

1.1 Je suis comme ça

Tu es comment? **What do you look like?**

J'ai les cheveux... I have... hair.

blonds. blond

noirs. black

bruns. good

roux. red

J'ai les yeux... I have...eyes.

bleus. blue

marron. brown

gris. grey

verts. green

Je suis beau/belle. I am good-looking/
beautiful.

Mon caractère **My personality**

Je suis... I am...

drôle. funny.

gentil(le). kind.

intelligent(e). intelligent

lunatique. moody.

sportif/sportive. sporty.

timide. shy.

masculine feminine meaning

sportif sportive sporty

gentil gentille kind

beau belle good-looking/
beautiful

sympa sympa nice

timide timide shy

1.2 Tu veux y aller?

Les invitations et les reactions **Invitations and reactions**

Tu veux aller... Do you want to go..

au cinéma/à la piscine? to the cinema/
swimming pool?

ce matin this morning

cet après-midi this afternoon

ce soir this evening

demain (matin) tomorrow (morning)

samedi (après-midi/soir) Saturday (afternoon/
evening)

Oui, je veux bien. Yes, I'd like to.

D'accord. OK.

Génial! Great!

Pourquoi pas? Why not?

Non, merci. No thanks.

Tu rigoles! You're joking!

J'ai horreur de ça! I hate that!

Désolé(e), je ne peux pas. Sorry, I can't.

Où vas-tu le weekend?

Je vais...

au centre commercial to the shopping
centre

au centre de loisirs to the leisure centre

au cinéma to the cinema

au fastfood to the fast-food
restaurant

à la patinoire to the ice rink

à la piscine to the swimming
pool

La fréquence **Frequency**

quelquefois sometimes

souvent often

tous les jours every day

tous les soirs every evening

tous les weekends every weekend

une fois/deux fois par semaine once/twice a week

Aller - to go (present tense)

Je vais Nous allons

Tu vas Vous allez

Il/elle/on va Ils/elles vont

Avoir - to have (present tense)

J'ai Nous avons

Tu as Vous avez

Il/elle/on a Ils/elles ont

1.3 Qu'est-ce que tu as fait samedi?

Qu'est-ce que tu as fait samedi?	What did you do on Saturday?
J'ai dansé avec...	I danced with...
J'ai joué au bowling avec...	I went bowling with...
J'ai mangé un hamburger avec...	I ate a hamburger with...
J'ai regardé un DVD avec...	I watched a DVD with...
Je suis allé(e) au cinéma avec...	I went to the cinema with...
Je suis allé(e) en ville avec...	I went into town with...
Je suis allé(e) a une fête avec...	I went to a party with...
C'était...	It was...
génial.	great.
romantique.	romantic.
sympa.	nice.
ennuyeux.	boring.
nul.	rubbish.
un désastre.	a disaster.

Aller - to go (present tense)

Je suis allé(e)	Nous sommes allé(e)s
Tu es allé(e)	Vous êtes allé(e)s
Il/elle/on est allé(e)	Ils/elles sont allé(e)s

1.4 Fou de musique

chouette	great
reposant(e)	relaxing
émouvant(e)	moving
passionnant(e)	gripping
incroyable	incredible
nul(le)	rubbish
affreux(se)	awful
ennuyeux(se)	boring
stupide	stupid
rhythmique	rhythmical
répétitif(ve)	repetitive
commercial(e)	commercial
cool	cool
Plus....que	more...than
Moins....que	less...than

Etre - to be (present tense)

Je suis	Nous sommes
Tu es	Vous êtes
Il/elle/on est	Ils/elles sont

Au festival de musique

On a écouté toutes sortes de musiques.	We listened to all sorts of music.
On a chanté.	We sang.

At the music festival

Au festival de musique

On a dansé toute la soirée.	We danced all night.
On a mangé de la pizza.	We ate pizza.
On a regardé le concert sur des écrans géants.	We watched the concert on giant screens.
On a bien rigolé.	We had a good laugh.

Les mots essentiels

oui	yes
non	no
j'ai	I have
je suis	I am
et	and
mais	but
ou	or
aussi	also
très	very
assez	quite
un peu	a bit
avec	with
qu'est-ce que?	what?
pourquoi?	why?
parce que	because
ce/cet	this
merci	thank you

At the music festival

On a dansé toute la soirée.	We danced all night.
On a mangé de la pizza.	We ate pizza.
On a regardé le concert sur des écrans géants.	We watched the concert on giant screens.
On a bien rigolé.	We had a good laugh.

High-frequency words

oui	yes
non	no
j'ai	I have
je suis	I am
et	and
mais	but
ou	or
aussi	also
très	very
assez	quite
un peu	a bit
avec	with
qu'est-ce que?	what?
pourquoi?	why?
parce que	because
ce/cet	this
merci	thank you

2.1 Touché(e)!

la bouche	mouth
le bras	arm
le corps	body
le dos	back
l'épaule	shoulder
les fesses	buttocks
le front	forehead
le genou	knee
la jambe	leg
la main	hand
le nez	nose
l'œil	eye
les oreilles	ears
le pied	foot
la tête	head
le visage	face
les yeux	eyes
J'ai mal + au/à la/à l'/aux...	My ...hurts/aches / I have ...ache
J'ai chaud/froid/ faim/soif	I am hot/cold/ hungry/thirsty
J'ai la grippe	I have the flu
J'ai de la fièvre	I have a fever
Je suis malade/ fatigue(e)	I am ill/tired
Je suis enrhumé(e)	I have a cold

Les opinions

Je pense que...	I think that...
Je suis d'accord avec...	I agree with...
Je ne suis pas d'accord avec...	I don't agree with...
À mon avis,...	In my opinion,...

2.2 Le sport et le fitness

Pour être un bon sportif,...	In order to be a good sportsperson,...
Il faut...	You must...
avoir un bon programme d'entraînement.	have a good training programme.
bien manger.	eat well.
bien dormir.	sleep well.
être motivé.	be motivated.
aimer la compétition.	like competition.
J'aime...	I like...
Je n'aime pas...	I don't like...
jouer dans une équipe	to play in a team
Ça booste le moral.	That boosts morale.
C'est fatigant.	It's tiring.
C'est ennuyeux.	It's boring.
l'entraînement	training

Opinions

faire de l'activité physique

to do physical activity

jouer un match

to play a match

travailler avec son coach

to work with your coach

2.3 Manger sain

les boissons gazeuses

fizzy drinks

les céréales

cereals

les chips

crisps

l'eau

water

les fruits

fruit

les légumes

vegetables

les œufs

eggs

le pain

bread

le poisson

fish

les produits laitiers

dairy products

les sucreries

sweet things

la viande

meat

Je mange sain.

I eat healthily.

Je ne mange pas sain.

I don't eat healthily.

Je mange des...

I eat...

Je ne mange pas de...

I don't eat...

Je ne mange jamais de...

I never eat...

Studio Grammaire

de, de la, de l' and des all mean 'some'.
How do you know which one to use? See below.

singular		plural	
masculine	feminine	before vowel	
du pain	de la viande	de l' eau	des chips

Negative expressions go around the verb.

