



GET UP x STAND UP

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Don't say: "I stand up at 7 o'clock."

Say: "I get up at 7 o'clock."

get up = to get out of the bed in the morning

stand up = to stand on the floor, not sitting or lying

WEEKLY ACTIVITIES C – Clare, P – Paul



C: Hi Paul, how are you?

P: I'm fine but **enormously** busy with too much work this month. How about you?

C: I'm doing fine. Oh, it sounds you have no time to relax. What is your daily routine **besides** work?

P: Well, I get up at 6:30 every morning and go jogging to the park.

C: Brilliant, I would love to join you! What do you do in the afternoon?

P: Well, if I have time I **hang out** with my friends or **chill out** on the sofa and watch TV.

C: That sounds really relaxing compared to my routine. Usually I make dinner, **feed** our dog, make sure that our children **do homework**, get into pyjamas, go to bed and **set the alarm** so that I wake up in the morning.

P: Oh, you are busier than me. I often wash the dishes in the evenings. However, at the weekend I also do the washing and **hang the clothes** to dry.

C: I see. Do you like cooking?

P: Not really. I don't like standing up long at the **cooker**.

C: OK. Let's go jogging tomorrow morning!

P: **Deal!**

VOCABULARY

enormously – nesmírně, hrozně

besides – kromě

hang the clothes – pověsit oblečení

hang out – poflakovat se

chill out – orazit si

set the alarm – nastavit budík

do homework – dělat domácí úkol

feed – krmit

cooker – sporák

deal – platí (v tomto kontextu)

QUIZ:

Complete the following sentences with **get up** or **stand up**.

1. I don't have to _____ early tomorrow as I am on holiday.
2. Please, _____! We can't sit any longer. We should go!
3. He doesn't _____ for work at a specific time. He has flexible hours.
4. Would you like to _____ or sit down at the concert?

Key: 1. get up 2. stand up 3. get up 4. stand up

