Lesson 3

Routines

Aim of this lesson:

- To learn to explain movies and books, etc that you have seen recently

Advice

Warm-up

It's a rather depressing fact that even after at least six years of English study, many Japanese students struggle to tell the time in English. Before starting this lesson's Toolbox, it might be good to spend five or ten minutes drilling conversational time expressions.
Explain that in conversation, using the "(minutes) to/past (hour)" structure is preferable to simply reading numbers (which can sound rather cold and robotic. That is, "ten to three," sounds much more natural in conversation than, "two-fifty."
Draw a clock on the board, and draw a straight line from 12 to 6, cutting the clock in half. Shade the right-hand side in one color, and label it "past". Shade the left-hand side a different color and label it "to." Next to the 3, 6 and 9 on the clock, write the phrases "quarter past", "half past" and "quarter to" respectively. This diagram will provide some reassurance for students who get stuck telling time throughout the lesson.
Write some times on the board, and elicit their pronunciations.

7:00 seven o'clock ○

7:15 seven-fifteen △ (a) quarter past seven ○

7:20 seven-twenty △ twenty(minutes) past seven ○

7:30 seven-thirty ○ half past seven ○

7:45 seven forty-five △ (a) quarter to eight ○

7:50 seven-fifty △ ten (minutes) to eight ○

Another point to watch out for is that Japanese students tend to say PM seven o'clock, since in Japanese, *gozen* (a.m.) and *gogo* (p.m.) come before the time.
Teach the phrases *in the morning / in the afternoon / in the evening / at night*, and point out that it is more natural to use these phrases than "*a.m.* or *p.m.*" in conversation.

Point 1

Once students are comfortable with time expressions, Toolbox 1 is relatively straightforward. Check that students understand the meaning of *always / usually (normally)* and *at (around /about ~, by~, not later than~, before~.*
Have students write a few sentences about their daily schedule, adding details such as *on weekdays / on the weekend /on Friday night*, etc. Once they have completed the Pair Practice substitution exercise, and then some random "real-life" questions and answers with their partner, you can do some on-the-fly quizzing of students.

Demonstrate comments such as *"That's pretty late!" "That's quite early!"* as a way to segue into talking about your own routines. Encourage students at all times to talk about themselves on the same topic, even if they have not been directly asked a question.

Point 2

Toolbox 2 deals with lengths of time (a few minutes, about half an hour, a few hours, etc), and uses two questions that are grammatically very similar, but have a slight difference in nuance. Explain that we use the question *How long does it take you to~?* principally with actions that we have to do, no matter whether we want to or not. On the other hand *How long/How much time do you spend (~ing)?* is often used for actions that we choose to do. Make sure that students understand the difference between *to take time (to) ~* and *to spend time ~*. Once students have written their answers to the questions in the Expression section, have them practice with a

partner. Then have them look at the reactions *"That's a long time." "That's not long!",* and practice once more, this time giving a reaction to what their partner has said.

Q1: What time do you ~? → That's pretty early. / That's pretty late. / Same here.
Q2: How long does it take you to ~? → That's a long time. / That's not long. / Same here.
Q3: How long do you spend ~? → That's a long time. / That's not long. / Same here.

Example sentences

"Expression" in Point 1 (p. 20)

1. I always get up at about seven.
私はいつも7時頃に起きます。
Watashi wa itsumo shichiji goro ni okimasu.

2. I usually go to bed by around eleven.
普段は、だいたい11時頃に寝ます。
Fudan wa, daitai juuichiji goro ni nemasu.

3. I leave home no later than half past seven on weekdays.
平日は遅くとも7時半までには家を出ます。
Heijitsu wa osoku tomo shichiji han made ni wa ie wo demasu.

4. I usually finish work at around 9 pm on the weekend.
週末はだいたい午後9時頃に仕事を終えます。
Shuumatsu wa daitai gogo kuji goro ni shigoto o oemasu.

"Expression" in Point 2 (p. 21)

1. What time do you usually get up on weekends?
週末は通常何時に起きますか？
Shuumatsu wa tsuujou nanji ni okimasu ka?

Usually at about half past ten.
通常、午前10時半頃です。
Tsuujou, gozen juuji han goro desu.

I get up at around 9am on weekends.
週末は午前９時頃に起きます。
Shuumatsu ni wa gozen kuji goro ni okimasu.

I get up before 8 on Saturdays, but at noon on Sundays.
土曜日は8時前に起きますが、日曜日は正午に起きます。
Doyoubi wa hachiji mae ni okimasu ga, nichiyoubi wa shougo ni okimasu.

2 How long does it take you to get home after class?
授業後、家に帰るのにどれくらいかかりますか？
Jugyou go, ie ni kaeru noni dore kurai kakarimasu ka?

It takes me about an hour.
約１時間かかります。
Yaku ichi jikan kakarimasu.

