

"BEYOND THE CLASSROOM" ENGLISH SELF-STUDY GUIDE

School	_____	City	_____
Teacher's name	_____		
Student's name	_____		
Grade	6th	Level	A1

ORIENTACIONES PARA LOS PADRES DE FAMILIA

Estimados Padres de Familia,

Queremos confirmar nuestro apoyo a su compromiso y acompañamiento de sus hijos en las diferentes actividades asignadas por la institución, consideramos que estos espacios de aprendizaje fuera del Colegio se estructuran como un componente importante en su proceso de formación humana integral.

Hemos querido diseñar esta guía de aprendizaje con ayuda del libro Way to Go, grado 6° Módulo 2. Unidad 3. Páginas 70, 71 y 72; adjuntas al final de este documento. El tiempo para esta actividad es de 2 horas.

Actividad 1 (Vocabulario)

Identificar vocabulario sobre actividades de rutina diaria, en una sopa de letras.
Ejercicio escrito para identificar vocabulario sobre actividades.

Actividad 2. (escritura y gramática)

Actividad escrita con el uso de la gramática vista y el vocabulario de la actividad anterior.

Actividad 3 (lectura)

Lectura de un texto y comprensión del mismo.

Actividad 4 (escritura)

Descripción escrita sobre sus hábitos saludables y no saludables.

Actividad 5 (autoevaluación)

El estudiante evalúa su aprendizaje a través de las actividades desarrolladas.

De esta forma el estudiante identificará vocabulario y expresiones relacionadas con hábitos y rutinas de cuidado personal, además utilizará adverbios de frecuencia en descripciones sobre sus hábitos de rutinas. También cuenta con recursos adicionales y las respuestas a las actividades asignadas. Por último, agradecerles su esfuerzo en el acompañamiento de las actividades de sus hijos.



WELCOME TO THIS SELF-STUDY GUIDE

In this self-study guide in English, you will not only have the opportunity to learn vocabulary about routine activities but also to learn to have healthy habits and to describe about them. It consists of four simple activities, (vocabulary, grammar, writing, reading) and a self-assessment, which can be supported from the Way to Go 6, Module 2, Unit 3, page 70.

Topic	Skill(s)	Grammar	Vocabulary	Function(s)
Healthy and unhealthy habits in your life.	Reading, writing & speaking	Frequency adverbs, connectors	Healthy and unhealthy habits, verbs	Describe habits and personal care routines

GET READY

Study time needed: 2 hours	Resources: <i>English dictionary, notebook, pencil, computer, colors, PDF file of Way to Go Student Book 6. Cellphone with camera, images.</i>	Textbooks Links: Way to Go - Student's book 6, Module 2, Unit 3, page 70, 71 & 72: http://aprende.colombiaaprende.edu.co/es/node/94010
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LEARNING OBJECTIVES

What will you learn/practise/reinforce with these activities?

- To use vocabulary about healthy and unhealthy habits.
- To identify vocabulary and verbs to talk about daily routines.
- To write about routine using frequency adverbs and linking words.
- To understand information about routines
- To write about personal care routines.
- To make a video telling and showing daily activities.

LEARNING STRATEGIES

What can you do to achieve the objectives?

- Read carefully all the instructions for each task.
- Before recording your video, practise reading out loud.
- Look for linking words that help explain the relationship between sentences.
- Infer grammar rules from text.
- listen carefully to the audios.
- Use sight grammar correctly.



ACTIVITIES

1. VOCABULARY TASKS (20 minutes)

a. Find the words in the table in the **wordsearch**. Words are hidden



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

Monday
 Tuesday
 Wednesday
 Thursday
 Friday
 Saturday
 Sunday

sleep
 get up
 play
 shower
 comb
 take
 drink
 eat
 go
 study
 watch
 run

television
 brush
 time
 hair
 teeth
 water
 gym
 exercise
 family
 food
 healthy



b. Look at the images! **Classify** the activities on the chart to show when **YOU** do them.



Drink water



brush my teeth



spend time with my family



eat healthy



do exercise



cook healthy food



watch TV



sleep well



Study



play video games



comb my hair




go to the school

In the morning ☀️	In the afternoon 😊	In the evening 🌙	At night 🌃

2. READING TASK (25 minutes)

- a. Read Miguel's routine, a Latin American swimming champion. Tick (✓) true or false.

