



Lesson 1: ¿Cuándo te despiertas?

Set phrases:

- ¿Cuándo te despiertas? – *When so you wake up?*
- ¿Cómo es tu rutina diaria? – *what is your daily routine?*
- **Me despierto a las... - I wake up at ...**
- **Mi rutina diaria es... - my daily routine is...**

Infinitive verbs:

- despertarse – *to wake up **
- levantarse – *to get up*
- ducharse – *to shower*
- bañarse – *to have a bath*
- vestirse – *to get dressed*
- ponerse – *to put on ***
- maquillarse – *to put on makeup*
- afeitarse – *to shave*
- acostarse – *to go to bed **
- relajarse – *to relax*
- quedarse – *to stay*
- lavarse los dientes – *to brush your teeth*
- mirarse al espejo – *to look at yourself in the mirror*

Conjunctives/time references:

- antes (de) – *before*
- después (de) – *after*
- más tarde – *later*
- luego – *then*
- primero – *firstly*
- segundo – *secondly*
- enseguida – *straight away*
- de inmediato – *immediately*
- temprano – *early*
- tarde – *late*

Times:

- a las seis – *at six*
- a las siete – *at seven*
- a las siete y media – *at half-past seven*
- a las ocho menos cuarto – *at quarter-to eight*
- a las once – *at eleven*
- a la una – *at one*
- por la noche – *at night*
- por la tarde – *in the afternoon*

Adjectives:

- variado – *varied*
- monótono – *monotonous*
- aburrido – *boring*
- divertido – *fun*
- interesante – *interesting*
- exigente – *demanding*
- agotador – *tiring*
- relajante – *relaxing*

Example regular verb – ducharse:

- me ducho – *I shower (myself)*
- te duchas – *you shower (yourself)*
- se ducha – *he/she showers (himself/herself)*
- nos ducha – *we shower (ourselves)*
- os ducha – *you shower (yourselves)*
- se duchan – *they shower (themselves)*

Quizlet Link:



Reflexive pronouns:

- me – *myself*
- te – *yourself*
- se – *himself/herself/itself*
- nos – *ourselves*
- os – *yourselves*
- se – *themselves*



Lesson 2: ¿Cuándo te acostaste anoche?

Set phrases:

- ¿Cuándo te acostaste anoche? – *When did you go to bed last night?*
- ¿Cómo fue tu rutina diaria ayer? – *What was your daily routine like yesterday?*
- **Me acosté a las... – I went to bed at...**
- **Ayer me desperté... - yesterday I woke up...**

Preterite time references:

- ayer – *yesterday*
- anoche – *last night*
- anteayer – *the day before yesterday*
- la semana pasada – *last week*
- hace dos semanas – *two weeks ago*
- el mes pasado – *last month*

Example regular preterite reflexive – despertarse

- me desperté – *I woke (myself) up*
- te despertaste – *you woke (yourself) up*
- se despertó – *s/he woke (herself/himself) up*
- nos despertamos – *we woke (ourselves) up*
- os despertasteis – *you woke (yourselves) up*
- se despertaron – *they woke (themselves) up*

Quizlet Link:



Lesson 3: ¿Qué sueles hacer los fines de semana?

Set phrases:

- ¿Qué sueles hacer los fines de semana? – *What do you tend to do at the weekend?*
- **Suelo hacer... - I tend to do...**
- **Suelo despertarme a las ... - I tend to wake (myself) up at...**

Suelo + reflexives:

** note, the verb must be infinitive after “soler”, but with reflexives you must change the “se” ending to agree with the person*

- suelo despertarme – *I tend to wake (myself) up*
- sueles despertarte – *you tend to wake (yourself) up*
- suele despertarse – *s/he tends to wake (herself/himself) up*
- solemos despertarnos – *we tend to wake (ourselves) up*
- soléis despertaros – *you tend to wake (yourselves) up*
- suelen despertarse – *they tend to wake (themselves) up*

Infinitive verbs:

- comer – *to eat*
- beber – *to drink*
- jugar al fútbol – *to play football*
- tocar instrumentos – *to play instruments*
- salir con amigos – *to go out with friends*
- cocinar – *to cook*
- ver películas – *to watch films*
- bailar – *to dance*
- cantar – *to sing*

Quizlet Link:



Lesson 4: ¿Qué hacías cuando eras más joven?

Set phrases:

- ¿Qué hacías cuando eras más joven? – *What did you used to do when you were younger?* *yesterday*
- Cuando era más joven hacía... – *When I was younger I used to do...*

Imperfect time references:

- de niño/a – *as a child*
- de pequeño – *as a youngster*
- cuando era más joven – *when I was younger*
- cuando tenía x años – *when I was x years old*
- siempre – *always*
- nunca – *never*
- solía + infinitive – *I tended to*
- de vez en cuando – *from time to time*
- a menudo – *often*
- dos veces a la semana – *twice a week*

Opinions in the Imperfect:

- me gustaba – *I liked it*
- me encantaba – *I loved it*
- era... – *it was*
- estaba... – *it was*

Infinitive verbs:

- hacer los deberes – *to do homework*
- nadar – *to swim*
- ir al centro comercial – *to go to the shopping centre*
- jugar al fútbol – *to play football*
- cantar – *to sing*

Quizlet Link:



Lesson 5: ¿Cómo ayudas a tus padres?