Je **ne** mange **pas** de chips. I don't eat crisps.

Je **ne** bois **jamais** de boissons gazeuses. I never drink fizzy drinks.

After pas/jamais, du, de la, de l', des - de/d'.

Je mange... I eat...

Je vais manger... I am going to eat...

2.4 Je vais changer ma vie

Je vais faire du sport régulièrement. I am going to do sport regularly.

Je vais manger sain. I am going to eat healthily.

Je vais prendre des cours d'arts martiaux. I am going to take martial-arts classes.

Je vais aller au collège à pied. I am going to walk to school.

Je vais faire trente minutes d'exercice par jour. I am going to do thirty minutes' exercise per day.

Je vais aller au collège à vélo. I am going to go to school by bike.

2.5 Es-tu en forme?

La forme	Fitness
actif/active	active
Ça ne m'intéresse pas.	That doesn't interest me.
J'ai un problème.	I have a problem.
Je joue à des jeux vidéo.	I play video games.
Les mots essentiels	High-frequency words
à l'avenir	in the future
alors	so
c'est	it is
ce sont	they are
d'abord	first
deux fois par semaine	twice a week
en général	in general
en plus	as well as that
ensuite	then
 finalement	finally
où	where
parce que	because
quand	when
tous le jours	every day
très	very
Voilà!	That's that/Here you are!/There you go!

La bande-annonce (the trailer)

Un drame	A drama
Un film d'horreur	A horror film
Une comédie	A comedy
Un film de science-fiction	A science fiction film
Un film historique	A historical film
Un film de guerre	A war film
Un film d'action	An action film
Un film romantique/d'amour	A romantic/love film
il a les cheveux... roux/bruns/noirs/blonds/gris	He has... ginger/brown/black/blonde/grey hair
il n'a pas de cheveux/il est chauve	He doesn't have any hair/he is bald
il a... une moustache/une barbe	He has... a moustache/a beard
il est.... grand/petit	He is... tall/short
il porte...	He wears...
des lunettes	glasses
une cravate	a tie
un short	shorts
un costume	a suit
un pull	a jumper
des bretelles	braces
un nœud-papillon	a bow-tie

Les personnages (the characters)

l'homme	the man
le garçon	the boy
le directeur	the headteacher
le professeur (prof)	the teacher
l'élève	the pupil
le gardien	the caretaker
il est.../il n'est pas...	he is.../he isn't...
sympa	nice
gentil	kind
timide	shy
sévère	strict
intelligent	intelligent
méchant	mean/naughty



Les matières (school subjects)

le français	French
le théâtre	drama
le dessin	art/drawing
la musique	music
la technologie	technology
la géographie (géo)	geography
l'informatique (f)	computing
l'histoire (f)	history
l'EPS (f)	PE
l'anglais (m)	English
l'espagnol (m)	Spanish
l'éducation civique (f)	citizenship
les sciences	science
les mathématiques (maths)	maths
ma matière préférée, c'est...	my favourite subject is...
intéressant	interesting
facile	easy
créatif	creative
nul	rubbish
amusant	fun
génial	great
utile	useful
ennuyeux/barbant	boring
difficile	difficult

L'école (school)

le collège	secondary school
le bâtiment	the building
les cours	the lessons

L'uniforme scolaire (school uniform)

porter	to wear
je porte...	I wear...
on porte...	we wear...
une cravate/une chemise/une jupe/ un pantalon/ un blazer/des chaussures (f)/des chaussettes (f)/des collants (m)	a tie/a shirt/a skirt/ trousers/a blazer/ shoes/socks/tights
noir(s)/noire(s)	black
blanc(s)/ blanche(s)	white
c'est.../ce n'est pas...	it's.../it's not...
confortable	comfortable
inconfortable	uncomfortable
élégant	smart
pratique	practical
à la mode/chic	fashionable

Le règlement (school rules)

il faut.../il ne faut pas...	you must.../you must not...
dormir	sleep
être impoli	be rude
fumer	smoke
se bagarrer	fight/scrap/argue
crier en classe	shout out in class
lancer des avions en papier	throw paper planes
tendre un piège à quelqu'un	set a trap for someone
manger dans la classe	eat in class
si on...	if you...
on risque de...	you risk...

Les mots essentiels (high frequency words)

assez	quite
très	very
un peu	a bit
trop	too
mais	but
aussi	also
et	and
pourtant	however
parce que/car	because

à mon avis	in my opinion
je pense (que)	I think (that)
je crois (que)	I believe (that)
c'est	it is
ce n'est pas	it isn't

Qu'est-ce qui s'est passé? (what happened?)

je suis arrivé	I arrived
J'ai parlé	I spoke
J'ai travaillé	I worked
J'ai crié	I shouted
J'ai sélectionné	I chose/selected
J'ai dessiné	I drew
J'ai sonné	I rang
J'ai rencontré	I met

avoir (to have)

j'ai	nous avons
tu as	vous avez
il/elle/on a	ils/elles ont

aller (to go)

je vais	nous allons
tu vas	vous allez
il/elle/on va	ils/elles vont

1.1 Je suis comme ça

Tu es comment?	What do you look like?
J'ai les cheveux...	I have... hair.
blonds.	blond
noirs.	black
bruns.	good
roux.	red
J'ai les yeux...	I have...eyes.
bleus.	blue
marron.	brown
gris.	grey
verts.	green
Je suis beau/belle.	I am good-looking/ beautiful.
Mon caractère	My personality
Je suis...	I am...
drôle.	funny.
gentil(le).	kind.
intelligent(e).	intelligent
lunatique.	moody.
sportif/sportive.	sporty.
timide.	shy.

masculine	feminine	meaning
sportif	sportive	sporty
gentil	gentille	kind
beau	belle	good-looking/ beautiful
sympa	sympa	nice
timide	timide	shy

1.2 Tu veux y aller?

Les invitations et les reactions	Invitations and reactions
Tu veux aller...	Do you want to go...
au cinéma/à la piscine?	to the cinema/ swimming pool?
ce matin	this morning
cet après-midi	this afternoon
ce soir	this evening
demain (matin)	tomorrow (morning)
samedi (après-midi/soir)	Saturday (afternoon/ evening)
Oui, je veux bien.	Yes, I'd like to.
D'accord.	OK.
Génial!	Great!
Pourquoi pas?	Why not?
Non, merci.	No thanks.
Tu rigoles!	You're joking!
J'ai horreur de ça!	I hate that!
Désolé(e), je ne peux pas.	Sorry, I can't.