It takes me only about twenty minutes.
だいたい２０分しかかかりません。
Daitai nijuppun shika kakarimasen.

It takes me over an hour and a half.
１時間半以上かかります。
Ichijikan han ijou kakarimasu.

3 How long do you spend online a day?
一日にオンラインでどれくらい過ごしますか？
Ichinichi ni onrain de dore kurai sugoshimasu ka?

About four hours.
約４時間です。
Yaku yo jikan desu.

I spend up to eight hours online a day.
1日最大８時間オンラインで過ごします。
Ichinichi saidai hachi jikan onrain de sugoshimasu.

I spend only about an hour online.
オンラインで過ごす時間はたった１時間ほどです。
Onrain de sugosu jikan wa tatta ichi jikan hodo desu.

Answers

Variations(p. 22)

1
<Open>
What time do you get up on weekdays?
<Closed>
Do you get up early on weekdays?
Do you get up before eight on weekdays?

2
<Open>
What time do you normally go to bed?
What time do you usually go to bed?
<Closed>
Do you usually go to bed before midnight?

3
<Open>
How long do you spend online per day?
<Closed>
Do you spend much time online every day?
Do you spend a long time online?

4
<Open>
How long does it take you to get to campus?
<Closed>
Does it take you long to get to campus?

Listening

- Red: Golden Rules
- Blue: Strategies

Naomi: I'm so (1) **sleepy** today. I had to get up at five to finish my homework. But I normally get up (2) **around** seven.
Stacey: That's not so bad. I need to wake up at six to get ready. I live pretty (3) **far** away.
Naomi: Really? How long does it take you to get to (4) **campus**?
Stacey: Just over an hour by bus.
Naomi: That's quite a (5) **long** trip. It takes me only about 15 minutes to walk here.
Stacey: You're lucky!

Translation

Point 1 (p. 20)

Toolbox ♪3-01

1. What time do you usually get up?
普段、何時に起きますか？

2. What time do you usually get up on weekdays?
平日は普段、何時に起きますか？

3. At about six.
６時頃です。

4. I get up at about six.
私は６時頃に起きます。

5. I always get up at about six.
私はいつも６時頃に起きます。

6. Always at about six.
いつも６時頃です。

7. I usually get up at about six.
私は普段、６時頃に起きます。

8. Usually at about six.
普段は６時頃です。

9. I normally get up at about six.
私は普通、６時頃に起きます。

10. Normally at about six.
通常は６時ごろです。

Vocabulary A ♪3-02

1. get up
起きる

2. go to bed
寝る

3. start classes
授業が始まる

4. leave home
家を出る

5. eat dinner
夕食をとる

6. finish work
仕事を終える

Vocabulary B ♪3-03

1. on weekdays
平日に

2. on the weekend
週末に

3. on Fridays
金曜日に

4. on schooldays
登校日に

5. on weeknights
平日の夜に

6. on Saturdays
土曜日に

Vocabulary C

3-04

1. at about six
６時頃に

2. by 11 o'clock
１１時までに

3. at half past eight
８時半に

4. before seven
７時までに

5. around 6:30
６時半ごろに

6. no later than ten
１０時までに

Pair Practice　♪3-05

A: What time do you usually get up on weekdays?
平日は通常何時に起きますか？

B: Hmm. Most days at about six.
う〜ん。ほとんどの日は６時ごろです。

A: That's pretty early! I get up an hour later than that.
それはかなり早いですね！私はその１時間後に起きます。

Point 2 (p. 21)

Toolbox　♪3-06

11. How long does it take you to get to campus?
キャンパスまでどれくらいかかりますか？

12. About ten minutes.
大体１０分です。

13. It takes me about ten minutes.
私は大体１０分かかります。

14. How much time do you spend online a day?
１日にオンラインでどれくらいの時間を過ごしますか？

15. Over two hours.
２時間以上です。

16. I spend over two hours a day online.
私は１日にオンラインで２時間以上を過ごします。

Vocabulary A　♪3-07

1. get to campus
キャンパスに行く

2. get ready to leave
出発の準備をする

3. write an essay
エッセイ（小論文）を書く

4. prepare dinner
夕食の準備をする

5. have a bath
お風呂に入る

6. get to work
仕事に行く

7. do the laundry
洗濯をする

Vocabulary B　♪3-08

1. online
オンライン

2. reading
読書

3. listening to music
音楽を聴く

4. playing games
ゲームをする

5. exercising
運動する

6. studying English
英語を勉強する

7. chatting with friends
友達とおしゃべりをする

Vocabulary C　♪3-09

1. about
約

2. over
〜以上

3. only
〜だけ

4. almost
ほぼ

5. at least
少なくとも

Vocabulary D

3-10

1. ten minutes
１０分間

2. two hours
２時間

3. half an hour
３０分

4. one and a half hours
１時間半

5. a couple of hours
数時間

Listening (p.23)

♪3-11

Naomi: I'm so **sleepy** today. I had to get up at five to finish my homework. But I normally get up **around** seven.
Stacey: That's not so bad. I need to wake up at six to get ready. I live pretty **far** away.
Naomi: Really? How long does it take you to get to **campus**?
Stacey: Just over an hour by bus.
Naomi: That's quite a **long** trip. It takes me only about 15 minutes to walk here.
Stacey: You're lucky!