	<p>I wake up at 4.30 every day. I arrive at the pool at 5 a.m. <u>Then</u>, I swim for two hours. <u>After</u> I finish, I go home. I have breakfast <u>before</u> I take a shower. I go to school at 7.45 and I finish at 2.45. <u>After school</u>, I go swimming again. I usually arrive home for dinner at 6.30. Sometimes I'm late because I swim more.</p>																		
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 60%;"></th> <th style="width: 20%;">True</th> <th style="width: 20%;">False</th> </tr> </thead> <tbody> <tr> <td>1. He wakes up very early every day.</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>2. First, he takes a shower. Then, he has breakfast.</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>3. He has breakfast at school.</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>4. He goes swimming before and after school.</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> <tr> <td>5. He always has dinner at 6.30.</td> <td style="text-align: center;"><input type="checkbox"/></td> <td style="text-align: center;"><input type="checkbox"/></td> </tr> </tbody> </table>		True	False	1. He wakes up very early every day.	<input type="checkbox"/>	<input type="checkbox"/>	2. First, he takes a shower. Then, he has breakfast.	<input type="checkbox"/>	<input type="checkbox"/>	3. He has breakfast at school.	<input type="checkbox"/>	<input type="checkbox"/>	4. He goes swimming before and after school.	<input type="checkbox"/>	<input type="checkbox"/>	5. He always has dinner at 6.30.	<input type="checkbox"/>	<input type="checkbox"/>
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- b. According to the text. We can say that...

1. Miguel has a ...
 - a. busy day b. lazy day

2. Swimming is for Miguel ...
 - a. a free time activity b. an extracurricular activity.

3. Miguel is a ...
 - a. healthy boy b. unhealthy.

3. LANGUAGE AWARENESS TASK (25 minutes)

Analyze in the reading:

1. Look at the underlined words in purple. Answer: **What is the use of these words?**
 - A. To quote an author.
 - B. To highlight the text.
 - C. To link the sentences.

2. Search for the word "**AT**" in the text. Answer: What do you see **AFTER** it?
 - A. A specific hour.
 - B. A phone number.
 - C. A date.

3. Look at the words in the blue box. Answer: These words express...
 - A. Organization or order
 - B. Frequency or regularity
 - c. Time frame

4. Use the information from exercise b (vocabulary task) and the words in the box to write sentences about your routine. Follow the example.

always usually sometimes

0. In the morning, I usually study at school
1. In the afternoon, I always _____
2. At _____ I _____
3. Every day _____
4. In the evening, I sometimes _____
5. On Sunday, I always _____

4. WRITING OR PRE-TASK (15 minutes)

- a. Make a list of their "healthy habits" and "unhealthy habits". Reuse the expressions (verbs, adjectives, and other words) from the Vocabulary Tasks to do so.
- b. Prepare yourself to describe your routine to a friend/classmate, to record it in video and send it to him/her.

5. SPEAKING TASK (30 minutes)

Make your video about the activities you do in a day, showing the actions, the food you eat at each meal, and at what time they are carried out and with what frequency. You can check the text in the reading as a model. When you finish, exchange videos with a classmate. Then evaluate his/her video according to your teacher's instructions.

6. SELF-ASSESSMENT TASK (5 minutes)

Check the section you can do.

		Very well	Quite well	With difficulty
Vocabulary	I can identify vocabulary related to habits and personal care routines.			
Grammar	I use expressions of time with habits, and personal care routines			
Reading	I understand information about routines			
Writing	I can write about personal care routines.			



THIS IS THE END

Congratulations, you have successfully completed your learning guide, continue to learn and practice vocabulary about Healthy and Unhealthy Habits and personal care routines.

USEFUL RESOURCES

English Online English-Spanish dictionary

<https://www.wordreference.com/>

Vocabulary about habits and routines:

www.aprenderinglesrapidoysencillo.com/2013/05/05/rutinas-en-ingles-con

Frequency adverbs:

www.shertonenglish.com/es/gramatica/adverbios/de-frecuencia

ANSWER KEY

1. VOCABULARY TASKS

a.

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



2. READING TASK

a.