Où vas-tu le weekend?	Where do you go at the weekend?
Je vais...	I go...
au centre commercial	to the shopping centre
au centre de loisirs	to the leisure centre
au cinéma	to the cinema
au fastfood	to the fast-food restaurant
à la patinoire	to the ice rink
à la piscine	to the swimming pool
La fréquence	Frequency
quelquefois	sometimes
souvent	often
tous les jours	every day
tous les soirs	every evening
tous les weekends	every weekend
une fois/deux fois par semaine	once/twice a week
Aller - to go (present tense)	
Je vais	Nous allons
Tu vas	Vous allez
Il/elle/on va	Ils/elles vont
Avoir - to have (present tense)	
J'ai	Nous avons
Tu as	Vous avez
Il/elle/on a	Ils/elles ont

1.3 Qu'est-ce que tu as fait samedi?

Qu'est-ce que tu as fait samedi?	What did you do on Saturday?
J'ai dansé avec...	I danced with...
J'ai joué au bowling avec...	I went bowling with...
J'ai mangé un hamburger avec...	I ate a hamburger with...
J'ai regardé un DVD avec...	I watched a DVD with...
Je suis allé(e) au cinéma avec...	I went to the cinema with...
Je suis allé(e) en ville avec...	I went into town with...
Je suis allé(e) a une fête avec...	I went to a party with...
C'était...	It was...
génial.	great.
romantique.	romantic.
sympa.	nice.
ennuyeux.	boring.
nul.	rubbish.
un désastre.	a disaster.

Aller - to go (present tense)

Je suis allé(e)	Nous sommes allé(e)s
Tu es allé(e)	Vous êtes allé(e)s
Il/elle/on est allé(e)	Ils/elles sont allé(e)s

1.4 Fou de musique

chouette	great
reposant(e)	relaxing
emouvant(e)	moving
passionnant(e)	gripping
incroyable	incredible
nul(le)	rubbish
affreux(se)	awful
ennuyeux(se)	boring
stupide	stupid
rhythmique	rhythmical
répétitif(ve)	repetitive
commercial(e)	commercial
cool	cool
Plus....que	more...than
Moins....que	less...than

Etre - to be (present tense)

Je suis	Nous sommes
Tu es	Vous êtes
Il/elle/on est	Ils/elles sont

Au festival de musique

On a écouté toutes sortes de musiques.	We listened to all sorts of music.
On a chanté.	We sang.

Au festival de musique

On a dansé toute la soirée.	We danced all night.
On a mangé de la pizza.	We ate pizza.
On a regardé le concert sur des écrans géants.	We watched the concert on giant screens.
On a bien rigolé.	We had a good laugh.

Les mots essentiels

oui	yes
non	no
j'ai	I have
je suis	I am
et	and
mais	but
ou	or
aussi	also
très	very
assez	quite
un peu	a bit
avec	with
qu'est-ce que?	what?
pourquoi?	why?
parce que	because
ce/cet	this
merci	thank you

At the music festival

2.1 Touché(e)!

<i>la bouche</i>	mouth
<i>le bras</i>	arm
<i>le corps</i>	body
<i>le dos</i>	back
<i>l'épaule</i>	shoulder
<i>les fesses</i>	buttocks
<i>le front</i>	forehead
<i>le genou</i>	knee
<i>la jambe</i>	leg
<i>la main</i>	hand
<i>le nez</i>	nose
<i>l'œil</i>	eye
<i>les oreilles</i>	ears
<i>le pied</i>	foot
<i>la tête</i>	head
<i>le visage</i>	face
<i>les yeux</i>	eyes
<i>J'ai mal + au/à la/à l'/aux...</i>	My ...hurts/aches / I have ...ache
<i>J'ai chaud/froid/faim/soif</i>	I am hot/cold/hungry/thirsty
<i>J'ai la grippe</i>	I have the flu
<i>J'ai de la fièvre</i>	I have a fever
<i>Je suis malade/fatigue(e)</i>	I am ill/tired
<i>Je suis enrhumé(e)</i>	I have a cold

Les opinions

<i>Je pense que...</i>	I think that...
<i>Je suis d'accord avec...</i>	I agree with...
<i>Je ne suis pas d'accord avec...</i>	I don't agree with...
<i>À mon avis,...</i>	In my opinion,...

2.2 Le sport et le fitness

<i>Pour être un bon sportif,...</i>	In order to be a good sportsperson,...
<i>Il faut...</i>	You must...
<i>avoir un bon programme d'entraînement.</i>	have a good training programme.
<i>bien manger.</i>	eat well.
<i>bien dormir.</i>	sleep well.
<i>être motivé.</i>	be motivated.
<i>aimer la compétition.</i>	like competition.
<i>J'aime...</i>	I like...
<i>Je n'aime pas...</i>	I don't like...
<i>jouer dans une équipe</i>	to play in a team
<i>Ça booste le moral.</i>	That boosts morale.
<i>C'est fatigant.</i>	It's tiring.
<i>C'est ennuyeux.</i>	It's boring.
<i>l'entraînement</i>	training

Opinions

faire de l'activité physique

to do physical activity	
<i>jouer un match</i>	to play a match
<i>travailler avec son coach</i>	to work with your coach

2.3 Manger sain

<i>les boissons gazeuses</i>	fizzy drinks
<i>les céréales</i>	cereals
<i>les chips</i>	crisps
<i>l'eau</i>	water
<i>les fruits</i>	fruit
<i>les légumes</i>	vegetables
<i>les œufs</i>	eggs
<i>le pain</i>	bread
<i>le poisson</i>	fish
<i>les produits laitiers</i>	dairy products
<i>les sucreries</i>	sweet things
<i>la viande</i>	meat
<i>Je mange sain.</i>	I eat healthily.
<i>Je ne mange pas sain.</i>	I don't eat healthily.
<i>Je mange des...</i>	I eat...
<i>Je ne mange pas de...</i>	I don't eat...
<i>Je ne mange jamais de...</i>	I never eat...

Studio Grammaire

de, de la, de l' and des all mean 'some'.
How do you know which one to use? See below.

	singular		plural
	masculine	feminine	before vowel
du pain	de la viande	de l' eau	des chips

Negative expressions go around the verb.

Je **ne** mange **pas** de chips. I don't eat crisps.

Je **ne** bois **jamais** de boissons gazeuses. I never drink fizzy drinks.

After pas/jamais, du, de la, de l', des - de/d'.

Je mange... I eat...

Je vais manger... I am going to eat...

2.4 Je vais changer ma vie

Je vais faire du sport régulièrement. I am going to do sport regularly.

Je vais manger sain. I am going to eat healthily.

Je vais prendre des cours d'arts martiaux. I am going to take martial-arts classes.

Je vais aller au collège à pied. I am going to walk to school.

Je vais faire trente minutes d'exercice par jour. I am going to do thirty minutes' exercise per day.

Je vais aller au collège à vélo. I am going to go to school by bike.

2.5 Es-tu en forme?

<i>La forme</i>	<i>Fitness</i>
<i>actif/active</i>	active
<i>Ça ne m'intéresse pas.</i>	That doesn't interest me.
<i>J'ai un problème.</i>	I have a problem.
<i>Je joue à des jeux vidéo.</i>	I play video games.
<i>Les mots essentiels</i>	<i>High-frequency words</i>
<i>à l'avenir</i>	in the future
<i>alors</i>	so
<i>c'est</i>	it is
<i>ce sont</i>	they are
<i>d'abord</i>	first
<i>deux fois par semaine</i>	twice a week
<i>en général</i>	in general
<i>en plus</i>	as well as that
<i>ensuite</i>	then
<i> finalement</i>	finally
<i>où</i>	where
<i>parce que</i>	because
<i>quand</i>	when
<i>tous le jours</i>	every day
<i>très</i>	very
<i>Voilà!</i>	That's that/Here you are!/There you go!

