True</i> | <i>False</i> |
| 4. | Dan has lunch at home.                              | <i>True</i> | <i>False</i> |
| 5. | He goes swimming after classes.                     | <i>True</i> | <i>False</i> |
| 6. | Dan watches TV and goes on the internet before bed. | <i>True</i> | <i>False</i> |

## 2. Check your understanding: gap fill

**Do this exercise while you listen.** Fill the gaps with an activity from the box to complete Dan's diary.

|                |                  |              |            |
|----------------|------------------|--------------|------------|
| get up!        | go to university | meet friends | have lunch |
| have breakfast | have dinner      | go swimming  |            |

1. 5 a.m. \_\_\_\_\_
2. 6 a.m. \_\_\_\_\_
3. 8 a.m. \_\_\_\_\_
4. 11 a.m. \_\_\_\_\_
5. 2 p.m. \_\_\_\_\_
6. 5 p.m. \_\_\_\_\_
7. 7 p.m. \_\_\_\_\_

### Discussion

- What's your daily routine like?
- What time do you get up?
- What time do you start and finish school?
- Do you do any activities after school? What do you do?
- What time do you go to bed?