Lesson 2 — A Typical Day

Name: _____ Class: 8 ____ Date: _____

30 useful words and phrases. Read each item, study the Uzbek meaning and the example sentence, then do the exercises.

A. Phrasal verbs for a daily routine

#	English	Uzbek	Example sentence
1	**wake up**	uyg‘onmoq	On school days I **wake up** before my alarm clock rings.
2	**get up**	o‘rnidan turmoq (yotoqdan)	My grandfather **gets up** at five and goes for a walk.
3	**go out**	ko‘chaga chiqmoq, (uydan) tashqariga chiqmoq	We **go out** with our friends after lunch on Saturdays.
4	**get back**	(uyga) qaytib kelmoq	Dad **gets back** from work at about seven every evening.
5	**turn on**	yoqmoq (chiroq, kompyuter)	It’s dark in here — can you **turn on** the light, please?
6	**turn off**	o‘chirmoq (chiroq, kompyuter)	Please **turn off** the TV before you go to bed.
7	**stay in**	uyda qolmoq (tashqariga chiqmaslik)	It was very windy, so we **stayed in** and played chess.

B. A lazy Sunday

#	English	Uzbek	Example sentence
8	**a favourite day**	eng yoqtirgan kun	Friday is my **favourite day** because we have PE and art.
9	**have a lie-in**	ertalab kechroq turmoq, to‘yib uxlamoq	There are no lessons tomorrow, so I can **have a lie-in**.
10	**stay in bed**	yotoqda qolmoq (turmay yotmoq)	I had a cold, so I **stayed in bed** all day yesterday.
11	**read in bed**	yotoqda kitob o‘qimoq	I like to **read in bed** for half an hour every night.
12	**chat online**	internetda yozishmoq, onlayn suhbatlashmoq	In the evening I **chat online** with my cousin in Andijan.
13	**get hungry**	qorni ochmoq	After a long football match we always **get hungry** very quickly.
14	**have fun**	maza qilib vaqt o‘tkazmoq	We went to the park and **had fun** on our bikes all afternoon.
15	**go to bed**	uxlashga yotmoq	On school nights I **go to bed** at about ten o’clock.
16	**go to sleep**	uyquga ketmoq, uxlamoq	I usually **go to sleep** at about half past ten.

C. Morning and bedtime

#	English	Uzbek	Example sentence
17	**have breakfast**	nonushta qilmoq	We **have breakfast** together in the kitchen at seven.
18	**make your bed**	o‘rin-ko‘rpani yig‘ishtirmoq	Mum asks me to **make my bed** every morning before school.
19	**have a wash**	yuvinmoq (yuz-qo‘lni yuvmoq)	I **have a wash** and comb my hair in the bathroom.
20	**fall asleep**	uxlab qolmoq	My little brother **fell asleep** on the sofa during the film.
21	**have an early night**	barvaqt yotmoq	I have a test tomorrow, so I’m going to **have an early night** tonight.
22	**have a late night**	kech yotmoq	We **had a late night** at my cousin’s wedding last Saturday.

D. Housework and free time

#	English	Uzbek	Example sentence
23	**housework**	uy ishlari	Everyone in our family helps with the **housework** at the weekend.
24	**do the washing**	kir yuvmoq	My sister and I **do the washing** on Saturday mornings.
25	**do the shopping**	bozor-o‘char qilmoq	On Sundays Dad **does the shopping** at the bazaar near our house.
26	**spare time**	bo‘sh vaqt	In my **spare time** I draw and play the dutar.
27	**eat out**	tashqarida (kafe, restoranda) ovqatlanmoq	On my birthday we **eat out** at a café in the city centre.
28	**come round**	(uyga) mehmonga kelmoq	My friends **come round** to watch football on Sunday evenings.
29	**go for a walk**	sayrga chiqmoq	After supper we **go for a walk** along the canal.
30	**phone a friend**	do‘stga qo‘ng‘iroq qilmoq	When I don’t understand my homework, I **phone a friend** from my class.