La bande-annonce (the trailer)

Un drame	A drama
Un film d'horreur	A horror film
Une comédie	A comedy
Un film de science-fiction	A science fiction film
Un film historique	A historical film
Un film de guerre	A war film
Un film d'action	An action film
Un film romantique/d'amour	A romantic/love film
il a les cheveux... roux/bruns/noirs/blonds/gris	He has... ginger/brown/black/blonde/grey hair
il n'a pas de cheveux/il est chauve	He doesn't have any hair/he is bald
il a... une moustache/une barbe	He has... a moustache/a beard
il est.... grand/petit	He is... tall/short
il porte...	He wears...
des lunettes	glasses
une cravate	a tie
un short	shorts
un costume	a suit
un pull	a jumper
des bretelles	braces
un nœud-papillon	a bow-tie

Les personnages (the characters)

l'homme	the man
le garçon	the boy
le directeur	the headteacher
le professeur (prof)	the teacher
l'élève	the pupil
le gardien	the caretaker
il est.../il n'est pas...	he is.../he isn't...
sympa	nice
gentil	kind
timide	shy
sévère	strict
intelligent	intelligent
méchant	mean/naughty



Les matières (school subjects)

le français	French
le théâtre	drama
le dessin	art/drawing
la musique	music
la technologie	technology
la géographie (géo)	geography
l'informatique (f)	computing
l'histoire (f)	history
l'EPS (f)	PE
l'anglais (m)	English
l'espagnol (m)	Spanish
l'éducation civique (f)	citizenship
les sciences	science
les mathématiques (maths)	maths
ma matière préférée, c'est...	my favourite subject is...
intéressant	interesting
facile	easy
créatif	creative
nul	rubbish
amusant	fun
génial	great
utile	useful
ennuyeux/barbant	boring
difficile	difficult

L'école (school)

le collège	secondary school
le bâtiment	the building
les cours	the lessons

L'uniforme scolaire (school uniform)

porter	to wear
je porte...	I wear...
on porte...	we wear...
une cravate/une chemise/une jupe/ un pantalon/ un blazer/des chaussures (f)/des chaussettes (f)/des collants (m)	a tie/a shirt/a skirt/trousers/a blazer/shoes/socks/tights
noir(s)/noire(s)	black
blanc(s)/blanche(s)	white
c'est.../ce n'est pas...	it's.../it's not...
confortable	comfortable
inconfortable	uncomfortable
élégant	smart
pratique	practical
à la mode/chic	fashionable

Le règlement (school rules)

il faut.../il ne faut pas...	you must.../you must not...
dormir	sleep
être impoli	be rude
fumer	smoke
se bagarrer	fight/scrap/argue
crier en classe	shout out in class
lancer des avions en papier	throw paper planes
tendre un piège à quelqu'un	set a trap for someone
manger dans la classe	eat in class
si on...	if you...
on risque de...	you risk...

Les mots essentiels (high frequency words)

assez	quite
très	very
un peu	a bit
trop	too
mais	but
aussi	also
et	and
pourtant	however
parce que/car	because

à mon avis	in my opinion
je pense (que)	I think (that)
je crois (que)	I believe (that)
c'est	it is
ce n'est pas	it isn't

Qu'est-ce qui s'est passé? (what happened?)

je suis arrivé	I arrived
j'ai parlé	I spoke
j'ai travaillé	I worked
j'ai crié	I shouted
j'ai sélectionné	I chose/selected
j'ai dessiné	I drew
j'ai sonné	I rang
j'ai rencontré	I met

avoir (to have)

j'ai	nous avons
tu as	vous avez
il/elle/on a	ils/elles ont

aller (to go)

je vais	nous allons
tu vas	vous allez
il/elle/on va	ils/elles vont

Mon Avenir

<i>Dans deux/ quatre and, ...</i>	In two/four years...
<i>Un jour,...</i>	One day, ...
<i>Je vais...</i>	I am going to...
<i>Aller au lycée</i>	Go to sixth-form college
<i>Avoir un emploi bien payé</i>	Have a well-paid job
<i>Faire un apprentissage</i>	do an apprenticeship
<i>Faire des études à la fac</i>	Study at university
<i>Quitter le collège</i>	Leave secondary school
<i>travailler</i>	work
<i>voyager</i>	travel

<i>Le boulot</i>	job (informal)
<i>l'emploi</i>	job (more formal)
<i>le travail</i>	work
<i>le job</i>	job

J'aime mon job parce que c'est... *I like my job because it's...*

<i>Créatif</i>	Creative
<i>intéressant</i>	interesting
<i>motivant</i>	motivating
<i>stimulant</i>	stimulating
<i>varié</i>	varied

Mon boulot

<i>Qu'est-ce que tu fais comme travail?</i>	what kind of work do you do?
<i>Quelles sont tes responsabilités?</i>	What are your responsibilities?
<i>Tu travailles seul(e) ou avec d'autres personnes?</i>	Do you work alone or with other people?
<i>Est-ce que tu aimes ton boulot?</i>	Do you like your job?
<i>Acheter</i>	to buy
<i>contacter</i>	to contact
<i>créer</i>	to create
<i>inventer</i>	to invent
<i>organiser</i>	to organise
<i>répondre au téléphone</i>	To answer the telephone
<i>travailler en équipe</i>	to work in a team
<i>trouver</i>	to find

Le monde est un village

<i>Avec les langues, on peut...</i>	With languages, you can
<i>comprendre les gens</i>	Understand people
<i>habiter à l'étranger</i>	live abroad
<i>travailler dans un autre pays</i>	work in another country
<i>communiquer avec les jeunes de son âge</i>	communicate with young people your own age
<i>regarder la télévision</i>	watch television
<i>écouter de la musique</i>	Listen to music
<i>dans une autre langue</i>	in another language
<i>À mon avis, parler une autre langue, c'est...</i>	In my opinion, speaking another language is...
<i>Un avantage</i>	an advantage
<i>important</i>	important
<i>un plus</i>	a bonus
<i>parce que...</i>	because...

<i>Qu'est-ce que tu voudrais faire plus tard?</i>	What would you like to do later on?
<i>Je voudrais être...</i>	I would like to be a(n)...
<i>acteur/actrice</i>	Actor
<i>chanteur/ chanteuse</i>	Singer
<i>Chauffeur de taxi/camion</i>	taxi/lorry driver
<i>contrôleur de chaussures</i>	air-traffic controller
<i>designer de chaussures</i>	shoe designer
<i>directeur/ directrice de magasin</i>	store manager
<i>footballeur</i>	footballer

Studio Grammaire

In French, all nouns are masculine or feminine.

Some jobs change to show gender:

Il voudrait être directeur de magasin.

Elle voudrait être directrice de magasin.

When you are saying what you would like to do, you don't need the word for 'a':

Je voudrais être pilote.

I would like to be a pilot.