	True	False
1. He wakes up very early every day	X	
2. First, he takes a shower. Then, he has breakfast.		X
3. He has breakfast at school.		X
4. He goes swimming before and after school.		X
5. He always has dinner at 6.30	X	

- b. 1. C
2. A
3. A

ORIENTACIONES FINALES PARA LOS PADRES DE FAMILIA

Una vez finalizadas las actividades por su hijo/a, podrán verificar su progreso a través de unas preguntas:

- ¿Qué actividad te gustó más y por qué?
- ¿Cuáles son tus hábitos saludables y no saludables?
- ¿Describe qué actividades hiciste (lunes, miércoles, sábado, etc)?
- ¿Con qué frecuencia... haces ejercicio, lees, comes bien, etc?
- ¿A qué horas... te levantas, nadas, juegas, etc?

AUTHOR(S)

Name	Ángela Mireya Rincón Castro	Carlos Adalberto Maturana Galeano	Shamir Wydeman Cristancho Mosquera
Email	angela.m.r.c2008@gmail.com	tiger03eagle@gmail.com	elshamor24@hotmail.com
School	IED Misael Gómez	IED La Esperanza	IED Rural Diego Uribe Varga



Unit »3

My Health Care Routine

» Objectives

- » I can describe habits and personal care routines.
- » I can express the times and the days when I do activities.
- » I can exchange personal information about daily activities.

In Context » On a Normal Day, I ...

1. **Write** » Put the days in the correct order and choose which activities you want to do.

Community Centre
Healthy Week Programme

Tuesday
How to eat healthily?

Wednesday
Let's run together!

Friday
Are you sleeping well?

Sunday
Games day at the centre!

Thursday
Cooking class!

Saturday
Taking care of ourselves

Motivation Monday

I want to do 'Let's run together!' on Wednesday. I want to run fast!

2. **Speak** » Match the pictures with the daily routines. Then, tell a partner.

drink water

brush teeth

do exercise

cook healthy food

comb your hair

spend time with your family

sleep well

In the morning, he brushes his teeth.

In the afternoon, he spends time with his family.

Useful Expressions

In the morning
In the afternoon
In the evening
At night



module 2 // Unit 3

42 3. Listen ➤ Listen and put the activities in the correct order.

Valerie Castagna	
<input type="checkbox"/>	She meets her friends.
<input type="checkbox"/>	She eats vegetables, cereals and fish.
<input type="checkbox"/>	She jumps on the floor.
<input type="checkbox"/>	She goes to the gym.
<input type="checkbox"/>	She goes home.
<input type="checkbox"/>	She combs her hair.
<input type="checkbox"/>	She jumps on trampolines.
<input type="checkbox"/>	She reads magazines.



4. Speak ➤ Tell your partner what you do on a normal day.

Final task activity!



On a normal day, in the morning, I usually ... In the afternoon, I always ...

Study Tip
You can recycle vocabulary from earlier units.

5. Write ➤ Make a list of different activities your family does during the week. Tell your class.

WEEK: _____

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SATURDAY	SUNDAY	NOTES:		
swimming class		_____		



On Saturdays, we usually go to a swimming class together. On Tuesdays, we sometimes ... On Wednesdays, we always ...



MODULE // 2 Unit // 3 Lesson // 1

6. **Read** Read the routine of a Latin American swimming champion. Tick (✓) true or false.



I wake up at 4.30 every day. I arrive at the pool at 5 a.m. Then, I swim for two hours. After I finish, I go home. I have breakfast before I take a shower. I go to school at 7.45 and I finish at 2.45. After school, I go swimming again. I usually arrive home for dinner at 6.30. Sometimes I'm late because I swim more.

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7. **Write** Interview a sports star. Write four questions. Use the Useful Expressions.

Final task activity!

Useful Expressions

What time do you wake up?
 What sport do you do?
 Do you do your sport in the afternoon?
 What do you do after practice?

8. **Speak** Role-play. Be a sports star and an interviewer. Ask and answer questions. Vote for your favourite interview in class.

What sport do you do?

When do you play football?

What time do you practise?

What do you do before practise?

I play football.

I practise every day.

I usually practise at 5.30 p.m.

I always take a break and then eat something.