ナオミ：今日はとても眠いです。宿題を終わらせるために、朝5時に起きなければなりませんでした。でも、普段は7時ごろに起きます。

ステイシー：それはそんなに悪くないですね。私は準備するために6時に起きなければなりません。私はかなり遠くに住んでいます。

ナオミ：本当ですか？キャンパスまでどのくらいかかりますか？

ステイシー：バスで1時間ちょっとです。

ナオミ：それはかなり長旅ですね。私はここまで歩いて15分ぐらいしかかかりません。

ステイシー：ラッキーですね！

PREVIEW Summary Sheet (p. 66)

♪3-12

What time do you 〜
何時に〜しますか
nanji ni … shimasu ka

1. get up
起きる
okiru

2. go to bed
寝る
neru

3. start classes
授業を始める
jugyou o hajimeru

4. leave home
家を出る
ie o deru

5. eat dinner
夕食をとる
yuushoku o toru

6. finish work
仕事を終える
shigoto o oeru

♪3-13

7. on weekdays
平日に
heijitsu ni

8. on the weekend
週末に
shuumatsu ni

9. on Fridays
金曜日に
kinyoubi ni

♪3-14

10. at six
６時に
rokuji ni

11. at about six

６時ごろに
rokuji goro ni

12. by six
６時までに
rokuji made ni

13. before six
６時前に
rokuji mae ni

14. after six
６時の後に
rokuji no ato ni

15. no later than six
６時までに
rokuji made ni

♪3-15

How long does it take you to ～

どれくらい～にかかりますか
Dorekurai ni kakari masu ka

16. get to campus
キャンパスに行く
kyanpasu ni iku

17. get ready to leave
出発の準備をする
shuppatsu no junbi o suru

18. prepare dinner
夕食の準備をする
yuushoku no junbi o suru

19. do the laundry
洗濯をする
sentaku o suru

20. get home from work
仕事から帰る
shigoto kara kaeru

3-16

21. about an hour
約１時間
yaku ichi jikan

22. almost an hour
ほぼ１時間
hobo ichi jikan

23. (a little) over an hour
１時間以上（１時間弱）
ichi jikan ijou (ichi jikan jaku)

24. only an hour
たった１時間
tatta ichi jikan

25. up to an hour
最大１時間まで
saidai ichi jikan made

REVIEW Summary Sheet (p. 67)

Toolbox　♪3-01

1. What time do you usually get up?
普段、何時に起きますか？
Fudan, nanji ni okimasu ka?

2. What time do you usually get up on weekdays?
平日は普段、何時に起きますか？
Heijitsu wa fudan, nanji ni okimasu ka?

3. At about six.
6時頃です。
Roku ji goro desu.

4. I get up at about six.
私は6時頃に起きます。
Watashi wa roku ji goro ni okimasu.

5. I always get up at about six.
私はいつも6時頃に起きます。
Watashi wa itsumo roku ji goro ni okimasu.

6. Always at about six.
いつも6時頃です。
Itsumo roku ji goro desu.

7. I usually get up at about six.
私は普段、6時頃に起きます。
Watashi wa fudan, roku ji goro ni okimasu.

8. Usually at about six.
普段は6時頃です。
Fudan wa roku ji goro desu.

9. I normally get up at about six.
私は普通、6時頃に起きます。
Watashi wa futsuu, roku ji goro ni okimasu.

10. Normally at about six.
通常は６時ごろです。
Tsuujou wa roku ji goro desu.

Toolbox　♪3-06

11. How long does it take you to get to campus?
キャンパスまでどれくらいかかりますか？
Kyampasu made dore kurai kakari masu ka?

12. About ten minutes.
大体１０分です。
Daitai juppun desu.

13. It takes me about ten minutes.
私は大体１０分かかります。
Watashi wa daitai juppun kakarimasu.

14. How much time do you spend online a day?
1日にオンラインでどれくらいの時間を過ごしますか？
Ichinichi ni onrain de dore kurai no jikan o sugoshi masu ka?

15. Over two hours.
２時間以上です。
Nijikan ijou desu.

16. I spend over two hours a day online.
私は１日にオンラインで２時間以上を過ごします。
Watashi wa ichinichi ni onrain de nijikan ijou o sugoshimasu.