<i>guide touristique</i>	What would you like to do later on?
<i>ingénieur</i>	I would like to be a(n)...
<i>journaliste</i>	Actor
<i>pâtissier/ pâtissière</i>	Singer
<i>pilote</i>	taxi/lorry driver
<i>professeur</i>	air-traffic controller
<i>réceptionniste</i>	shoe designer
<i>serveur/ serveuse</i>	store manager
<i>secrétaire</i>	footballer
<i>vétérinaire</i>	vet
<i>webdesigner</i>	web designer

Les opinions • Opinions

Ce serait... It would be...

*Cool/
ennuyeux* Cool/boring

*génial/
intéressant* great/
interesting

Ça ne m'intéresse pas That doesn't interest me

Non, merci! No thanks

Jamais de la vie! No way!

Les mots essentiels
High-frequency words

<i>Alors</i>	So
<i>Ça dépend</i>	It depends
<i>Comme</i>	As
<i>Je ne sais pas</i>	I don't know
<i>Même</i>	Even
<i>Où</i>	Where
<i>Parce que</i>	because
<i>voyons</i>	Let's see
<i>je prends</i>	I take
<i>Je Vais</i>	I go
<i>Je Fair</i>	I do/make

Studio Grammiare

These are three very common irregular verbs. Learn them by heart

Je fais I do/make

Je prends I take

Je vais I go

¿Qué te gusta comer y beber?

¿Qué no te gusta comer/beber?

Me gusta(n) mucho...

Me encanta(n)...

No me gusta(n) nada...

Odio...

Prefiero...

el agua

el arroz

la carne

los caramelos

la fruta

las hamburguesas

los huevos

la leche

el marisco

el pescado

el queso

las verduras

What do you like to eat and drink?

What don't you like to eat/drink?

I really like...

I love...

I don't like... at all.

I hate...

I prefer...

water

rice

meat

sweets

fruit

hamburgers

eggs

milk

seafood/shellfish

fish

cheese

vegetables

Gramática

To say 'you':

Use **tú** with one person you know well. Use **usted** (singular) or **ustedes** (plural) with people you don't know well.

The verb forms change as follows:

tú ¿Qué **vas** a tomar?

usted ¿Qué **va** a tomar?

ustedes ¿Qué **van** a tomar?

¿Qué desayunas?

Desayuno...

cereales

churros

tostadas

yogur

café

Cola Cao™

té

zumo de naranja

No desayuno nada.

¿Qué comes?

Como...

un bocadillo

¿Qué cenas?

Ceno...

patatas fritas

pollo con ensalada

¿A qué hora desayunas/comes/cenas?

Desayuno a las siete.

Como a las dos.

Ceno a las nueve.

What do you have for breakfast?

For breakfast I have...

cereal

churros (sweet fritters)

toast

yogurt

coffee

Cola Cao (chocolate drink)

tea

orange juice

I don't have anything for breakfast.

What do you have for lunch?

I eat.../For lunch I have...

a sandwich

What do you have for dinner?

For dinner I have...

chips

chicken with salad

At what time do you have breakfast/lunch/dinner?

I have breakfast at 7:00.

I have lunch at 2:00.

I have dinner at 9:00.

En el restaurante

buenos días

¿Qué va a tomar (usted)?

¿Qué van a tomar (ustedes)?

¿Y de segundo?

¿Para beber?

¿Algo más?

Voy a tomar...

de primer plato

de segundo plato

de postre

Tengo hambre.

Tengo sed.

nada más

La cuenta, por favor.

la ensalada mixta

los huevos fritos

la sopa

el pan

las chuletas de cerdo

el filete

el pollo con pimientos

la tortilla española

el helado de chocolate/fresa/vainilla

la tarta de queso

la cola

At the restaurant

good day/good morning

What are you (singular) going to have?

What are you (plural) going to have?

And for main course?

To drink?

Anything else?

I'll have...

as a starter

for main course

for dessert

I am hungry.

I am thirsty.

nothing else

The bill, please.

mixed salad

fried eggs

soup

bread

pork chops

steak

chicken with peppers

Spanish omelette

chocolate/strawberry/vanilla ice cream

cheesecake

Coke

Facts to amaze your friends and family!

Did you know in Spain people tend to eat much later than in the UK. Often, people don't eat until 10pm!

Una fiesta Mexicana

¿Qué vas a traer/comprar?

Voy a traer...

quesadillas

limonada

Voy a comprar...

una lechuga

un pimiento verde/rojo

un aguacate

un kilo de tomates

medio kilo de queso

200 gramos de pollo

un paquete de tortillas

una botella de limonada

A Mexican party

What are you going to bring/buy?

I'm going to bring...

quesadillas (toasted cheese tortillas)

lemonade

I am going to buy...

a lettuce

a green/red pepper

an avocado

a kilo of tomatoes

half a kilo of cheese

200 grams of chicken

a packet of tortilla wraps

a bottle of lemonade

Ir (to go) - present tense

voy vamos

vas vais

va van

¿Y tú? ¿Qué opinas?

Pues...

Depende...

No sé...

Eh...

A ver...

Bueno/Vale...

Lo siento, pero no entiendo

¿Qué significa '...'?

¿Puedes repetir?

¿Puedes hablar más despacio, por favor?

And you? What do you think?

Well...

It depends...

I don't know...

Er...

Let's see...

OK...

I'm sorry, but I don't understand

What does '...' mean?

Can you repeat that?

Can you speak more slowly, please?

Masculine (a[n]) Feminine (a[n])

un una

Masculine (some) Feminine (some)

unos unas

Desayunar (to have breakfast)

Preterite (past)	Present	Future
Desayuné (I had breakfast)	Desayuno (I have breakfast)	Voy a desayunar (I am going to...)

TOP TIP!

Using more than one tense **greatly** improves the quality of your writing.

Cenar (to have dinner)

Preterite (past)	Present	Future
Cené (I had dinner)	Ceno (I have dinner)	Voy a cenar (I am going to...)

Comer (to eat/to have lunch)

Preterite (past)	Present	Future
Comí (I ate)	Como (I eat)	Voy a comer (I am going to eat)

¿Te gustaría ir al cine?

¿Te gustaría ir...?	Would you like to go...?
a la bolera	to the bowling alley
a la cafetería	to the café
al centro comercial	to the shopping centre
al museo	to the museum
al parque	to the park
a la pista de hielo	to the ice rink
al polideportivo	to the sports centre
¿Te gustaría venir a mi casa?	Would you like to come to my house?

¿A qué hora?

a las...	at...
seis	six o'clock
seis y cuarto	quarter past six
seis y media	half past six
siete menos cuarto	quarter to seven
siete menos diez	ten to seven

¿Dónde quedamos?

al lado de la bolera	next to the bowling alley
delante de la cafetería	in front of the café
detrás del centro comercial	behind the shopping centre
enfrente del polideportivo	opposite the sports centre
en tu casa	at your house

Would you like to go to the cinema?

Would you like to go...?
to the bowling alley
to the café
to the shopping centre
to the museum
to the park
to the ice rink
to the sports centre
Would you like to come to my house?