Reading — today's words in context

Read the text. The words in **bold** are from today's list — cover the table above and try to understand them from the sentence.

Sardor’s Saturday

On Saturdays I don’t have lessons, so my alarm clock is quiet. I **wake up** at about eight, but I **have a lie-in** and **read in bed**. Then I **get up**, have a shower and get dressed.

After breakfast I help around the house: I tidy up my room and do other chores. At eleven I **turn on** my laptop and **chat online** with my cousin in Samarkand.

In the afternoon I **go out** and play football with friends in our neighbourhood. I **get back** home at six, tired but happy. At ten I **turn off** the light — it’s my bedtime!

Answer the questions in one sentence.

1. Why is Sardor’s alarm clock quiet on Saturdays?
2. What does he do after he gets up?
3. How does he help around the house?
4. Who does he chat online with?

5. What time does he get back home?

Exercise 1 — Gap fill

Complete the sentences with one word or phrase from the list.

1. My alarm clock rings at 6.30, so I _____ and open my eyes.
2. It's cold and rainy — let's _____ and watch a film at home.
3. Please _____ the TV. Nobody is watching it.
4. Mum says: '_____ before you go to school — the blanket is on the floor!'
5. I was so tired that I _____ in the car on the way home. (past)
6. We don't cook on Fridays — we _____ at a small café near the park.
7. My grandparents often _____ for tea on Sunday afternoons.
8. Washing the dishes and cleaning the floor are part of the _____.
9. We need milk, bread and eggs — can you _____ today?
10. I don't have much _____ on weekdays because of homework and clubs.
11. After a big lunch Grandpa likes to _____ in the park.
12. On Sunday I don't get up early — I _____ until ten.

Exercise 2 — Match the word with its Uzbek meaning

#	English		Uzbek
1	get up	a)	kir yuvmoq
2	read in bed	b)	qorni ochmoq
3	get hungry	c)	yuvinmoq (yuz-qo'lni yuvmoq)
4	chat online	d)	kech yotmoq
5	do the washing	e)	yotoqda kitob o'qimoq
6	have a wash	f)	internetda yozishmoq, onlayn suhbatlashmoq
7	go to sleep	g)	o'rnidan turmoq (yotoqdan)
8	fall asleep	h)	(uyga) qaytib kelmoq
9	have a late night	i)	uyquga ketmoq, uxlamoq
10	get back	j)	uxlab qolmoq

Exercise 3 — Your own sentences

Write 4 true sentences about yourself, your family or your school — one word from each section (A-D). Underline the word you use.

1. _____
2. _____
3. _____
4. _____

Homework

1. Laser A2 Workbook p. 7, ex. 1–2 (kalendar reja).
2. Learn the 30 items with the flashcards: sozlar.com/vocab/cards/?set=grade8-lesson2

3. Write about your favourite day (six sentences) with four phrasal verbs from p. 9.

Memory tasks (optional — choose one)

Students need to meet a word 5–7 times before they really know it.

1. **Sentences (tonight).** Write 8 true sentences using words from the list — at least one from every section.

2. **Flashcards.** sozlar.com/vocab/cards/?set=grade8-lesson2 — listen to each word, then test yourself English → Uzbek and back.

3. **Short text (50–60 words).** Use at least six words from the list.

4. **Speaking.** Tell a partner about the topic for 30 seconds without stopping, using ten words from the list.

Answer key (teacher's copy)

Do not hand this page to the students.

Reading questions: 1. Because he doesn’t have lessons.; 2. He has a shower and gets dressed.; 3. He tidies up his room and does other chores.; 4. With his cousin in Samarkand.; 5. At six (o’clock).

Exercise 1: 1. wake up; 2. stay in; 3. turn off; 4. Make your bed; 5. fell asleep; 6. eat out; 7. come round; 8. housework; 9. do the shopping; 10. spare time; 11. go for a walk; 12. have a lie-in

Exercise 2: 1-g 2-e 3-b 4-f 5-a 6-c 7-i 8-j 9-d 10-h