Set phrases:

- ¿Cómo ayudas a tus padres? – *How do you help your parents?*
- No ayudo mucho – *I don't help much*
- Hago muchas tareas domésticas – *I do a lot of chores*
- Hago los quehaceres – *I do the chores*

Complex negatives:

- ni...ni... – *neither... nor...*
- ni siquiera – *not even*
- tampoco – *neither/not either*
- nunca – *never*

Chores verb infinitives:

- planchar – *to iron*
- pasar la aspiradora – *to vacuum*
- hacer la cama – *to make the bed*
- lavar la ropa – *to wash clothes*
- lavar los platos – *to wash the dishes*
- secar los platos – *to dry the dishes*
- quitar el polvo – *to dust*
- poner la mesa – *to lay the table*
- quitar la mesa – *to clear the table*
- barrer el suelo – *to sweep the floor*
- lavar el coche – *to wash the car*
- pasear al perro – *to walk the dog*

Chores verb infinitives continued:

- hacer la compra – *to do the shopping*
- ayudar – *to help*
- tender la ropa – *to hang the clothes*
- limpiar – *to clean*
- arreglar – *to tidy/fix*
- cortar el césped – *to mow the lawn*
- hacer de canguro – *to babysit*
- recibir la paga – *to receive pocket money*

Quizlet Link:



Grammar: Reflexive verbs

Reflexive verbs are verbs where the action is considered to be done to oneself. Conceptually, they don't always translate into English (or vice versa). They are easy to identify in their infinitive form as they end in "se".

There are 4 main steps to conjugate a reflexive verb:

Pre conjugation: identify which person (and tense) you need to put the verb in

Steps:

1. separate the "se" from the rest of the verb
2. move the "se" to the front of the verb
3. conjugate the "ar/er/ir" verb into the person as normal
4. change the "se" to the appropriate reflexive pronoun

Step 4 is essentially the only "new" bit.

*Note: The conjugation part (step 3) follows the same rules in the Preterite Tense, e.g. me acosté – I went to bed.

**Note: In the Near Future, the reflexive pronoun stays at the end of the infinitive, but must change to agree with the person, e.g. voy a ducharme – I'm going to shower.

Person	Reflexive pronoun
yo	me
tú	te
él/ella/usted	se
nosotros	nos
vosotros	os
ellos/ellas/ustedes	se

Example:

Pre conjugation: **ducharse – Present - tú**

Step 1:

duchar _ se

Step 2

se _ duchar

Step 3

se duchas

Step 4

te duchas

Grammar: The Imperfect Tense (*I used to do*)

Time references:

- cuando era más joven – *when I was younger*
- cuando tenía diez años – *when I was 10 years old*
- de pequeño – *as a youngster*
- de niño – *as a child*
- nunca – *never*
- siempre – *always*
- a menudo – *often*
- de vez en cuando – *from time to time*

Use:

An easy way to remember when to use the Imperfect Tense is if we can translate the verb into “used to”.

For example, an English translation would be:

- I **used to swim**
- You **used to play** football
- He **used to run** marathons

With this in mind, the notion of “used to” implies a repeated past action. Therefore, unlike the Preterite where it is used to one-off completed past actions, the Imperfect is used for repeated past actions.

To form the Imperfect, we follow the same steps as we do for the Present and Preterite:

1. Identify the infinitive ending (ar/er/ir)
2. Remove the infinitive ending
3. Add the appropriate Imperfect ending based on the person/subject

To give an opinion in the Imperfect, we can use the use the structure:

- **era** + adjective

We can also use other opinion verbs but remembering to put the verb in the appropriate Imperfect form, e.g.:

- me gustaba – I used to like it
- me encantaba – I used to love it
- me ponía de buen humor – it used to put me in a good mood
- me hacía reír – it used to make me laugh

Regular verbs: ar/er/ir endings

	ar	er/ir
yo	aba	ía
tú	abas	ías
él/ella/usted	aba	ía
nosotros	ábamos	íamos
vosotros	abais	íais
ellos/ellas/ustedes	aban	ían

Important “irregular” verbs

	ser	ir	ver
yo	era	iba	veía
tú	eras	ibas	veías
él/ella/usted	era	iba	veía
nosotros	éramos	íbamos	veíamos
vosotros	erais	ibais	veíais
ellos/ellas/ustedes	eran	iban	veían