At what time?

at...
six o'clock
quarter past six
half past six
quarter to seven
ten to seven

Where do we meet up?

next to the bowling alley
in front of the café
behind the shopping centre
opposite the sports centre
at your house

Reacciones

De acuerdo.	All right.
Vale.	OK.
Muy bien.	Very good.
¡Genial!	Great!
Sí, me gustaría mucho.	Yes, I'd like that very much.
¡Ni hablar!	No way!
¡Ni en sueños!	Not a chance!/Not in your wildest dreams!
No tengo ganas.	I don't feel like (it).
¡Qué aburrido!	How boring!

Lo siento, no puedo

¿Quieres salir?	Do you want to go out?
Tengo que...	I have to...
cuidar a mi hermano	look after my brother
hacer los deberes	do my homework
lavarme el pelo	wash my hair
ordenar mi dormitorio	tidy my room
pasear al perro	walk the dog
salir con mis padres	go out with my parents
No quiero.	I don't want to.
No tengo dinero.	I don't have any money.
No puede salir.	He/She can't go out.

Raise the standard of your work by including examples of the preterite, the near future tense or **me gustaría**. Look at the texts in exercise 6 to see how the writers did this.

Reactions

All right.
OK.
Very good.
Great!
Yes, I'd like that very much.
No way!
Not a chance!/Not in your wildest dreams!
I don't feel like (it).
How boring!

I'm sorry, I can't

Do you want to go out?
I have to...
look after my brother
do my homework
wash my hair
tidy my room
walk the dog
go out with my parents
I don't want to.
I don't have any money.
He/She can't go out.

Skills

Changing adjective endings

Adjectives are always listed in the masculine singular in a dictionary. If you look up 'gorgeous', you find **precioso**.

But you may need to change the adjective ending. For example, if you want to say 'a gorgeous skirt', you need to say **una falda preciosa**, as **falda** is feminine. With other nouns, you might need a plural ending.

Gramática

Querer and **poder** are stem-changing verbs. They are usually followed by an infinitive.

querer	to want
quiero	I want
quieres	you want
quiere	he/she wants
queremos	we want
queréis	you want
quieren	they want
¿Quieres salir?	Do you want to go out?
poder	to be able to/can
puedo	I can
puedes	you can
puede	he/she can
podemos	we can
podéis	you can
pueden	they can
No puede salir.	He/She can't go out.

Some verbs in Spanish can be followed by a second verb in the infinitive:

odio hacer los deberes	I hate doing homework
prefiero bailar	I prefer dancing
quiero salir	I want to go out
puedo ir	I can go
me gustaría visitar	I would like to visit
tengo que ordenar mi dormitorio	I have to tidy my room

¿Qué vas a llevar?

¿Qué llevas normalmente los fines de semana?

Normalmente los fines de semana llevo...

una camisa

a shirt

una camiseta

a T-shirt

un jersey

a jumper

una sudadera

a sweatshirt

una falda

a skirt

un vestido

a dress

una gorra

a cap

unos pantalones

some trousers

unos vaqueros

some jeans

unas botas

some boots

unos zapatos

some shoes

unas zapatillas de deporte

some trainers

¿Vas a salir esta noche?

Are you going to go out tonight?

Voy a ir al/a la...

I am going to go to the...

Voy a llevar...

I'm going to wear...

¡No es justo!

Estoy de acuerdo...

I agree...

con tu madre/padre

with your mother/father

con tus padres

with your parents

contigo

with you

Eres demasiado joven.

You're too young.

En mi opinión, tienes razón.

In my opinion, you're right.

¿Tú qué opinas?

What do you think?

What are you going to wear?

What do you normally wear at weekends?

At weekends I normally wear...

a shirt

a T-shirt

a jumper

a sweatshirt

a skirt

a dress

a cap

some trousers

some jeans

some boots

some shoes

some trainers

Are you going to go out tonight?

I am going to go to the...

I'm going to wear...

It's not fair!

I agree...

with your mother/father

with your parents

with you

You're too young.

In my opinion, you're right.

What do you think?

Los colores

amarillo/a

yellow

azul

blue

blanco/a

white

gris

grey

marrón

brown

morado/a

purple

naranja

orange

negro/a

black

rojo/a

red

rosa

pink

verde

green

de muchos colores

multi-coloured

¿Cómo te prepares?

¿Cómo te prepares cuando sales de fiesta?

How do you get ready when you go to a party?

Me baño.

I have a bath.

Me ducho.

I have a shower.

Me lavo la cara.

I wash my face.

Me lavo los dientes.

I brush my teeth.

Me visto.

I get dressed.

Me maquillo.

I put on make-up.

Me peino.

I comb my hair.

Me aliso el pelo.

I straighten my hair.

Me pongo gomina.

I put gel on my hair.

Colours

yellow

blue

white

grey

brown

purple

orange

black

red

pink

green

multi-coloured

How do you get ready?

How do you get ready when you go to a party?

I have a bath.

I have a shower.

I wash my face.

I brush my teeth.

I get dressed.

I put on make-up.

I comb my hair.

I straighten my hair.

I put gel on my hair.

Gramática

Reflexive verbs include a reflexive pronoun. They often describe an action you do to yourself - for example, **lavarse** (to wash oneself/to get washed).

me lavo

I wash myself/get washed

te lavas

you (sg) wash yourself

se lava

he/she washes him/herself

nos lavamos

we wash ourselves

os laváis

you (pl) wash yourselves

se lavan

they wash themselves

The word for 'this' or 'these' changes according to whether the noun described is masculine or feminine and singular or plural.

singular

plural

masculine

feminine

masculine

feminine

este

esta

estos

estas

este jersey

esta falda

estos zapatos

estas botas

this sweater

this skirt

these shoes

these boots

Palabras muy frecuentes

al/a la

to the

del/de la

of the

demasiado/a

too (much)

demasidos/as

too many

este/esta/estos/estas

this/this

por eso

for this reason

por supuesto

of course

¡Lo pasé fenomenal!

I had a fantastic time!

High-frequency words

to the

of the

too (much)

too many

this/this

for this reason

of course

I had a fantastic time!

¿Qué hacemos?

SPANISH

General Questions**What is the definition of a force?**

A force is a push or a pull that causes an object to move faster or slower, stop, change direction or change size or shape.

What are balanced forces and when do they occur?

Balanced forces are when all forces are equal. They occur when an object is at rest or moving at a constant speed.

What are unbalanced forces and when do they occur?

Unbalanced forces are when there is a resultant force. It occurs when an object is moving.

Calculate the Resultant Force

2000N - 500N = 1500N to the right.

**Distance Time Graphs**

How does a distance time graph show:

Constant speed?

Diagonal line.

Acceleration?

Curved line.

Speed Equations**What is the equations for speed and what are the units?**

Speed = Distance / time

Speed is measured in either m/s or km/hr.

Terminal Velocity**What is terminal velocity?**

The maximum constant speed an object falls at. It occurs when all the forces are balanced.

