FOXFORD LEARNING PLAN

YEAR 10 – Spring 2

TOPIC – Mi estilo de vida



Key Vocabulary

Daily routines	Durante la semana / algunos días / los domingos - *during the week / some days / on Sundays* Antes de / después de + infinitve verb … - *before / after ...ing* Levantarme / vestirme – *getting up / getting dressed* Duermo .. horas al día – *I sleep … hours per day* Evito – *I avoid* Intento + infinitive – *I try to...*
Mealtimes	El desayuno / la comida / la cena – *breakfast / lunch / dinner* Desayunar … – *to have … for breaakfast* Cenar … – *to have... for dinner* Tomar .. – *To have + food or drink* Tengo una dieta sana - *I have a healthy diet* La comida basura – *junk food*
Past & present lifestyles	Cuando era pequeño – *when I was little* Dormía bien / mal– *I used to sleep well / badly* Me gustaba la comida dulce – *I used to like sweet food* ya no como demasiado azúcar - *I no longer eat too much sugar* Bebo agua – *I drink water*
Illness	Me duele(n) … - *my … hurt(s)* el brazo / la cabeza / la pierna – *arm / head / leg* Estoy enfermo/a – I *am ill* (No) me siento bien / mal– *I do (not) feel good/bad* Me gustaba la comida dulce – *I used to like sweet food* Me rompi - *I broke* Me quemé – *I burnt*
Future health plans	Si dejo de fumar / comer /beber - *If I stop smoking/eating/drinking* Me sentiré más feliz – *I will feel happier* Dormiré mejor – *I will sleep better*

Key Skills

Over the course of the topic, I will be able to: -

- Describe what healthy and unhealthy daily routines look like
- Talk about mealtimes and how often you eat or drink something
- Use the imperfect tense to describe old habits and ***ya no*** to say what I no longer do
- Talk about illness and describe symptoms
- Talk about future plans for health and well-being using sí (if) clauses with the future tense

I will understand: -

- Descriptions of lifestyles referring to three different time frames
- Use reflexive verbs to describe my daily routine
- How to use the imperfect tense to describe what my daily routine and life-style used to be like
- How to create more complex phrases saying what you will do if...