

Planning

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0. Introduction

Planning is a class exercise that can be done by the whole class, but every person needs to plan their own schedule.

It's basically making your daily routine.

With this exercise we improve our planning skills.

1. Subject / Skill

Planning : the process of making plans for something

2. Type of activity

Planning : writing , reading and understanding

3. Objectives

By the end of the activity lesson learners will be able to schedule their day and they'll be better organized.

4. Time to develop the activity

You need around 10 minutes (max) to prepare this

5. Material

You need paper and pens


6. Steps / Procedure

1. The teacher hands out the papers with an empty daily schedule and explain what they have to do
 2. First they will get a text from the teacher , the text will be an example of a daily routine of a person
 3. They'll have to fill in the schedule with the help of the example text
 4. Once the students have finished filling in the schedule, the teacher will then take the filled schedules and the papers with the examples
 5. Then the teachers will hand out again the empty daily schedule
 6. The teachers will then ask the students to fill in the schedule with their daily routine, from waking up until going to sleep
- (*) The second schedule does not need to be graded

The daily schedule

DAILY SCHEDULE	
7.00u	
7.45u	
8.00u	
8.30u	
9.00u	
9.30u	
10.00u	
10.30u	
11.00u	
11.30u	
12.00u	
12.30u	
13.00u	
13.30u	
14.00u	
14.30u	
15.00u	
15.30u	
16.00u	
16.30u	
17.00u	
17.30u	
18.00u	
18.30u	
19.00u	
19.30u	
20.00u	
20.30u	
21.00u	
21.30u	
22.00u	
22.30u	
23.00u	

Text example of a daily routine



Emma's Daily Routine

1 Read about Emma's daily routine.

Hi! My name is Emma. I'm ten years old and I'm English. I live with my family in Brighton in the south of England.

My day usually starts quite early. I always get up at 7.30 on weekdays, but at the weekends I sleep an hour and a half longer. When I get up, I go to the bathroom first. I wash my face to wake me up, brush my teeth and then I have a shower. After that I comb my hair and get dressed. I usually wear casual clothes, mainly jeans, shorts, T-shirts and trainers.

I always have breakfast with my mum and my little brother, Tommy. My dad never has breakfast with us because he starts work early on weekdays. I usually have a bowl of cornflakes with hot milk and toast with marmalade. Before I go to school, I have to walk our dog, Leo.

I usually walk to school because I don't live very far. Classes start at 8.30. I like Maths best but I'm also good at Science and English. I have two breaks, at 11 and at 1 o'clock. I eat a sandwich and drink orange juice. I also play with my classmates in the playground. School finishes at 3.30 and my dad picks me up and we come back home by car. Then we have lunch together.

After lunch I play with my brother for a while and then I do my homework and study. Twice a week I have a basketball practice. I love doing sports.

Before dinner I sometimes meet my friends or watch a TV quiz. I seldom play computer game, I simply find them boring. We have dinner at 7.30 and I often set the table. After dinner I read a book or surf the Internet for a while.

At 9.30 I go to the bathroom to have a shower, brush my teeth and put on my nightdress. Before I go to sleep I listen to music on my MP3 player because it makes me feel relaxed.