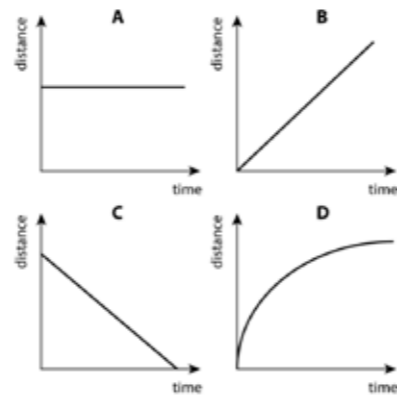
Diagrams**Link the letter to the description**

Stationary: **A**

Constant speed away: **B**

Constant speed back: **C**

Changing speed: **D**

**A car travels 500m in 2s. Calculate its speed:**

$$500/2 = 250\text{m/s}$$

How does a velocity time graph show:**Constant speed?**

Horizontal line.

Acceleration?

Diagonal line.

Opiniones**¿Qué cosas te gustan?**

What things do you like?

¿Qué cosas te encantan/te chiflan?

What things do you love?

¿Qué cosas no te gustan (nada)?

What things do you not like (at all)?

Me gusta(n) (mucho)...

I like... (a lot).

Me encanta(n)/ Me chifla(n)...

I love...

No me gusta(n) (nada)...

I don't like... (at all).

el deporte

sport

el dibujo

drawing

el fútbol

football

el racismo

racism

la música

music

la tele

TV

la violencia

violence

los animales

animals

los deberes

homework

los insectos

insects

los videojuegos

video games

las artes marciales

martial arts

En mi tiempo libre**Soy miembro de un club (de judo).**

I am a member of a (judo) club.

Soy miembro de un equipo.

I am a member of a team.

Soy miembro de un grupo.

I am a member of a group/band.

Opinions

What things do you like?

What things do you love?

What things do you not like (at all)?

I like... (a lot).

I love...

I don't like... (at all).

sport

drawing

football

racism

music

TV

violence

animals

homework

insects

video games

martial arts

I am a member of a (judo) club.

I am a member of a team.

I am a member of a group/band.

¿Cómo organizas tu semana?**Bailo Zumba®.**

I dance Zumba®.

Cocino para mi familia.

I cook for my family.

Escribo canciones.

I write songs.

Leo cómics/libros

I read comics/books.

Monto en bici.

I ride a bike.

Saco fotos.

I take photos.

Toco el teclado.

I play the keyboard.

Veo un partido de fútbol.

I watch a football match.

¿Cuándo?**los lunes/martes/ miércoles/jueves**

on Mondays/Tuesdays/ Wednesdays/Thursdays

los fines de semana

at weekends

después del insti

after school

Expresiones de frecuencia**una vez a la semana**

once a week

dos veces a la semana

twice a week

a veces

sometimes

a menudo

often

siempre

always

(casi) todos los días

(almost) every day

todos los fines de semana

every weekend

How do you organise your week?

I dance Zumba®.

I cook for my family.

I write songs.

I read comics/books.

I ride a bike.

I take photos.

I play the keyboard.

I watch a football match.

When?

on Mondays/Tuesdays/ Wednesdays/Thursdays

at weekends

after school

Expressions of frequency

once a week

twice a week

sometimes

often

always

(almost) every day

every weekend

Cartelera de cine**¿Qué tipo de película es?**

Es...

una comedia**una película de acción****una película de animación****una película de aventuras****una película de ciencia ficción****una película de fantasía****una película de superhéroes****una película de terror****¿Qué tipo de películas te gustan?****Me encantan las comedias.****Me chiflan las películas de ciencia ficción.****No me gustan las películas de terror.****Mi película favorita es...****Mi actor favorito es...****Mi actriz favorita es...****What's on at the cinema**

What type of film is it?

It is...

a comedy

an action film

an animated film

an adventure film

a science-fiction film

a fantasy film

a superhero film

a horror film

What type of films do you like?

I love comedies.

I love science-fiction films.

I don't like horror films.

My favourite film is...

My favourite actor is...

My favourite actress is...

¿Vas a menudo al cine?

Voy una vez al mes.	I go once a month.
Voy dos veces al mes.	I go twice a month.
Voy los domingos por la tarde.	I go on Sunday afternoons/evenings.
Voy los sábados por la mañana.	I go on Saturday mornings.

¿Cuándo vas a celebrar tu cumpleaños?

mañana	tomorrow
la semana que viene	next week
el fin de semana que viene	next weekend
el mes que viene	next month
el nueve de febrero	on the ninth of February

Ser (to be) – present tense

Soy	Somos
Eres	Sois
Es	Son

Ir (to go) – present tense

Voy	Vamos
Vas	Vais
Va	Van

TOP TIP!

Using more than one tense **greatly** improves the quality of your writing.

Do you often go to the cinema?

I go once a month.
I go twice a month.
I go on Sunday afternoons/evenings.
I go on Saturday mornings.

When are you going to celebrate your birthday?

tomorrow
next week
next weekend
next month
on the ninth of February

¿Cómo vas a celebrar?

Voy a hacer karting.	I am going to do go-karting.
Voy a ir a la bolera.	I am going to go bowling.
Voy a ir a un parque de atracciones.	I am going to go to a theme park.
Voy a jugar al paintball.	I am going to play paintball.
Voy a pasar la noche en casa con mis amigos/as.	I am going to have a sleepover at home with my friends.
Voy a sacar muchas fotos.	I am going to take lots of photos.
Vamos a montar en una montaña rusa.	We are going to ride a roller coaster.
Vamos a ver películas de terror.	We are going to watch horror films.
¡Va a ser genial!	It's going to be great!

Estrategia 1

Using the present tense

In this module you have revised two important irregular verbs – **ser** (to be) and **ir** (to go) – as well as the endings for regular verbs in the present tense.

How do you know if you *really* know a verb? Ask yourself:

- Do I know what it means when I see it?
- Can I pronounce it?
- Can I spell it correctly?
- Can I use it in a sentence?

How are you going to celebrate?

I am going to do go-karting.
I am going to go bowling.
I am going to go to a theme park.
I am going to play paintball.
I am going to have a sleepover at home with my friends.
I am going to take lots of photos.
We are going to ride a roller coaster.
We are going to watch horror films.
It's going to be great!

Palabras muy frecuentes

casi	nearly, almost
primero	first
luego	then
después	afterwards
más tarde	later
o	or
y	and
pero	but
también	also
por supuesto	of course

Practise all the parts of these regular verbs until you know them well:

bailar	(to dance)
cocinar	(to cook)
montar en bici	(to ride a bike)
sacar fotos	(to take photos)
tocar	(to play – an instrument)
leer	(to read)
ver	(to see)
escribir	(to write)

High-frequency words

nearly, almost
first
then
afterwards
later
or
and
but
also
of course

¿Llevas una dieta sana?

Llevo una dieta (bastante) sana.	I have (quite) a healthy diet.
¿Qué comes?	What do you eat?
Como...	I eat...
caramelos	sweets
fruta	fruit
galletas	biscuits
pan	bread
pescado	fish
pasta	pasta
pasteles	cakes
verduras	vegetables
¿Qué bebes?	What do you drink?
Bebo...	I drink...
agua	water
café	coffee
leche	milk
todos los días	every day
a menudo	often
a veces	sometimes
tres veces al día	three times a day
una vez a la semana	once a week
Nunca como pescado	I never eat fish.
No bebo nada.	I don't drink anything.

Gramática

To make a sentence negative, put **no** or **nunca** before the verb.

No como pescado.	I <u>don't</u> eat fish.
Nunca bebo leche.	I <u>never</u> drink milk.

Nada mean 'nothing' or 'not anything'. Use it with **no** to make a 'sandwich' around the verb.

No como nada.	I <u>don't</u> eat <u>anything</u> .
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Do you have a healthy diet?

I have (quite) a healthy diet.
What do you eat?
I eat...
sweets
fruit
biscuits
bread
fish
pasta
cakes
vegetables
What do you drink?
I drink...
water
coffee
milk
every day
often
sometimes
three times a day
once a week
I never eat fish.
I don't drink anything.



¿Por qué (no) comes...?

Es sano/sana.	It's healthy.
Son sanos/sanas.	They are healthy.
Es rico/rica.	It's delicious.
Es asqueroso/asquerosa.	It's disgusting.
Soy vegetariano/vegetariana.	I am a vegetarian.
Soy alérgico/alérgica.	I am allergic.
Soy musulmán/musulmana.	I am a Muslim.

¿Qué haces para estar en forma?

Juego al baloncesto.	I play basketball.
Juego al fútbol.	I play football.
Juego a la pelota vasca.	I play pelota (Basque ball game).
Juego al rugby.	I play rugby.
Juego al tenis.	I play tennis.
Hago artes marciales.	I do martial arts.
Hago atletismo.	I do athletics.
Hago baile.	I do dance.
Hago footing.	I go jogging.
Hago gimnasia.	I do gymnastics.
Hago natación.	I go swimming.
Juego al rugby los martes.	I play rugby on Tuesdays.
Hago gimnasia dos veces a la semana.	I do gymnastics twice a week.

Why do you (not) eat...?

It's healthy.
They are healthy.
It's delicious.
It's disgusting.
I am a vegetarian.
I am allergic.
I am a Muslim.

What do you do to keep fit?

I play basketball.
I play football.
I play pelota (Basque ball game).
I play rugby.
I play tennis.
I do martial arts.
I do athletics.
I do dance.
I go jogging.
I do gymnastics.
I go swimming.
I play rugby on Tuesdays.
I do gymnastics twice a week.

- Use **juego** (I play) for the sports you play.
- Use **hago** (I do) for the sports you do.
- Use **prefiero** plus the infinitive **jugar** or **hacer** to say what sports you prefer to play or do.

Juego al rugby.	(I play rugby.)
Hago gimnasia.	(I do gymnastics.)
Prefiero jugar al tenis.	(I prefer to play tennis.)
Prefiero hacer atletismo.	(I prefer to do athletics.)

¿Qué deporte prefieres?

Prefiero jugar al baloncesto.	I prefer to play basketball.
Prefiero hacer baile.	I prefer to do dance.
Prefiero hacer natación.	I prefer to go swimming.
Prefiero los deportes de equipo.	I prefer team sports.
Prefiero los deportes individuales.	I prefer individual sports.
Es mi deporte favorito.	It is my favourite sport.

Which sport do you prefer?

I prefer to play basketball.
I prefer to do dance.
I prefer to go swimming.
I prefer team sports.
I prefer individual sports.
It is my favourite sport.

Describe tu rutina diaria

Me despierto.	I wake up.
Me levanto (enseguida).	I get up (straight away).
Me lavo los dientes.	I brush my teeth.
Me ducho.	I shower.
Me visto.	I get dressed.
Me acuesto.	I go to bed.
Desayuno.	I have breakfast.
Ceno.	I have dinner.
Voy a la piscina.	I go to the swimming pool.
Voy al trabajo.	I go to work.
Voy al gimnasio.	I go to the gym.
Entreno.	I exercise/train.
a las seis	at six o'clock
a las siete y cuarto	at quarter past seven
a las nueve y media	at half past nine
a las diez menos cuarto	at quarter to ten

Gramática

Reflexive verbs include a reflexive pronoun, e.g. **me, te, se**. They often describe an action you do to yourself, e.g. **levantarse** – to get (yourself) up.

me levanto	I get up
te levantas	you get up
se levanta	he/she gets up
nos levantamos	we get up
os levantáis	you (plural) get up
se levantan	they get up

Some reflexive verbs are stem-changing:

despertarse (to wake up)	→	me despierto
acostarse (to go to bed)	→	me acuesto
vestirse (to get dressed)	→	me visto

Describe your daily routine

¿Qué te duele?	What hurts (you)?
With singular nouns: Me duele la cabeza.	My head hurts.
With plural nouns: Me duelen los dientes.	My teeth hurt.
Note: in English you say 'my leg hurts', but in Spanish you say 'the leg hurts me' (me duele la pierna).	

¿Qué te duele? What hurts (you)?

Me duele el brazo.	My arm hurts.
Me duele el estómago.	My stomach hurts.
Me duele el pie.	My foot hurts.
Me duele la cabeza.	My head hurts.
Me duele la espalda.	My back hurts.
Me duele la garganta.	My throat hurts.
Me duele la pierna.	My leg hurts.
Me duelen los dientes.	My teeth hurt.
Me duelen los oídos.	My ears hurt.
Me duelen los ojos.	My eyes hurt.

¿Qué tal estás? How are you?

Estoy cansado/cansada.	I am tired.
Estoy enfermo/enferma.	I am ill.
Tengo catarro.	I have a cold.
Tengo tos.	I have a cough.

Consejos para estar en forma

Para estar en forma...	Se debe...
beber agua frecuentemente	drink water frequently
comer más fruta y verduras	eat more fruit and vegetables
dormir ocho horas al día	sleep for eight hours a day
entrenar una hora al día	exercise for one hour a day
No se debe...	You/One must not/should not...
beber alcohol	drink alcohol
beber muchos refrescos	drink lots of fizzy drinks
comer comida basura	eat junk food
fumar	smoke
Soy adicto/adicta/al/a la/a los/a las...	I am addicted to...
Voy a entrenar tres veces a la semana.	I am going to exercise three times a week.
No voy a beber muchos refrescos.	I am not going to drink lots of fizzy drinks.

Palabras muy frecuentes High-frequency words

casi	almost/nearly
cada	each/every
todo/toda/todos/todas	all
mucho/mucha/muchos/muchas	a lot (of)
primero	first
luego	then
después	afterwards
finalmente	finally
por lo general	in general
hasta	until
ahora	now
hoy	today
ayer	yesterday
anoche	last night
para	(in order) to
creo que	I think/believe that
por eso	so/therefore
sin embargo	however
donde	where

Advice for keeping fit/in shape

To keep fit/in shape...
You/One must/should...
drink water frequently
eat more fruit and vegetables
sleep for eight hours a day
exercise for one hour a day
You/One must not/should not...
drink alcohol
drink lots of fizzy drinks
eat junk food
smoke
I am addicted to...
I am going to exercise three times a week.
I am not going to drink lots of fizzy drinks.